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Dear Residents,

As you can see from the front cover, St Michael's school enjoyed a super sports day recently, you can share in the joy from the day, by reading their account of events.

Local resident Holly Dunham used lockdown to reignite her passion for painting, together with her love of the outdoors. The result has been the creation of some stunning pieces of art. We hope you enjoy reading about her experiences, along with details of her forthcoming exhibition at the Winterbourne Medieval Barn. This is just one of the fabulous events planned at the historical site, that has a jam-packed diary of events for us all to enjoy.

Helen Isaac is another local resident who put lockdown to good use - fulfilling her dream of writing a book. We introduce you to her first children's book Allotment Fun.

Staying on the theme of fruit and veg! The Winterbourne Down and District Horticultural Society are planning their Flower & Vegetable Show on 21st August.

The Floral Friends of Frampton invite you to take part in their summer - Sort it, Sow it Plant Trail. Read how you can get involved in this recycling themed, garden display.

We bring you Tales from the Riverbank as Frampton Cotterell Village Action have resumed activities aimed at maintaining the natural environment along the River Frome.

Watermore primary school invite you to sign up for their 10k race, taking place in Frampton Cotterell this September.

If you are looking for other local events to take part in, do view the The Village Diary.

All this and much more!

Enjoy a lovely summer,

Kerry & Jaci x

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From left: Michael, Fran, Tina, Darren, June, Mary and Maggie
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On your marks, get set go!

News from St Michael's

It has been an action packed, first summer term at St Michael's, which ended with our annual sports day held on the final day. Although things were a little different this year due to restrictions, the children still thoroughly enjoyed taking part in the numerous competitions, and lots of cheering and laughter could be heard. After a fun-filled day, the red team were crowned this year's champions during a special assembly, and class teachers were able to nominate a star sports-person who impressed them with their talents and sportsmanship.



Throughout the year, and as part of our Eco Schools award, families have been collecting old ink cartridges that can be recycled. This month we were able to send off a full box of cartridges, which not only prevented empty cartridge waste in our landfills but also raised over £70 for the school. We are very lucky to have such a wonderful community who are committed to protecting the planet.

As mentioned in the previous edition, we began the summer term by launching our new STEM (science, technology, engineering, maths) curriculum. Both staff and children are thoroughly enjoying the



term's enquiry projects which centre around an inspirational person in the world of science and technology. The classes in Key Stage 1 have planted an array of seeds and bulbs and we are beginning to see the results of all of the children's hard work. Year 1 had their first taste of school produced rocket and spinach, and year 2 are eagerly awaiting the arrival of sunflowers, lilies and begonias. Green fingers crossed, we will be able to share more gardening successes with you all later on in the year and maybe even some scientific breakthroughs!



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Sunday 26th September is the next Watermore 10k race, Frampton Cotterell.

All money raised goes directly to the school to help pay for extra supplies and experiences for the children:

<https://www.watermore10k.co.uk/>

We hope to have all the usual activities alongside the race, games, BBQs, ice cream van and our portable bar!

Please come along and support the event, if it is standing on the street corner cheering on the runners or joining us for a celebratory beer after the race has finished.

We also have our famous rainbow run open for the children, tickets available online.

Laura Thomas Race Director said: *'We are so excited to be able to organise the Watermore 10k race on Sunday 26th September, we sold over 50% of tickets within the first 24 hours, please be quick to sign up if you would like a place.'*



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News from the Floral Friends of Frampton

Sort it, Sow it Plant Trail – Got an old milk or lemonade bottle? An empty tin can or old saucepan? An old wheelbarrow? An old tyre? Anything that can be re-used as a plant pot?

Recycle it by filling it with plants and displaying it in your front garden from the week beginning Monday 19th July. Let us know by Monday 5th July that you're taking part (by emailing floralfriendsofframpton@gmail.com) and we will produce a map so that people can walk around the Sort It, Sow It Plant Trail and enjoy all the innovative displays. Everyone is welcome to join in – the display can be as small as you like or as big as you dare!

