

Telephone 01454 300900



Apr/May 2021

Winterbourne & Frampton Matters

including Coalpit Heath & Winterbourne Down

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



Bundy & Bond
Independent Estate Agents

01454 540 200
www.bundyandbond.co.uk
info@bundyandbond.co.uk

With high standards of service
and excellent customer care
See our 5* Google reviews!

Helping you remain independent
in your own home



- Care at Home and Support • Live in Care
- Befriending Service
- Meal Provision • Personal Care
- Cleaning • Waking Nights



- Short or long visits, daily or weekly
- Trained and DBS checked staff
- Consistent carers
- Consistent times

0117 440 6397

E: bristol@myhomecare.co.uk

Brotherswood Court, Almondsbury, BS32 4QW

W: bristol.myhomecare.co.uk

Celebrating 16 years in the community 2005–2021

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



Guaranteed not to warp, crack, shrink, rot or peel*

With the warmer weather arriving, there's always plenty to do in the garden. However, with ColourFence, one of the most tedious, time-consuming jobs disappears overnight. Not just for 2021 but for the next 25 years! That's because there's no need to paint or repair ColourFence. It's guaranteed not to warp, crack, shrink, rot or peel for the next 25 years. Making it one of the world's best maintenance-free fences. And, unlike other fences, ColourFence can withstand wind speeds of up to 130mph. There's a choice of colours to harmonise and enhance your garden's design. You'll find our prices surprisingly competitive too. **To see the full product range, call us today and find out why it makes sense to choose ColourFence.**



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

*Hose down occasionally - terms & conditions apply.

CALL NOW!

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

0117 259 1789

colourfencebristol.co.uk

MADE IN BRITAIN



Dear Residents,

We hope the beautiful local daffodils on the front page brought you some cheer! Of course nothing boasts spring more than the natural world; we are pleased to bring you reports from the Frome Valley Growing Project and the Floral Friends of Frampton.

The Winterbourne and Frome Environmental Group recently organised a big 'spring clean' that a large number of the community took part in. They have various projects taking place to improve our local environment and welcome more people to get involved.

If you like local history you are in for a treat with two articles on this subject. The Frampton Cotterell and District Local History Society share with us a fascinating article illustrating delivery services in years gone by, and we have an interview with North Bristol historian Mike Manson, along with an extract from his new book

community@mattersmagazines.co.uk

- Manson's Bristol Miscellany featuring Coalpit Heath Colliery.

After being contacted by a local resident, we support the #Stop Feeding Our Horses campaign in this issue.

The Winterbourne Medieval Barn are always busy organising events for the whole community to enjoy, they have a selection of wonderful activities lined up over the coming months.

There are a number of church services planned for Holy Week and Easter activities that we are pleased to share with you.

The local schools were delighted to welcome all of their pupils back in March, we hear from St Michael's and Elm Park.

All this and much more!

Warm wishes,

Kerry & Jaci x

01454 300900



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

Proud to be independent

With more 5 Google reviews than any other agent in the local area, we offer high standards of service and excellent customer care. Come and speak to our friendly team about selling your property today.*

Free no obligation valuations Over 60 years combined experience

Free professional photography for all our properties

01454 540 200 info@bundyandbond.co.uk www.bundyandbond.co.uk

News from the Winterbourne and Frome Valley Environmental Group



Groups litter picked with members of their bubble

I joined the litter pickers after seeing an article in one of the free monthly magazines. I wanted to help. I abhor seeing litter around and try to pick it up if it's convenient. It felt good to be part of a large team which had achieved much over the week.

Pearl

We cleared 42 large bags and 7 huge builders sacks, everything was sorted in to items so we could recycle as much as possible.

Every piece of litter we recovered from our area could have ended up buried or broken up into tiny fragments,

however have some ideas about how we can start to turn the tide as a community that we'd like to share and work on with other communities.

It was a rewarding day to be part of such an enthusiastic and dedicated local team and we're hoping to arrange another community litter sweep in the late summer 2021.

Please get in touch if you want to help

Join our **Facebook group:**

WinterbourneEnvironment and follow us on **Twitter: @weg_uk**. We have many local projects in progress and planned if you would like to get more involved! www.winterbourne-environmental.uk

Planting Apple trees

Volunteers from the Winterbourne and Frome Valley Environmental Group have been out planting apple trees thanks to a donation of ten trees from Somerset cider maker Thatchers.

Our group was donated the bundle of apple trees as part of Thatchers Community Orchard Project, which, as part of its 2021 apple tree planting season, is helping community groups, schools and charities plant more trees this spring.

Our Twitter campaign started in late 2020 when we started taking a closer look at the large amounts of litter we were picking up for recycling in the Frome Valley area. At one point, we sorted the litter collected in one month into piles by producer. We contacted the companies on email and social media to ask them to support a national deposit return scheme and donate to a tree planting scheme. We didn't have high hopes for this approach; most of the companies that chose to respond, did so with platitudes laden tales of greenwashing. Thatchers however were one of two producers that reached out to us with an understanding of the problem and made us an offer of real trees. They soon added us to their community orchard scheme and we set about finding the best place for them to grow in the Frome Valley.

In its ongoing care of the environment and its passion for apple trees – fourth generation cider maker Thatchers introduced its Community Orchard Project this year, offering ready to plant bundles of ten trees to ten community groups.

The ten trees include a selection of apple varieties, including both eating apples and cider apples. They include; Paradice Gold – a sweet, crisp eating apple, Newton Wonder – a traditional cooking apple, and Dabinett – one of Thatchers' favourite cider apples.

Our group has been looking at many potential local tree planting projects, planning to work with, but as W&FVEG also has close links with the Frome Valley Growing Project they were the obvious choice to take ownership of these cider apple trees in their own

4 community project, right here in Winterbourne!

The Frome Valley Growing Project grow and produce food for their members and the local community from the site they rent just off Swan Lane in Winterbourne. They are growing food as a community in a more sustainable way that depends less on fossil fuel and uses permaculture growing methods. They can be contacted on thegrowingproject123@gmail.com. See page 7 for further information on this group.

Fourth generation cider maker, Martin Thatcher, who planted his first apple tree in Somerset at the age of just five, adds, "Over the last twelve months we've all come to appreciate even more the benefits of outdoor space. A community orchard can make such a difference to people's well-being which is why we're delighted to be donating these apple trees."

We are very grateful to Thatchers for recognising our efforts to protect the Frome Valley environment and donating these trees for the benefit of our community.

Community big spring clean!

Mid March, around fifty community volunteers in the Winterbourne area left their houses with bags, gloves and litter grabbers and meticulously tried to clean every bit of litter from our roads, lanes and parks – no matter how big or small. The routes had been divided and allocated in the week leading up to the event, and as more volunteers came forward, the area of cleaning widened. The team included people of all ages, veteran and new litter pickers who were keen to clean our streets and help the local environment.



which would persist in our soil and plants. The considerable ecological cost of litter takes its toll on local communities like ours. Decades of public messaging on litter prevention have been largely ineffectual and with a dramatic reduction in council and police funding, litter crime enforcement is challenging. Local communities are the current front line in local litter management with strong support from council departments.

There is much to celebrate about the efforts of our amazing community team, but anyone who does this regularly knows that the litter returns quickly. We do

No Problem No Call Out Charge

Gutters Cleared

We remove leaves - moss - grass - growth & debris

Photos Before & After

VISA

**Working Safely
Contact Free**

See gutterpro.co.uk for more information

Get an instant price
01454 534 035
or online gutterpro.co.uk

5000+ Reviews
4.96 Excellent

★ ★ ★ ★ ★
REVIEWS

THE AERIAL MAN

TV Aerial and Satellite Specialist
Affordable Prices - Reliable Service

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

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

Which? Trusted Trader

GUTTER PRO.CO.UK



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

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

Timed Appointment
You can track our arrival online

Pay after the Job





News from the Floral Friends of Frampton

Spring is springing!

Spring is definitely springing into action as these pictures from the park show. The recent warmer weather has encouraged the Daffodils and Crocuses to come into bloom and even the trees are starting to blossom!



Floral Gateway – We have recently refurbished the gateway by the traffic lights on the Bristol Road, by replacing some of the older plants with Wallflowers, Forget-me-nots and Veronica. Together with the Daffodils they make for a colourful welcome to the village.

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>.

News from the Frome Valley Growing Project

Here at the Frome Valley Growing Project (FVGP) we are excited to be starting off our seedlings for the new growing season. This year we have received all our seeds through seed saving, donations and The Bristol Seed Swap. The Bristol Seed Swap did an innovative postal swap this year in response to COVID restrictions. We sent them loads of seeds and they gave us loads back. This project is run entirely by volunteers and you can donate either seeds, or financial contributions to them by visiting their website: www.bristolseedswap.com or Facebook page.

Learning to seed save is an important part of our work here at the FVGP. Seed saving is crucial for us to do now, to ensure the future health of our land and ourselves. Dr Vandana Shiva, activist author and scholar explains that for her, "The desire to save seeds comes from an ethical urge to defend life's evolution." Vandana Shiva founded Navdanya – an earth centric, women centric and farmer led movement for the protection of biological and cultural diversity. The organisation has been a catalyst for seed saving banks all over India and the rest of the world to save, share and breed local heritage varieties of seed, which are essential to our biodiversity and food security. Find out more at www.navdanya.org.

We have been collecting our old toilet rolls and cardboard egg boxes over the year and we are now using them as pots for our seedlings. This is an easy way to reuse what would usually be single use items. Also doing this is great for minimising soil disturbance when transplanting the seedlings, as they can go straight in the soil in pots. We have found deep rooting larger seeds work best in toilet rolls and smaller seeds such as lettuce are great in egg boxes.

We are delighted that we have just been given a grant through the member awarded funding, from our Local Councillor Trevor Jones, to get a poly tunnel and a composting toilet built. This will transform our work down on the site. We will soon be able to extend our growing season significantly and our composting toilet will provide facilities to our members and visiting volunteers. And of course an additional supply of compost! We have collaborated with Winterbourne Environmental Group and One Planet Matters who have donated many more orchard trees which will all be part of our exciting food forest area. The trees are settling in well and planting was lots of fun (see page 4).

From the end of April, in line with the Government

guidance, we hope to be offering monthly working parties for groups of six, members and volunteers to come and get stuck in with planting, building and other general muddy fun!

Please do join our new Facebook group: Frome Valley Growing Project Volunteers if you wish to hear about our next working party and book a space on one.

Email: thegrowingproject123@gmail.com.



Garden Furniture



Enhance your garden space with new furniture. Relax and admire your hard work, enjoy social time or simply unwind with a cuppa.



Visit us in-store or shop with us online

We pride ourselves on being your friendly, independent and local Garden Centre.

IRON ACTON
Garden Centre

Wotton Road, South Glos, BS37 9XA
01454 228 764
www.ironactongardencentre.co.uk





"Often, in my dreams, we
are still at our first farm,
Woodland's Farm."
Dick King-Smith, 2001.

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".



SPARKY'S
Driving skool

- 15 years experience • High pass rate
- Fast track tests • Intensive courses
 - Help with theory tests
- Calm friendly instruction • Dual controls
 - Making driving fun!
- Whole Bristol area covered
- Payment options Available

Call Mark on:

07908 425 054



We're still open

Caring for your sight and hearing safely in store

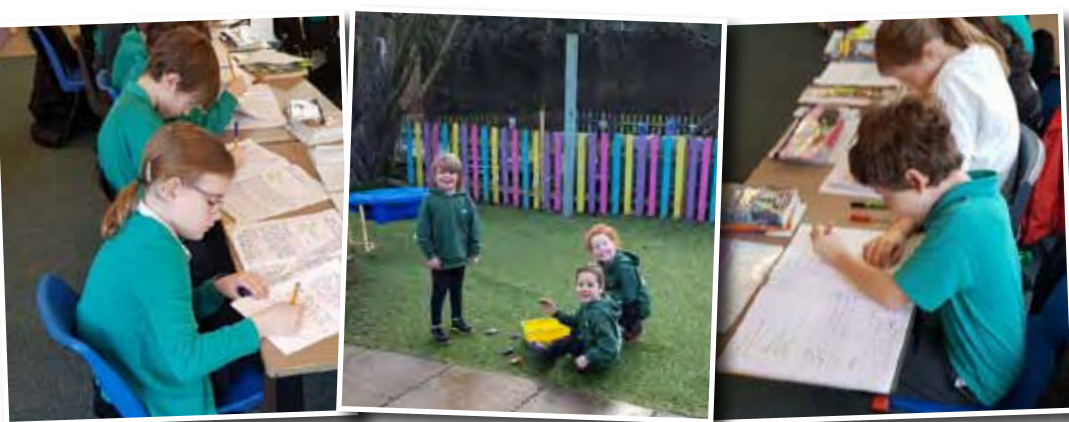
Being able to see and hear clearly helps keep you connected to your world and the people you love, especially during lockdown. So our stores remain open to care for all NHS and private customers, and to help relieve pressure on our partners in the NHS.

As always, your safety and wellbeing, and that of our colleagues, comes first. Current guidance allows you to leave your home for eye and hearing tests, and we have all of the necessary safety measures in place – in line with government advice.

Find out more at
[specsavers.co.uk/care](https://www.specsavers.co.uk/care)

Thornbury 12 St Mary's Way
Tel 01454 414 341

Specsavers



Welcome back to Elm Park Primary School

by Mrs Carol Bond Head Teacher

A feeling of a huge excitement and anticipation was in the air on Monday 8th March. At 8:40am, the school gates were flung open ready to welcome our incredible children back. Shiny new shoes and bright school uniform came rushing through the gates. Cheery hellos and welcome backs resounded throughout the playground, as sparkling eyes revealed smiles hidden beneath face masks. Children, teachers and parents were delighted to be back.

The children returned to a familiar classroom set up, with each child having a brand new pencil case full of all the equipment needed for each lesson. Displays were bright, engaging and thought provoking. By 9am, all children had entered the classroom and the school was alive with the buzz of excitement. Learning began.

At 10:40am, I sat in my office and listened to the most incredible sound – children playing, laughing and having fun outside in their class bubbles. Smiles all round as they climbed on the equipment, made sand castles in the sandpit and played tag and chase around the playgrounds. It truly was the

most heart-warming sight to see. One which has continued to bring joy to the hearts of all staff and members of our local community as they walk by.

Our curriculum is in full flow, following our curriculum drivers of community, creativity and wellbeing. The children continue to be exposed to a plethora of activities from English and Maths lessons through to designing and making Mothers' Day cards and presents. We have also been very fortunate to secure tutoring for our children, who need a little boost after lockdown, as well as fully funded after-school sports clubs, meaning children from Reception to Year 6 have been able to enjoy a structure outdoor activity free of charge.