Parade Planters – Floral Friends volunteers have set up the new parade planters in the village. These six, sturdy planters replaced some of the wooden planters and have reservoirs to cut down on watering. They have been planted with colourful summer displays for everyone to enjoy. At the same time the rest of the planters in the village have been replenished with summer bedding plants and the hanging baskets have returned to add to the fun!

The Triangle – Floral Friends made a start tidying the Triangle flower bed opposite the Rising Sun recently, in preparation for a lovely summer display. Poppy and marigold seeds have been scattered and snapdragons – kindly donated by a local resident, have been planted. Sadly the rain and wind led to an early finish but more working parties will be held regularly to tidy up this area – do get in touch if you would like to volunteer and help to keep the displays looking beautiful throughout the village.

Thank you Nisa – Floral Friends are delighted to receive a donation from Nisa and are very grateful for their support. This donation will fund a new animal sculpture in the Sensory Garden and we hope the Owl and Hedgehog, already resident in the Garden, will welcome their new friend in time for the Plant Trail at the end of July.

Could you help? There are lots of ways you can support the Floral Friends of Frampton – volunteer some of your time to help maintain the planters and replenish them in spring and autumn. Help with fundraisers is much appreciated or if you have no time, donations are welcome. If you have a business in the area sponsorship of a planter is always a great option.

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://ffframpton.wixsite.com/frampton-cotterell>.

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Beauty Plus by Myriam: Pampering is what we do best!

"If lockdown has taught us anything let it be to find our happiness within ourselves. Helping my clients to feel that little extra bit special is what makes me happy"

Beauty Plus by Myriam is very excited to open its doors again to welcome clients both old and new. *"The last year has been very difficult and frustrating for all of us"* Myriam commented *"but one benefit was that during the first lockdown the beauty industry collaborated to offer some fantastic webinars which I spent much of my time enjoying. Keeping up to date with new treatments and practices is so important and it was wonderful to be able to spend so much time learning and experiencing new ideas. I would never offer a client a treatment that I don't wholeheartedly believe in myself"*

Both Myriam and Beth also undertook Covid training last summer and these practices have been very much in place since the re-opening of the salon fully from 12th April.



I was very eager to learn what special treat Myriam had in store for me today. It has been over a year since my nails had any attention so I was delighted to learn that Beth had a gel nail treat for me! I chose a sparkly burgundy colour and can't stop looking at my nails, they look so good! Beth was really lovely and so proficient and friendly whilst she was attending to my nails, even with the necessary mask, visor and gloves! A gel polish with Beth is £25.50 or £42.50 when combined with a full manicure as well. You can add on a paraffin wax treatment for dry hands for an additional £8 - I am definitely going to try this next time around.

Myriam then invited me in to her treatment room for a truly pampering experience - **the Uni Peel facial** - **currently on an introductory offer for £50** and suitable for all skin-types as Myriam adapts the ingredients to suit. This unique facial eliminates dead cells, evens the complexion, reduces brown spots, purifies and smooths the skin, reduces shine, tightens the pores, calms and reduces redness and enhances a radiant complexion. As an outdoor person (horse-rider and walker) I do suffer from rosacea, and Myriam also noted I had a few broken capillaries. She took all this into account when working on my skin. The treatment was incredibly relaxing and Myriam's hands literally worked their magic (honestly her hands are magical!) In addition, during the 15 minutes I had to relax with the mask on, Myriam afforded me a wonderfully relaxing head massage as well.

I can honestly say I was blown away with the results of this facial. Because of my complexion I rarely leave the house without foundation and am always self-conscious leaving after a treatment when your skin has been laid bare. However, when I got home I couldn't believe how fantastic my skin looked and how even its tone, all redness subsided and it just felt dewy soft. It is still the same as I write this 48 hours after treatment! I can wholeheartedly recommend a trip to Beauty Plus and will definitely be back again for more!



"It has been wonderful to see so many of our clients returning again, we have missed them".

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By Myriam

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WADCA

WADCA Community Centre is finally starting to come back to life as the sound of children fill the centre.

REDDS dance school has welcomed back all of their young dancers as they once again train at the centre.

WADCA will be preparing for all other clubs to resume over the coming months.

There is currently a number of available slots in the skittle alley, sports hall, main hall and committee rooms for bookings. The bar, that was newly refurbished in 2020 is also available for small bookings.