Our future continues to look incredibly exciting as the new build is scheduled to start in April. We are currently putting some of the final touches to the internal design as well as the school playgrounds. On top of this, we are beginning our journey to gain accredited Forest Schools Status. This will help to promote an even greater love of the outdoors and helping our children to develop further understanding of sustainability and ecology.

RMG ENGRAVING

Trophies & Glass Supplied

RACHAEL GALE

5 Parkside Ave, Winterbourne, BS36 1LU

T: 01454 773316

M: 07881 863408

E: rachael.gale195@btinternet.com
www.rmgengraving.co.uk



Specialist Bicycle Build, Servicing & Repair

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

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

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

Tel: 01454 838144 ~ 07870 574349

www.rule4cycles.co.uk  ~ rule4cycles

DREAMING OF A NEW KITCHEN?

CALL FOR LATEST UPDATES ON
SURVEYS AND APPOINTMENTS



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

THE UK'S #1
KITCHEN MAKEOVER EXPERTS

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

www.dreamdoors.co.uk

11/12 The Promenade,
Gloucester Rd,
Bristol BS7 8AL



Call for a free estimate on:
0117 944 3223

Checkatrade.com
Where reputation matters
AVERAGE SCORE 9.8/10



Business for Sale

Successful local oven cleaning business for sale. Very simple to run, this well established franchise offers many advantages including:

- Immediate cash flow with work scheduled in the diary from day one.
- Lots of lovely repeat customers with new customers added every week.
- Hours to suit: part-time or full-time, one or two people.
- Full training and support.
- Experience days available.

For more information, call Myles:
07557 110 932 | ovenclean.com



My name is Myles and I have been running the Ovenclean franchise across the Stokes for the last five years. I have been pleased to meet a great many of you in this time!

It is now time for me to do something different and I am offering my business for sale.

Oven cleaning is a good solid business that is increasing in demand each year and suitable for both men and women across a wide age range.

With your own Ovenclean business you can set your own work/life balance. Whether that's part-time, full-time or expanding into a multi-van operation.

The person who takes over the Ovenclean business will receive full training from me, continued support from Ovenclean head office, and appointments ready to go from day one.

It's been a great five years but now I would like to retire and start my house renovation project.



#Stop Feeding Our Horses



Over the past year, restrictions to our movement and activities available to us has encouraged people to explore new local walks and enjoy the countryside available to us. Many rural walks involve public rights of way through fields or on

footpaths that run alongside them. Horses are often grazing in such areas, and although it is wonderful to observe these beautiful creatures, we would like to raise awareness about the dangers (often fatal) to the animals if we feed them.

We were contacted by a local resident, who sadly lost a pony they had on loan due to walkers feeding the mare. They discovered Roxy, the pony eating parts of a chicken sandwich with salad, including onion that had been thrown over the fence. Although the pony was put under immediate veterinary care, over the days that followed the poor mare did not recover and the devastating decision was made to put her to sleep. Onions are toxic to horses and it was the vet's opinion that this was the cause of death of an otherwise healthy equine. Sadly, this is not an isolated case and increasing incidents such as these has led to a nationwide campaign #Stop Feeding Our Horses.

Horses have a one-way digestion system that means they cannot be sick, so unlike dogs, you cannot force them to bring back up any foreign bodies they pick up. Their stomachs are also extremely sensitive and foods that are completely harmless to us can be toxic to them. Even foods you associate with horses such as apples and carrots can contain too much sugar for some horses or easily get lodged in their throat and

lead to horses choking. The fermentation process of freshly cut grass can cause them to colic, which can be life threatening. Like humans, horses can have allergies or diabetes and require special diets to maintain their health.

It has been a wet winter and fields are looking muddy and bare of grass; this is not something for anyone to be alarmed about when out walking, rest assured the horses will be receiving hay at least twice a day and an appropriate bucket feed. If you see a horse in distress, alert the nearest farm/yard or check for a sign with owner's detail on.

Feeding horses is an offence under the Welfare Act 2006 and person(s) responsible could be liable for prosecution.

We always try to share positive news at Matters Magazines but the safety of horses is something we feel passionate about. We understand people feeding animals when out on their walk are trying to be kind but sadly, sometimes kindness can kill and we must resist the urge. As a parent, I would not under any circumstances be happy about a stranger giving my children food – even if they were keen to have it! We hope everyone who reads this will take some positive action in informing others; the message is simple, **'Please do not ever feed horses that are not under your care, adore them from a far'.**

If you would like to find out more, you can visit the British Horse Society page bhs.org.uk/behorseaware where cautionary posters can be downloaded to display in fields if you are a horse/land owner.

If you would like to show your support the campaign and help bring this issue to the fore – join the **Facebook page: Stop Feeding Our Horses.**



RIP Roxy pony who sadly died this year

Sullivans Garden Machinery

Sales - Service - Repairs



SULLIVANS
GARDEN MACHINERY



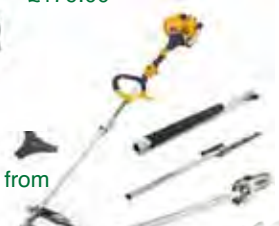
Atco GTX 36H Garden Tractor £2,899.00



Mountfield mowers from £159.00



Cordless mowers from £179.00



Petrol Multi-tools from £259.00

01454 412 100

SHOWROOM: Unit D3, Ashville Park, Short Way, Thornbury BS35 3UU

OPEN: Monday to Friday 9am - 5pm; Saturday 9am - 1pm

www.gardenmachinerysuperstore.co.uk • enquiries@gardenmachinerysuperstore.co.uk



Everyone's a winner at St Michael's

As I write this, I can hear the squeals of excited children in the playground, the classrooms are buzzing with chatter and the corridors filled with the pitter-patter of feet. School is back and it feels great to have our community together again!

As you know, Covid-19 once again closed our school to the majority back in January and since then learning continued, but online. We were 'WOWED' as always by our brilliant children who, despite no prior experience of this strange way of learning, adapted quickly and rose to the challenge of learning in a completely different way. Likewise teachers, whilst feeling anxious at first, became dab hands at navigating the virtual world.

When the government announced that on Monday 8th March schools might return, it gave children, parents and teachers alike something to aim for. Whilst everyone was doing a fantastic job, there was no doubt that it was challenging and the children really needed to be back together again.

Finally that day came! Hooray! Children skipped onto the playground with ear to ear grins, eager to hang their coats, wash their hands and find their friends...they remember the routine. Some were more apprehensive and lingered a little more before cautiously walking through the door. After all for many their last day in school was Friday 18th December – a very long time ago when you are only 4 years old! Parents were emotional too. For some it was pure joy that they were going back to a peaceful home for others it was apprehension that the nest would feel very 'empty'.

Our first day back whizzed by. A whole school, virtual assembly helped us to reconnect and the non-stop chatter in the classrooms told us all we needed to know.

As many of you will be aware each Friday at St Michael's, one child from each class is awarded a 'hot chocolate from the Head'. This might be for producing some excellent writing or for being a kind friend. We have kept this going throughout lockdown,

with hot chocolate cones and certificates being hand delivered. Repeatedly teachers have said how hard it has been to choose which child should receive the award as so many of their children have been working hard. So on our first Monday back, the children (and staff) all went home with their very own personalised, lockdown medal and hot chocolate from the Head. A wonderful keepsake of a strange time and a tasty treat as a reward for their hard work.