WADCA will be offering competitive prices for birthday parties and celebrations that have been postponed during the pandemic, as well as hosting a number of 'socials' once allowed.

A number of catering packages are available. Christmas party bookings can be made now.

For more information and prices please email: ca.winterbourne@gmail.com



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Frampton Cotterell & Coalpit Heath Village Diary

July

Thurs 1st – Tea and Tour Open Afternoon,
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via the Barn website www.winterbournebarn.org.uk

Tues 6th – Medieval Scentscapes, Winterbourne
Medieval Barn, 7pm. Tickets £7.50. Talk is
accompanied by scent samples. Bookings www.winterbournebarn.org.uk

Weds 7th – Wellbeing Friends, WADCA 1.30–
3.30pm. £3. A group for people with dementia and
their carers. Socially distanced. Outdoors if fine.
Edna 07789 662694

Sat 10th – Birdsong Walk & Breakfast,
Winterbourne Medieval Barn, 8am. Book online via
www.winterbournebarn.org.uk

Thurs 15th – Wellbeing Friends, WADCA
1.30–3.30pm. £3. A group for people with dementia
and their carers. Socially distanced. Outdoors if fine.
Edna 07789 662694

Sat 17th – Share and Repair cafe, outside All
Saints hall Winterbourne Down, 10am–12noon.
Frome Valley Environmental Group will try to repair
whatever you bring!

19 July – 2 August – Sort It, Sow It, Plant Trail
round the village. Recycle a container and
fill it with plants in your front garden for others to
see!

Thur 22nd – Wed 28th – Zion Holiday Club for
primary school age children

Tue 27th – Fused Glass Workshops,
Winterbourne Medieval Barn, 10am and
1.30pm. Details and bookings on website www.winterbournebarn.org.uk

**Tues 27th – Talk: 180 Years of Glos
Constabulary,** Winterbourne Medieval Barn, 7pm.
£5. Sue Webb, Force archivist and Gloucestershire
Heritage Hub looks at the history of our local police.
Book online via www.winterbournebarn.org.uk

August

Tues 3rd – Family Crafts: Olympics,
Winterbourne Medieval Barn, 10am or 1pm. Book
via the Barn website www.winterbournebarn.org.uk

Tues 3rd – Shakespeare in the Barn: Henry V,
Winterbourne Medieval Barn, 7pm. The Festival
Players. Bookings £15/£10, www.winterbournebarn.org.uk

Wed 4th – Wellbeing Friends, WADCA 1.30–
3.30pm. £3. A group for people with dementia and
their carers. Varied activities, a cuppa, cake and
chat. T: Edna 07789 662694

Thur 5th – Tea and Tour Open Afternoon,
Winterbourne Medieval Barn, 2pm. Tickets £5. Book
via the Barn website www.winterbournebarn.org.uk

Sat 7th – Distaff Spinning workshop,
Winterbourne Medieval Barn, 10am–4pm. Advanced
booking required via the Barn website www.winterbournebarn.org.uk

Tue 10th – Family Crafts: Time Travel,
Winterbourne Medieval Barn, 10am or 1pm. Book
via the Barn website www.winterbournebarn.org.uk

Tue 17th – Family Crafts: Carnival Time,
Winterbourne Medieval Barn, 10am or 1pm. Book
via the Barn website www.winterbournebarn.org.uk

Thu 19th – Wellbeing Friends, WADCA 1.30–
3.30pm. £3. A group for people with dementia and
their carers. Varied activities, a cuppa, cake and
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Tue 24th – Family Crafts : Mystical Magic,
Winterbourne Medieval Barn, 10am or 1pm. Book
via the Barn website www.winterbournebarn.org.uk

**See Village Action website for dates for the
full year www.villageaction.org.uk**

**If you have dates to add to the Diary,
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This month it was great to catch up with local resident Helen Isaac (pictured right), to hear how some good things did come out of lockdown, and learn all about her new children's book *Allotment Fun*.

Helen told us, "I've dreamed about writing a children's book for a long time, but never really had the time to start. Lockdown provided the ideal opportunity for giving writing a try, and here we are with a book ready to go! Which just goes to show that we should never give up on a dream!"

When it comes to children's books, we all know how important collaborating with a great illustrator is. Fortunately for Helen, a colleague recommended Tim Burgess (pictured below), a former pupil of Elm Park School, Winterbourne, where Helen currently works. Helen shared, "I made contact with Tim and he agreed to come on this adventure with me! I'm thrilled – he's very talented and really brings my writing to life."

We asked Helen what is *Allotment Fun* all about?



"It is a story about a little girl who enjoys spending time on her allotment. She grows all sorts of things with varying degrees of success, but doesn't worry too much



about that. What matters to her is having a go and enjoying the process!"

Helen feels very much the same about her own allotment! She hopes the story will encourage children to engage with nature. She shared, "If children read the story I really hope they'll try growing something, even something as simple as cress or a sunflower – it's fun and gets them involved with nature, which is great for well-being. For some children this opportunity might just be the start of a life-long love of growing/gardening, which can only be a good thing!"

Helen recently enjoyed reading her story to the reception pupils at Elm Park school. The feedback was great, the pupils especially enjoyed putting actions to the text.

Allotment Fun is published by Bumblebee Books (the children's Division of Olympia Publishers) and is available from olympiapublishers.com, Amazon and local shops.



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News from Coalpit Heath WI



Coalpit Heath WI newsletter has celebrated its first year anniversary. Thanks go to all those who have contributed each month but especially to Leigh Smith who took on the editorial role. It has

been a fantastic and much appreciated way to keep the members connected until meetings are held in person again. The committee are considering keeping a newsletter but in a reduced format.

Subject to any guidelines, there will be a social meeting in July to allow members to catch up. We will also be making our contribution to the Floral Friends Sort it, Sow it, Plant it trail, which we will add to the fence on Badminton Road. All members have been given ideas on how to contribute to our project.

A meeting diary is still to be finalised but plans include a visit from Fussells Fine Foods, with Andy telling the story behind his award winning rapeseed oil. The colourful life of Queen Victoria is also confirmed and many of the other speakers from our postponed diary are likely to be finalised shortly.

Any updates and further information will be on our FaceBook page: [WICoalpitHeath](https://www.facebook.com/WICoalpitHeath).



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News from the Crossbow Singers

It's so difficult to know where to begin! Our Crossbow Singers' family has been torn apart and isolated like so many real families over the past 18 months. A small number – probably just over a quarter – of our members have been able to link up via Zoom, but not everyone has the suitable equipment to do so. Also, of course, unless you have very expensive, high tech equipment (and the expertise to go with it!), it's impossible to sing together via Zoom, as the timing does not match. This results in some very disconnected, uncoordinated and pretty awful sounds!

Nevertheless, the group who did meet regularly on a Monday evening, have enjoyed chatting to one another, learning some music theory (thanks to our Musical Director, Carolyn Dutton), and practising our individual parts in the comfort (and safety) of our own homes, whilst on mute! These Zoom meetings came to an end on Monday 28th June. Many thanks to Eric Bray for facilitating these meetings.

We were looking forward to an ease of restrictions on June 21st but now this has been postponed until the middle of July at the earliest. So, we are now making plans based on the new information, but these will be dependent on Government instructions applicable at the time, and of course, we will follow all the necessary COVID related precautions.

We hope to hold our much overdue AGM during the first couple of weeks in August. Actual date to be decided. Then we are hopeful that we will resume choir rehearsals together in Crossbow House on Monday 6th September 2021.

We can't wait to start singing together again and possibly even preparing for a Christmas concert! We look forward to seeing you there!



A Disability-led project that tackles digital exclusion

How is it that in 2021 when everything is done online, some are still left stranded with no access to the internet or a decent smartphone?

That is the question Paul's Place a disability charity in Coalpit Heath is trying to tackle.

Bristol disability charity Paul's Place has received funding to make their Paul's Place At Home Service permanent. The project aims to train service users to confidently arrange online activities, as well as stay in touch with one another using a private online platform. It aims to connect those without internet or a smartphone and provide valuable digital skills.