Now we are reunited – our school family is back together again. Yes we are still in bubbles, yes there are still many Covid restrictions, but we all know we can do this. Plans for the Easter service have already begun and the diary is filling up with exciting events at a rate of knots...Evacuee day, Roman and Viking day, Red Nose Day to name just a few. Everyone wants to make this time for the children as special as possible. It will be an unforgettable school year anyway but here at St. Michael's we're passionate that our Learn – Care – Enjoy motto is not hindered by the global pandemic and we are keen to make our children's time in school as happy and memorable as possible.

Emma Hillocks

Deputy Headteacher, St. Michael's Winterbourne

MEDWAY DESIGNS Sewing & Alterations

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

Ask about sewing lessons

Delivery & Collection Service Available

Lois Coulson

0117 969 1798 /

07950 396064

loiscoulson@gmail.com

**14 Watch Elm Close
Bradley Stoke**

Call now for a friendly personal service

News from Frampton Cotterell WI

During February the WI committee delivered a Valentine's themed surprise to our members! A gift bag was distributed 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!

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 goes out to the NHS and volunteers who have helped to make this happen, as it means that each day that goes by really does bring us a step closer to being able to meet again as a WI.

At time of writing, we are looking forward to our special Zoom speaker at the end of March. Borough Belles WI member Katherine Blackler (SortMySpace Ltd) has a rather unusual job as a professional organiser and de-clutterer. She will be sharing practical tips and tricks on how to organise your home, your work or your life! As well as an insight on what it's like to be a professional organiser.



Katherine Blackler

We hope this talk will help inspire and motivate members for brighter times ahead!

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: FramptonCottWI. Special interest groups that meet separately include a book club, craft group, choir and our skittles and darts teams.

willowbrookshopping.co.uk

Essentials

WILLOW BROOK
BRADLEY STOKE SHOPPING

W B

TESCO
extra

Prots

Card Factory

the food
WAREHOUSE

pets
at home

The latest from Winterbourne library

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

Services we are typically able to offer during this time include borrowing items using Click and Collect and limited computer access for essential purposes only.



Click & Collect books

It's easy to order ahead using Click and Collect. Book a collection slot at sglibraries.eventbrite.com

or call 01454 865022, answer a few questions and we'll choose items based on your answers – for you, for your children or both.

"Such an easy process, and my kids were delighted with their books."

"We were given books I probably wouldn't have chosen, great for a bit of diversity. Many thanks."

Essential computer access

Use a computer or Wi-Fi for free, for 1 hour each day for essential purposes (eg. completing Census return, work and employment, managing finances and legal matters, health, wellbeing and personal safety). Call 01454 865022 or email corporateContactCentre@southglos.gov.uk to book ahead and guarantee a space.

We 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.

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.

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 – [sgloslibraries](https://www.facebook.com/sgloslibraries)



Winterbourne
Academy

Our aim is to ensure the academic, personal and social development of every student in our care so that they move to the next stage of their lives ready to succeed in whatever path they choose.

@WAsocialmedia
@WinterbourneAc1

For more information visit:
winterbourneacademy.org.uk



Despite the continuing lockdown, members have found lots of ways of keeping connected and occupied. Our newsletters and WhatsApp group continue to be brilliant ways to keep in touch. It is fantastic to note which member is the latest to be called for their inoculation, and to share photos, especially of the spring flowers in the community garden.

We are optimistic that the road map out of lockdown will allow us to have meetings later in 2021, so the

News from Coalpit Heath WI

committee are preparing a provisional outline for the rest of the year.

A small group of ladies designed and made a large green foliage heart to display on the Badminton Road fence to coincide with the February – *Show the Love* campaign. The WI is a founding member of the Climate Coalition, whose aim is to highlight the problems that climate change is causing. Every February since 2015 green hearts have been used to show support for a cleaner, greener world. This year the UK will host the United Nations climate summit so it is especially important to show our support for this campaign.

At home, members have been busy making over forty hearts to donate to the NICU ward. These were left in cots for the babies to give to their mums on Mother's Day.

Our crafty members have been given advance notice of a competition to create a teapot or mug cosy for May, so plenty of time to get knitting! Did you know that it's National tea cosy day on 23rd May?

Any updates and further information will be on our FaceBook page if you search

@WICoalpitHeath.

willowbrookshopping.co.uk

Value

WB
WILLOW BROOK
BRADLEY STOKE SHOPPING

TESCO Extra, the food warehouse, savers, MAX, The Works, pound stretcher



Nuffield Health Fitness & Wellbeing Centre

Stoke Gifford

OUR MODERN FAMILY CLUB IS MORE THAN JUST A GYM

Recently upgraded with state-of-the-art Technogym equipment, we offer dedicated training areas, exciting new boutique classes and versatile equipment for all fitness levels. We also offer a range of fitness classes for children aged between 8-15 and a crèche for children aged from 6 weeks to 12 years.

Book a tour: 0117 974 9740



Struggling with life? Receive some online support

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

As we hit 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 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



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

Friendly, personal service and advice.

Full Eye Examinations and Retinal photography.

Qualified Optometrists and Dispensing Opticians.

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

Call today for an appointment
01454 775530

3 WHITEGATES, FLAXPITS LANE, WINTERBOURNE BS36 1JX

Clinical Hypnotherapist

Catherine Smart DHP MNCH CHBP

Hypnotherapy can help you:



- Stop smoking
- Stop panic attacks
- Lose weight
- Relieve lockdown anxiety
- Improve your self-esteem
- Combat Fears and Phobias
- Easibirthing practitioner for labour and fertility
- Stress and anxiety

Based in Winterbourne

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

Call me on: 07964 991689
E: Catherine@smarthypnotherapist.co.uk
www.smarthypnotherapist.co.uk

Building back better: how volunteering can connect us all and improve our mental health

During the past year, many people have had a bit more time and space to think about life and what is important to them. A global pandemic and people separated from friends and families has meant that many have been looking for ways to help make a difference. As seen by the recruitment of NHS responders, there has been a huge public outpouring by people keen to offer their skills to support others.

The announcement of the roadmap provided much needed answers for the voluntary sector, and charities are able to provide more opportunities for those looking to feel part of their community again. Volunteering is the life blood of the non-profit sector and it is through the tireless efforts of those giving up their time that enables many organisations to carry out their vital work.

Jools, Volunteer Coordinator at Paul's Place explains how volunteering not only benefits the organisations that people volunteer for, but there are also huge personal benefits. "When individuals have been isolated for a year due to the consequences of the pandemic, this need for connection, purpose, and creating better mental health are more important than ever."

The NHS website recommends volunteering as a way to improve mental wellbeing, stating that, "acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth and helping you connect with other people."

Jools adds how "the rewards of volunteering can range from the need for work and college experience to simply wanting to add new skills to your CV."

Paul's Place is one charity offering fantastic volunteering opportunities this spring.

The charity created their new service, Paul's Place



at Home 12 months ago. A virtual service that brings the spirit of the day facility to people at home. "The roadmap enabled us to set a reopening date, however, it is expected that there will be some restrictions on numbers still and keeping our virtual services open alongside the day facility, allows us to reach those shielding or unable to return," explains Jools.

Volunteers are adapting with the times and Susan Weaver, a Paul's Place volunteer for 11 years now, is no exception. Helping the charity with their new service Paul's Place at Home by becoming a telephone befriender and hosting some of their Zoom activities such as Desert Island Discs, she has loved supporting the charity.

"I have given the members (those supported by the charity) a special gift of my time, my talents and my skills. In return, I have gained friendships and much satisfaction in helping this charity. I have shared in their laughter and their tears during our incredible journey together. From weekly onsite small group activities, supporting individuals achieve their goals, to helping during short breaks and holidays, every moment spent together is creating special memories for us all."

When asked what she looks forward to the most, like many of us, it is the "face to face contact with individuals during the past year and the enrichment they give to my life. I am eagerly looking forward to Paul's Place opening its' doors and sharing special times once more."

This spring, you can build back better by supporting local causes in your area.

If you are interested in supporting Paul's Place through volunteering, or would just like to find out a bit more about the current opportunities get in touch with Jools and drop her line on jeasty@paulsplace.org.uk

You can also stay up to date with volunteering opportunities by following them on social media.

Facebook: @PaulsPlaceCharity

Instagram: @paulsplaceofficial



Spring 2021 at Winterbourne Medieval Barn

As spring progresses community activities at the Barn will gradually re-start, initially with outdoor events, but until then we have a number of things you can join in at home:



Easter Craft Packs Posted to You

With covid restrictions still in place we cannot offer the usual Easter Egg hunt for children, but Easter Craft packs can be posted out for families to enjoy in the holidays. Packs cost £5 each and must be ordered online before 1st April. They will be sent out from 23 March.

YouTube Videos

The Barn's YouTube channel has free videos to help you hold your own family medieval Dinner Party, or have a go at Medieval Dancing.

Monthly Online Talks

Our monthly Tuesday Talks will be online until we can fully re-open the Barn. There will be a History talk on Zoom in April. Full details are on the Barn website. Tickets cost £5. All talks start at 7pm and need pre-booking so that Zoom links can be sent out in time.



Family Outdoor Activity: Woodland Wonderland – Wednesday 14th April

This will be the first event actually held at the Barn this year. We will be getting messy so please dress for the weather and for a bit of mud! We'll plant mini terrariums, create hanging mobiles for your garden, and make elf and fairy doors for our woodland friends! Social distancing will be in place, so family groups need to pre-book their chosen arrival slot

between 10am and 3pm. Car parking and toilets are available and we will be serving tea, coffee, juice, and sweet treats! Tickets are £5 per family and must be pre-booked.



Early Birdsong Walk and Breakfast – Saturday 8th May, 8am

Join us for a birdsong guided walk (around 1.5 hours) with naturalist Ed Drewitt, followed by breakfast in the Barn grounds. The cost is £15 per person, including breakfast. Let us know your dietary requirements when you book. Recommended for ages 12+. This socially distanced event will be outdoors, so please wear appropriate footwear and warm clothes. We will email you a week before the event to let you know what to expect on the day with regards to the latest covid guidelines.



Spoon-carving Workshop – Saturday 22nd May, 10am–5pm

Spend a fun and relaxed day learning how to carve a beautiful and functional wooden spoon. Age 18+. All tools and materials are provided and a lovely lunch is included. We intend to run this socially distanced course in the Barn, but if restrictions don't allow indoor activity by then, it will be outside. We will email you a week before to let you know what to expect on the day. Numbers are very limited. Book early via the Barn website.

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

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

Facebook: Winterbourne Medieval Barn



New Life

Mr Johnson has shown us the roadmap out of lockdown!

We can see that we have a path marked out to 'normal life' and I suppose the question we are all asking is what is normal? Is

normal a return to how life was before 2020? I don't think this will be the case for most of us and we will all have different reasons for this. Perhaps some have lost a family member, employment has been affected, financial situations are different, relationships have changed, but perhaps there are things that have happened in this Covid era that have changed for the better. Maybe some of us have embraced the opportunity to go to work without having to get dressed first and will continue to work from home more. Maybe the extra time with our families has highlighted this as important. Maybe we all have a little more respect for the occupations that have carried on and helped us all during this pandemic. Crucially have we learnt not to take our life, our liberty and our environment for granted?

We have an opportunity to build a new life. I appreciate that it is not entirely within our personal control, since most employers expect you to get dressed before going to the office! However, we can bring back those things which we have realised are so important to us; those things that make us who we are. We can also redesign our lives around keeping those good parts, those parts we have enjoyed during Covid.

Why not try to make a list of the most important things to do when you are able, the old and the new? This will help you to have been positively transformed by

the experience, to not take things for granted and to fully appreciate all the good things in life.

Whether it is as a result of Covid, or as a result of being transformed by the events of the first Easter, now is the time to embrace that change. Now is the time to assess what we want to be and how we will go about achieving that. Now is the time to choose how we live our lives in light of the major events that have taken place and how we might be better equipped for other events that may come along, perhaps changing what we perceive to be normal.

Covid has enforced changes, hopefully a one-time only event, where an end is in sight. The celebration of Easter is an annual celebration. Living our lives according to the example of Christ is a daily event. Each and every day, during a pandemic, or during apparently normal times, we are given the opportunity to embrace a new beginning, a fresh start. A new day is an opportunity to live your life closer to God, living in the hope that comes from a new life in Christ, helping to shine the light of his love in our lives, our homes and our communities.

Blessings,

Revd David Jones, Curate, Fromside Benefice



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

E: office@fromsidechurches.org.uk

www.fromsidechurches.org.uk

T: 01454 776518



Easter is the time when we celebrate new life, eggs and chicks being just some of the symbols of this new life. It is when leaves appear on the trees and many flowers burst into season. Easter is a time when we remember the biggest transformation to have happened in the world, ever! Jesus died on a cross for us, before rising to new life and we know this was an event that continues to have an effect two thousand years later. The events of that Easter have changed the lives of all of humanity and continue to change lives and transform people. It is through this transformation that Jesus, and through us, we can be part of the change which makes the world a better place, not just for ourselves but for all. Join us in church, study groups or online.

To find out more visit: www.fromsidechurches.org.uk



With infections falling at this time, vaccination rates and targets being extremely encouraging and in the light of the Government's roadmap, Fromside Benefice has organised the services below for Holy Week. Hopefully all of the below will be possible but if national Covid rules change, you can contact: office@fromsidechurches.org.uk or call the church office on 01454 776518.

Holy Week

Wednesday 31st March, 10.00am – Holy Communion – St James, Iron Acton

Maundy Thursday 1st April, 10.30am – Holy Communion – St Michael's Rooms

Maundy Thursday 1st April, 8.00pm to 10.00pm – Churches open for Easter Vigil & Watch – All Saints, Winterbourne Down & St Peter's, Frampton Cotterell

Good Friday 2nd April, 10.00am – Open Air Family Service at St James, Iron Acton or online Service of Reflection & Music at 3.00pm – www.fromsidechurches.org.uk/recorded-services

Easter Sunday 4th April, 10.00am Parish Communion at:

St James, Iron Acton

St Michael's, Winterbourne

St Peter's, Frampton Cotterell

All Saints, Winterbourne Down

Please book via the Benefice Office – Tel: 01454 776518 or Email: office@fromsidechurches.org.uk or online Service at 10.00pm – www.fromsidechurches.org.uk/recorded-services

Reflections available online during Holy Week at: www.fromsidechurches.org.uk/messages-resources-for-the-current-crisis/podcasts/



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



Manson's BRISTOL MISCELLANY



This month we were pleased to catch up with North Bristol author and historian Mike Manson with news of his latest book Bristol Miscellany. Mike told us sitting down and finally being able to put this first Volume together is one good thing to come out of lockdown!