Paul's Place at Home is a result of the day facility closing during lockdowns. For 25 years the charity has been operating on a face-to-face basis but when lockdowns began, in just 24 hours the team successfully changed how they provided their vital services.

"If it wasn't for Paul's Place, I would be staring at four walls," one service user shares.

Paul's Place at Home taught those with the right equipment how to take part in online activities, ensuring a vital part of their routine could continue in some way.

"We found that some wanted to join the activities but didn't feel confident online and would just get frustrated," Alex, Communications Officer for Paul's Place who is leading the project explains. "What came out of the lockdown was a need to increase digital skills and connect those without smartphones or the internet as we know how important technology is in our modern world."

Now that the charity is supporting people in person again, they want to maintain their online service alongside their reopening by making it a disability-led service.

"Sometimes people are ill for weeks at a time. That's a long time to be away from the vital support we provide," explains Alex. "Not everyone is back in the day facility yet either, due to social distancing measures. With Paul's Place at Home everyone will be able to stay in touch in one safe space. There are so many ways you can contact someone these days, it gets confusing! Trying to remember if you sent a WhatsApp, text, Facebook message or if it was a phone call can get tricky! Keeping everything in one place and being able to start a group call at the click of a button, will make things easier for those we support."

In 2019, both Apple and Android made giant leaps in terms of making their smartphones more accessible. Yet some are left with phones that do not have access to these vital tools as they cost a lot of money

or they don't know which tool is right for them. "The tech world can be confusing if you didn't grow up with it," says Alex.

The charity is looking for funding to help those without internet get WIFI and a smartphone. The project is trying to find funding or donated smartphones to connect people. Once everyone has the right technology, the charity will teach those at Paul's Place how to best make use of these new features in a way that suits their disability.

The skills they learn through this initiative will not only help them stay in touch with friends at Paul's Place but also in other areas of their life. Alex is hopeful that those wishing to have internet and a new smartphone can be connected. "We're exploring individual grants for people to apply to. Helping them apply and getting people set up by teaching them all about the accessibility tools available."

Leonard Cheshire are also supporting Paul's Place with a IT training workshops, specifically designed to teach disabled people about all the brilliant tools available for them.

"This is such a brilliant initiative and something that has a huge potential to grow into something bigger," explains Alex.



The simple act of being able to buy your loved one a gift online or the ability to search for additional support can help people feel more independent.

"One of the challenges we faced during lockdown was when people lacked digital skills or the equipment. Our world is becoming more digital each year so it's important everyone has basic digital skills," Alex shares.

It's estimated that 25% of disabled adults have never used the internet, compared to 10.2% of the entire UK population (Source: Good things foundation). The charity want to change this for its service users by giving ownership of their Paul's Place at Home service to its beneficiaries and getting those who would otherwise be digitally excluded online.

"As a disability-led charity, it's important we're always finding new ways to help people become more independent and live life to the full," explains Alex.

website www.paulsplace.org.uk





News from Frampton RFC

June was a quiet month for Frampton RFC as we took a break for a few weeks, in readiness to start full pre-season training on 1st July, after a Covid safe players meeting on June 29th.

Remembering Atko

Unfortunately the last few weeks have been a sad time for all at Frampton RFC, as we mourn the passing of a club legend Kevan 'Atko' Atkinson, after a long illness.

Kev has been at the club for many years and wore the green shirt in the front row over 400 times – playing across all three teams, and the vets.

He was a brilliant clubman – hard and fair rugby player, great social man, fun to be around and a great third team captain for many years.

He was loved by all and will sorely missed.



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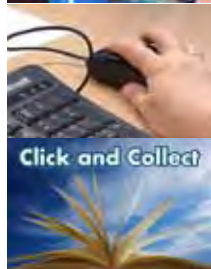
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www.rmgengraving.co.uk



Winterbourne library is open and providing services in a safe environment



Welcome back! We've loved welcoming users back into our library over the past few weeks – for borrowing and using our computers and Wi-Fi. We continue to follow the Government roadmap out of lockdown and offer services according to any current restrictions. These include self-service borrowing and free access to computers and Wi-Fi. However services may change at short notice and our webpage www.southglos.gov.uk/librarychanges is always kept updated.

Our digital magazine shelf has got bigger!