Mike describes Bristol Miscellany as, "my

search for the soul of the city. I like to get to know the place I live in, to understand what makes it tick. As I wander round Bristol, I find myself looking for the footprints of previous times. Why does our city look like it does? I want to understand why that building stands over there, why that road bends in that particular spot. I've lived in Bristol for over 45 years and I'm still finding new corners, new streets, new communities even. There are few rules. To be honest, it's whatever grabs my interest. And I hope it will interest you."



Mike Manson pictured by Paul Bullivant

This wonderful historical book is split into various categories, it is great to see Coalpit Heath featured under the chapter 'A Once Important Industry – Coal'. We are lucky to feature an excerpt from this chapter opposite.

As a born-and-bred Bristolian I found the book of great interest, and how the book is put together makes it accessible and inviting to read. It was great to discover new gems about the city.

I enjoyed reading the following from the 'What's In a Name?' chapter – 'With a population of 436,000 Bristol is not a big city – but on the world stage it punches well above its own weight. Being a port the name of Bristol has spread across the globe. When settlers moved to North America in the seventeenth and eighteenth centuries they liked to take a little bit of Bristol with them. There are said to be 35 populated places called Bristol across the world – the majority of them in Canada and the United States.'

Mike believes strongly in the importance of local history; he shares in his book, 'To me local history is real history, featuring the place I live in. It wasn't about remote kings and queens – it was about everyday people within a familiar landscape.' We couldn't agree more!

If you would like to purchase this great read, visit

www.tangentbooks.co.uk • www.bristolbooks.org



Frog Lane Pit, Coalpit Heath in around 1906. First sunk in 1853, the pit employed 258 miners until closed by the National Coal Board in 1949. © Bristol Culture (Bristol Museum & Art Gallery).

A ONCE IMPORTANT INDUSTRY - Coal -

These days it's difficult to believe that Bristol was once celebrated for its coal fields. The clanking pit heads and ugly slag heaps have long gone. Apart from the occasional sudden and unwelcome appearance of a gaping hole in a garden, or the collapse of a road, today there is little evidence of this once important industry.

Despite being of low quality and the seams thin, coal played a major role in Bristol's economic development in the seventeenth, eighteenth and nineteenth centuries. Daniel Defoe reported in 1724 'tis very remarkable, that the city is so plentifully supplied with coals'. At its peak in the 1890s around 3,500 were employed in coal mining in Bristol.

Disregarding the pub's name, the collier's life was far from jolly. The coal was dug with pickaxe and shovel. It was lung-busting, backbreaking and knee-wrecking work. Some of the seams were barely four feet high so the day would be spent on hands and knees. The miner dug the coal; the collier brought the coal up from the coal-face.

The earliest mines were merely holes dug in the ground or shallow pits called 'bell pits'. Hence the name Coalpit Heath. Miners would dig down and then outwards until the pits were teetering on collapse. It was a dangerous business.



Above picture: Coalpit Heath Colliery between the first and second world wars. © Bristol Culture (Bristol Museum & Art Gallery).



Bradley Avenue: Winterbourne
Open 9.00am to 5.30pm Mon-Tues-Thurs-Fri
Saturday 8.00am to 1.00pm

closed Wednesdays
NO APPOINTMENT NECESSARY

Hards Tax Services

Chartered Tax Advisers and Chartered Accountants

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

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



Call us:
0117 9146596
info@yourspacemortgages.co.uk
www.yourspacemortgages.co.uk

YOUR LOCAL INDEPENDENT MORTGAGE BROKER

'Whole of market' and regulated to provide the best possible deals

- Home purchases
- First-time buyers
- Re-mortgages
- Help to buy
- Poor credit
- Self-employed
- Commercial borrowing
- Right to buy
- Buy to let mortgages

"We used Your Space and they found us a great rate, better than our bank."



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 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 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 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.



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.



Diamond Travel Card holders travel with a £2 charge per single journey and £4 per return journey, payable to the driver on local journeys with us. For more information about obtaining a Diamond Travel card contact South Gloucestershire Council.

If your journey takes you over certain boundaries, charges will apply. We will advise you of this at the time of booking.

Social Car Scheme

If we can't get you onto one of our Ring-and-Ride services we will try to get you transport with one of our volunteer drivers in their own car. This costs 45p per mile from your drivers starting point to your destination and return to the drivers starting point.

PLEASE CALL ON 01454 250500/510 TO BOOK YOUR TRAVEL

The Curtain Company

Made to measure Curtains and Blinds

Free Estimates

Free Expert Advice

Wide Range of Fabrics

Poles and Tracks

including Bay Windows

Fitting and Hanging Service

All Types of Blinds

01454 327597

07540 612604

www.thecurtaincompany.co.uk

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 Brockeridge 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 Brockeridge Centre, Woodend Road Frampton Cotterell.

To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk



Carers supporting carers

Do you look after someone? Or perhaps you know someone who does? Families often provide crucial care for someone who couldn't manage without their help.

If you look after someone, you might find yourself going round and round in circles fighting for services. It's easy to feel overwhelmed and confused, particularly if you are new to caring, or your caring situation has changed.

Everyone's caring situation is different, but sometimes it can help to talk to someone who has been in a similar situation. You may be new to caring and simply don't know what support is available. Or perhaps something has changed and you are having to tackle a new set of challenges, from incontinence, dementia, or balancing caring with work.

Local charity, Carers Support Centre, is offering a service to link carers up with a trained mentor who is also a carer (or former carer) in a similar caring situation. Your mentor will share their own experience and help you understand what support is available. Sajid is a local parent carer and has been having regular phone calls with his mentor, Kelly. He said:

"My phone calls with Kelly have been really helpful. A few ideas have come up that I can put into practical use. Obviously, there are a lot of restrictions at the moment, but I've taken note of Kelly's suggestions and am looking forward to future support."

Volunteer mentor, Kelly has also been enjoying her phone calls with Sajid. She said:

"Mentoring has been going really well. I have two carers I support and the feedback from both has been very good. I appreciate caring is a hard job and how lonely it can be, and so I'm happy to help them. They are both very appreciative."

Being a mentor is very rewarding. I gain satisfaction that I'm helping somebody who is in a situation that I've been in. I've been a carer – I still am a carer – and over the years I've gained knowledge and experience that I can pass on."

You could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. To find out more or for an informal chat about mentoring, contact Judy Porter at Carers Support Centre:

JudyP@carerssupportcentre.org.uk

07591 401 129 • www.carerssupportcentre.org.uk



Local oxygen therapy may be successful for long-covid

The Brightwell Centre in Bradley Stoke has been providing oxygen therapy in its barochamber benefitting those with Multiple Sclerosis, neurological and many other conditions for over 35 years. Oxygen therapy at pressure (utilising the barometric chambers) is now also being seen to be beneficial in easing many of the symptoms for people living with the effects of long-covid.

Following on from the improvements reported by a number of people living with long-covid in many countries, The Brightwell (along with other MS Therapy Centres across the UK) is now providing this service to those struggling with long-covid symptoms.

Patients currently undergoing oxygen therapy at The Brightwell report that they are already feeling the benefits. One such person who has been living with the symptoms of long-covid for the last eleven months, has had 20 sessions of oxygen therapy over the last 5 weeks and has reported a considerable improvement in their general condition, with the resolution of aggressive shooting pain and clearing of brain fog, permanent headaches and word blindness. In addition, they have reported that they are no longer fatigued and for the first time in many months feel like they are returning to their pre-covid selves.

Concerns have been expressed recently by Kamlesh Khunti, a professor from the University of Leicester who sits on SAGE, that the likely numbers of those who may end up suffering from long-covid could exceed those who have been hospitalized or have died from the virus.

Research is ongoing worldwide to find an answer to this serious complication to the virus but whilst the world waits for trials to be completed, high dose oxygen may have a major part to play.

Doro Pasantes, Centre Manager for The Brightwell says *"We are pleased to be able to offer oxygen therapy, which may be a simple aid to recovery"*. Details of how to access this therapy can be found on the following website thebrightwell.org.uk.



Winterbourne Down Village Carnival 2021

Although the Winterbourne Down Village Carnival is not able to take place this year due to Covid, the hard-working committee are keen to remain in the community's eye and are planning some great events and initiatives for 2021.

Over the May bank holiday weekend/week, the committee are busy preparing a Village Walk focusing on historical buildings and features in and around Winterbourne Down. Families will be able to follow the walk by scanning QR Codes on their smart phones, at the various points of interest. Final details will be available on their new website www.winterbournedowncarnival.co.uk and Facebook page www.facebook.com/wdcarnival.

The team are also in the process of setting up a 'Virtual Fair', which will give local organisations and businesses the opportunity to promote themselves 'On Line' under the auspices of the Carnival. Again, details when available, will be posted on the website and Facebook page. Previous supporters have been contacted but if others would like to take advantage of this initiative then please do get in touch.



Finally, the committee are hoping to be able to install somewhere in the village a 'Chatty Bench'. The idea behind this is that people will use the bench to meet others for a (socially distanced of course) chat. This is particularly beneficial to those who may be struggling with the isolation that these strange times have forced upon us.

www.winterbournedowncarnival.co.uk

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

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 contact the committee secretary: info@framptonfestival.co.uk

TWO TONE



DECORATING & BUILDING SERVICES

- Interior & exterior painting & decorating
- Extensions
- Renovations
- Loft conversions
- Roofing, fascias, gutters
- Free estimates

- Private or commercial
- Small or large projects
- Fully insured
- References available
- Bristol based
- 25 years experience
- Insurance work undertaken

For decorating projects call
Steve: 07442 017446
or Mike: 07989 507143

For building projects call
Terry: 07990 983277



M. E. S

Millard Electrical Services



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

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

OAP DISCOUNT

W.J.M Plumbing & Tiling

FULLY QUALIFIED
Ciphe Member

24 hour call out - No Job Too Small

Bathrooms ~ Kitchens
 Unblocking Drains ~ Leaks Repaired

Reliable, Affordable
 Friendly Service.

TEL: 01454 851830
MOB: 07902 383219



Based in Coalpit Heath

FAMILY BUSINESS
FAST RESPONSE



ALL WORK GUARANTEED
DAP DISCOUNT

PLUMBING

FULLY QUALIFIED

GAS / LPG / OIL /

BOILERS

GAS SAFE & OFTEC REGISTERED

ELECTRICAL

NICEIC APPROVED CONTRACTORS

DRAINAGE

VJIA APPROVED COMPANY



EXPERTS IN REPAIR, SERVICING & INSTALLATIONS

BOOK YOUR BRISTOL ENGINEER NOW!

0117 428 1091




Home alarm systems

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

0117 9075709 - 07938 861504
www.technisys.co.uk - info@technisys.co.uk
 Based in Stoke Gifford

Bradley Stoke Rubbish Clearance

Licensed waste carrier

- We load and clear • Same day service
- Single item jobs • Cheaper than a skip • No VAT
- Household, Garden, Garage and Shed cleared



Contact Stuart or Sue on
0800 0234 995
 (Freephone) or
07770 944727
 stuart.thistlewood@yahoo.co.uk

A E Rollin & Sons Ltd.

Established 1959





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

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

www.keymasterbristol.com



Local Mobile Locksmith

Based in
Frampton
Cotterell



Reg 002706

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

Major Credit Cards Accepted



Carl Jenkins MMLA MBLL
Qualified Engineer



0117 957 0011

E: info@keymasterbristol.com

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** * WAS £1,354 INC VAT



WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE



Made To Measure...

ROLLER GARAGE DOORS

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

CALL US TODAY

Phone: **01454 740 086**

Mobile: **07537 149 128**



Clover Ovensclean will clean your oven, range, hob, extractor or Aga using a non-caustic, fume free, eco-friendly system
Call Heath on 07943 870400
www.cloverovensclean.co.uk

Professional Oven Cleaning Services

BonneFreshClean
Carpet & Upholstery Cleaning Specialists



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

For a free no obligation quotation call Karen on
01454 436001 or 07774 908410

www.bonnefreshclean.co.uk
44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ

R.A.W DECORATING

PAINTING AND DECORATING

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

07776 016159 / 01453 541932
richardwilley1@btinternet.com

Thornbury Stairlifts
SALES SERVICING & REPAIRS

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



Independent Stairlift Specialist

01454 413 748 • 07833 318 722

www.thornburystairlifts.co.uk



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

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

Tel: 01454 777826 / Mob: 07850 873067

Liza and Sharon Domestic Cleaning Services



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

Mob: 07971 013 914

GARY SMART ELECTRICAL

Domestic, Commercial and Industrial Installations

All electrical work undertaken ...

- Rewiring • lighting • bathroom showers • kitchens • garden and garages etc

Safety inspections, Periodic Testing, Fault finding and Repairs

Fully qualified City & Guilds

Electrician 17th Edition Part P Registered

07805 070 947 • 0117 987 1437 • garysmart@sky.com

All backed with a 6 year Niceic insurance policy



AK PLUMBING

Dripping tap? Burst pipe? Toilet won't flush?

From full bathroom suites to outside taps and everything in between

We carry out all plumbing maintenance and repairs

24-Hour Emergency call out

0774 775 0136

Give us a call:

01454 600375

Email: AK_plumbing@hotmail.com for enquires
find us on Facebook, Instagram & Google: @plumbingAK
Covering Winterbourne, Frampton and surrounds

THE AERIAL MAN

TV Aerial and Satellite Specialist

Affordable Prices - Reliable Service

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

Freesat

01454 660 046

Freeview

07818 413 451

www.theaerialman.co.uk



Mayo's Heating & Plumbing

Boiler fitting, repairs and full system upgrades including radiators!

Full Bathroom upgrades, including wetrooms.

Landlord certificates and general plumbing.

Call James:

0117 904 3172 or

07952 272 851

m6yos@hotmail.com



J A Property Services

Kitchens

Bathrooms

Tiling

Interior & Exterior Decorating

General Maintenance

**0117 431 5132 /
07973 905323**

email: japroperty01@gmail.com

Inspired Bathrooms

Design & Installation

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

Call us on

01173 307 537 or 07853 069 280

www.inspiredbathrooms.net

inspiredbathrooms@hotmail.co.uk

Inspired by you, designed & installed by us

BEAUFORT
PROPERTY MAINTENANCE

FREE QUOTATION
No Obligation

PAINTING & DECORATING
HOME IMPROVEMENT
BUILDING MAINTENANCE & REPAIRS

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

C.J.P Landscaping
& Tree Maintenance

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

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

All types of Landscaping and
Drainage undertaken

Contact us: **07879 845 051 / 01454 528 744**
parsons.com@hotmail.com
Find us on Facebook for our full portfolio

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

Lock Stuck and Barrels
The complete door and window service

Locked out?
Need to replace or change your locks?