Top digital magazines & eComics delivered free to your screen with library membership.

Choose from around 3,000 different digital magazine titles across a wide range of subjects including computers & technology; crafts; current affairs; entertainment; food & cooking; home & garden; lifestyle; science & nature and sports.

Plus we have over 2,800 eComics for both adults and children including Marvel, Disney, IDW, Dark Horse & Image. There's fantasy, manga, horror, science fiction and superheroes galore!

All using the Libby app from OverDrive. Find out more at www.southglos.gov.uk/eresources.

Testing kit collection points – Everyone in the UK aged over 16 without Covid symptoms is encouraged to have two rapid (lateral flow) tests each week. Now you can collect testing kits from one of 12 local libraries during opening hours. The tests come in boxes of seven, simply take your box home, complete your test following the instructions provided with the test and record your result online. No need to return tests to your pick up point.

Open: Tues, Weds, Fri: 10am–5pm, Sat: 9:30am – 12:30pm, Closed: Mon & Thurs.

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

Summer Reading Challenge 2021



Pack your bags, we're headed to the library to join **Wild World Heroes, Summer Reading Challenge 2021!**

To get involved, children read 6 books over the summer holiday

and collect stickers to complete their special Wild World Heroes poster to get a medal and certificate. It's FUN and FREE to take part!

You can start the challenge at a South Gloucestershire library from **Saturday 10 July to Saturday 11 September**, and discover how you can make a difference to the environment too, visit the library and sign up.

NEW this year, there is also the Mini Challenge specially designed for pre-school children.

Pick up your FREE craft bag of awesome animal activities to make at home when you join Wild world Heroes.

Visit: www.southglos.gov.uk/librarychanges.

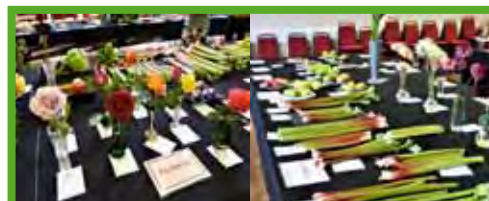
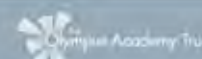


Winterbourne
Academy

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



Flower & Vegetable Show

Winterbourne Down and District Horticultural Society are pleased to have set the date for this annual show, which couldn't be held last year. All being well, it will take place on **Saturday 21st August, at the Greenfield Centre.**

It's always been a popular open show and it's hoped lots of people will be eager to take part again. Schedules will be available nearer the time. Let's hope the weather will be reasonable to allow produce to develop well. With people having had extra time to spend in their gardens and on their plots we should be in for a treat!

For further info contact chairman Richard on: 01454 773218

How the Pandemic changed the way we look at the world around us...

by local artist Holly Dunham

For many of us Covid – 19 changed how we live and work, how we might think; perhaps even what we want to include in our lives but also what we may have taken for granted. I know I found myself turning to nature and the outdoors for solace, reconnecting with my love of countryside fields and woodland paths. As we entered the first Covid-19 lockdown I had already been spending a lot of time and energy to rebuild my world after a spell of poor health, I was reflecting on what I was filling my days with and where life had taken me so far.

After being away from the canvas for many years teaching I was now painting every single day and every single part of it was igniting a passion inside me that I hadn't been honouring for so long. The canvas listened, the paint flowed, and I was able to let go of things in my life that didn't serve me anymore. I was reconnecting with the true me again, through taking walks, meditating on ideas and painting my imagination. I decided to honour my need to create and devote myself to my own art once more.

The world can get very noisy at times and for many of us we were forced to stop and sit with ourselves – to reflect.

It took courage and patience to leap back into my artist shoes and it still does require bravery – but I am so grateful I took the leap. I am constantly learning and growing as an artist and as a person. After rediscovering my artist voice, it was time to truly listen to what my heart was telling me and return to what I truly believe is what I am meant to do – create.

*What if I fall?
Oh, but my darling...
What if you fly?
Erin Hanson*

Life can go so fast; it is so precious. I did not want any more years to pass without honouring what my heart wanted to do and not giving my artist side the time, it needed to grow and by sharing my artwork I now know that my art would bring so much joy to others too.