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

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

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

Call Dave on 07798 905 337
www.thebristollocksmith.co.uk
Based in Frampton Cotterell

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

ROOF-TECH
Bristol

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

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

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

D-CR DOMESTIC APPLIANCES

DOMESTIC APPLIANCE SALES AND REPAIRS

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

Tel **01454 850522 or 07917441539**
EMAIL: **d-cr@live.co.uk**
www.d-crdomesticappliances.co.uk

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

MOT's £34.95
Free Retest

Seasonal Service £79.50 +VAT
Other services available

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

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

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

Tel: 01454 777841
6 The Causeway, Coalpit Heath, Bristol, BS36 2PD
www.framptongarage.com
Email: **framptongaragesouthglos@hotmail.com**

MD Aerials
Call Michael Dagger

T: **01454 418 341** M: **07817 304 236**
mike@mdaerials.co.uk **www.mdaerials.co.uk**

All types of aerial and satellite work undertaken including:

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

Over 30 years experience

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

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

NHBC **Citb**

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

A.1. AERIALS

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

07956 491495 / 01454 318873
www.a1aerialsbristol.co.uk

LOW COST PLUMBING

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

OAP DISCOUNTS and NO VAT
0117 957 5092

Garage Doors
Installation | Maintenance | Repairs
Your local independent garage door specialists

Up & Over Doors | Sectional Doors | Roller Doors

Which?
Trusted Traders

VARIETY OF STYLES TO SUIT YOUR REQUIREMENTS

Call Brunel doors for your free no obligation quotation
BRUNEL DOORS
01454 882212

Visit our website: **www.bruneldoors.co.uk**

Index of Local Advertisers

Aerials		Electrician		Mobility Solutions	
A1 Aerials	37	Gary Smart	34	Thornbury Stairlifts	34
Dan Grace Aerials	5,35	Millard Electrical services	32		
M D Aerials	36	MJ Harris Domestic Repairs	33	Mortgages	
Accountants & Tax Services		Electrical Appliance Repairs		Your Space Mortgages	24
Hards Tax Services	24	DC-R domestic appliance repairs	37	Opticians	
Barbers		Engraving		Mike Harbord Opticians	19
Woody's Barber Shop	24	RMG Engraving	10	Spec Savers	9
Bathrooms / Fitting		Estate Agents / Property Letting		Painter / Decorator / Tiler	
Inspired Bathrooms	35	Bundy and Bond Estate Agents	1,3	RAW Decorating	34
Bicycle Repair		Fencing		Two Tone Decorating & Building	32
Rule 4 Cycles	10	Colour Fence	2	Plumbing / Heating engineers	
Blinds/Curtains		Garden Centres		AK Plumbing	35
Harmony Blinds of Bristol	39	Iron Acton Garden Centre	7	Low Cost Plumbing	37
The Curtain Company	28	Garden Machinery		Mayo's Heating & Plumbing	35
Builders / Groundwork/Property svcs		Sullivans - sales - service - repair	12	MJ Harris Domestic Repairs	33
A E Rollin Builder	32	Gardens / Garden Maintenance		WJM Plumbing	32
Beaufort Property Maintenance	36	CJP	36	Roller Shutter Doors (Garage)	
CWG Design & Build Limited	36	Colour Fence	2	Garolla	33
Businesses for sale		Gutter Clearance		Roofing	
Ovenclean Franchise	12	GutterPRO.co.uk	5	Rooftech	37
Cakes / cooking		Hair / Beauty / Massage		Rubbish Clearance	
Medway Designs	14	Beauty Plus	6	Bradley Stoke Rubbish Clearance	33
Carpet & Upholstery Cleaners		Handyman Services		Security	
Bonne Fresh Clean	34	J A Property Services	35	Technisys - Home Alarm Systems	33
Car / Motorbike- Repair / Valet / MOT		Health & Fitness		Schooling / Tuition / Courses	
Frampton Garage	36	Nuffield	18	Winterbourne Academy	16
Cleaning & Domestic Services		Heating – Gas / Elec		Sewing Alterations	
Clover Ovenclean	34	MJ Harris Domestic Repairs	33	Medway Designs	14
Elite Hygiene Services	34	Home Care		Shopping Centres	
Liza & Sharon Domestic Cleaner	34	My Homecare - Care at Home	1	Willow Brook Centre	15, 17
Complementary / Holistic Therapies		Home Improvements		Stairlifts	
Catherine Smart Hypnotherapy	19	Southern Plasticad	40	Thornbury stairlifts	34
Osteomyologist – Dawn Clode	19	Kitchen Refurbishment		Windows/Conservatories & Doors	
Computer services: IT – Repair/help		Dream Doors	11	Brunel Garage doors sales/repair	37
Frampton Cotterell Computer group	29	Locksmith		Southern Plasticad	40
Drainage		Keymaster	32		
MJ Harris Domestic Repairs	33	Lock Stuck and Barrels	37		
Driving lessons					
Sparky's Driving School	8				

EDITOR'S NOTE: Winterbourne and Frampton Matters is independently published and delivered FREE to every home (c 7,000+) in Winterbourne, Frampton, Coalpitheath, Winterbourne Down and Moorend. The views and opinions expressed are not necessarily those of the editors (unless it is a personal review of a service that we have participated in). We cannot vouch for every advertiser personally (although since starting in April 2009 we have used many of the services ourselves). Any feedback or experience is welcomed. We would like to thank all the advertisers who support this publication and therefore make it possible. Please return their support by utilising their services when and where you can. It is the advertiser's responsibility to ensure conformity with the Trade Descriptions Act 1975, Business Advertisements Disclosure Order 1977, Sex Discriminations Act 1975 and the Consumer Credit Act 1974. We cannot be held responsible for misrepresentations in the adverts included. All artwork created by Matters Magazines must not be published in any other media without our permission. © Matters Magazines 2021 © Winterbourne & Frampton Matters 2021.

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

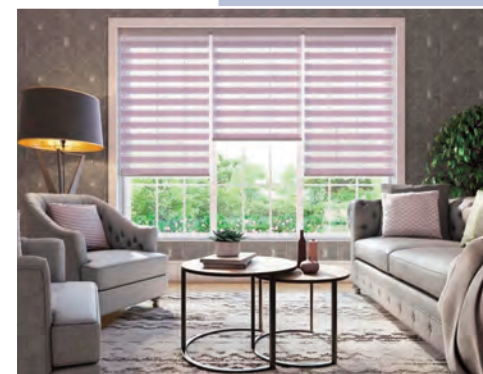
HARMONY

Your satisfaction is Our future

**50% SALE
NOW ON**

- ✓ We measure, make and fit ALL types of blinds
- ✓ COVID secure: keeping us ALL safe
- ✓ 5 Year no quibble guarantee

25 1992
2017
Years Of Excellent Service



**01454 616848
0117 9314141
07970 803137**

www.harmonyblindsofbristol.co.uk

THANK YOU
to all our customers
and for
recommending
us to others

Southern Plasticlad Ltd.

WINDOWS, FASCIAS, CONSERVATORIES AND ROOFS

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

ALL NEW **GUARDIAN** warm roof system



Guardian
WARM ROOF

Flat Roof Problems?

RUBBERBOND
FLEECEBACK
EPDM



We specialise in
all types of roofing
including pitched
roofing.

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



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



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



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

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



FENSA

Registered Company 30873



VISIT US TODAY FOR A GREAT BARGAIN!

sales@southernplasticlad.co.uk
www.southernplasticlad.co.uk

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

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

Freephone 0800 542 6066

Telephone 01454 777 732