Artist journey ...

My childhood was spent paddling in the local streams and exploring the meadow fields surrounding my family home in Gloucestershire. I attended Stroud college to study Art Foundation - here my hunger to paint only grew. I graduated Fine Art at the University of The West of England, enjoying many years of exhibiting and exploring my art practice. Here I was overjoyed to win the John Hulla Award by the School of Creative Arts, graduating with a First-Class Honours Degree. Soon after I qualified as an Art Teacher.

These memories and love of the outdoors has clearly left its mark on me – I love to paint the surrounding countryside around my home here in wonderful Frampton, where I walk and explore, and the memories I or my clients hold. The Frome Valley

Walkway is a firm favourite of mine – the light glowing through the trees onto the river first thing in the morning is just magical and Huckford Viaduct towards Winterbourne is just astonishing.

My paintings capture moments, memories, and celebrations of nature, encouraging the senses to come alight and form a deep connection with earth's gifts. I enter a meditative state when I paint, my mind settles, and the chatter of the day disperses. My palette is generated by mood, embracing what is in my head and also what is in reality, often a dance between both. Canvases filled with colour, vibrant flowers and atmospheric skies. Although many of my paintings are highly detailed, I move freely with



the paint allowing it to create the initial layers and textures organically.

I hope to build and grow as an artist, capturing the world and joys around me that bring so much happiness to many. For people to continue to connect with my paintings and fall in love with them so much that they take them home to bring joy to their lives every day. To continue to build relationships with galleries and likeminded organisations to represent my artwork so it can be loved and enjoyed by many for years to come. And most importantly to always paint from my heart to yours.

I really enjoy exhibiting locally and am looking forward to exhibiting at my solo show in September at Winterbourne Medieval Barn open as part of Heritage Opening Days. Free tickets can be booked on the link below. There will be plenty on offer as well as the exhibition for families across the weekend. Drop into the Cart shed Cookery School to find out all about medieval cooking, explore the medieval barn and find out about its history to name just a few. A pop-up café will also be open to enjoy a slice of cake or two!

Winterbourne Medieval Barn

Date: 18th - 19th September, Time: 10am – 5pm

Book a place: www.winterbournebarn.org.uk/event/heritage-open-days/

I am excited to see where this world full of colour takes me and when the time comes – support others in their own creativity too by offering workshops.

How much it means to live here and depict the area...

I feel truly blessed to be surrounded by magical woodlands, rivers and Cotswold countryside – my work is inspired by the sketches I make on walks through the local landscapes and of our rugged coastlines. I am still finding new views, walks and nature that I have never seen before. The local community are just incredible and are constantly inspiring me and sharing new local treasures to



explore - I am so thankful for such a wonderful community to share this journey with.

I will always be eternally grateful that I took the leap, listened to my heart, stepped into that fear and did it anyway. I am happier,

healthier and feel so much more enriched. I have recently finished a series of woodland paintings inspired by Chill Woods (just off the Frome Valley Walkway), covered in bluebells and warming sunshine streaming through the trees – pop over to my Facebook and Instagram page to see how they came to life and my website to make one yours.

If you would like me to create you or a loved one a bespoke luxury painting – turning your ideas and memories into reality, please don't hesitate to contact me as I love to hear from you. Alternatively have a look at my website to see my available paintings or order a pack of greetings cards.

All enquiries to:

www.hollydunhamartist.co.uk
info@hollydunhamartist.co.uk
FB & Insta: [hollydunham.artist](https://www.facebook.com/hollydunham.artist)

*Paintings opposite page:
Summers Glow,
Centenary Field &
Hand in Hand with
Grandad (commission)*

*Paintings Above:
Stillness by the River
- Nightingale Bridge;
Where Hope Blooms,
Huckford Viaduct II &
Bluebells I*





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Book a tour: 0117 974 9740



Healing for your body and mind en France!

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

Local Osteomyologist expert Dawn Clode is excited to share the news she is extending her healing to France! From the spring of 2022 you will be able to take part in Holistic Learning Holidays in the lovely Charente in France.

You will have the opportunity to learn about different holistic therapies and how to use them safely at home on yourself, your family and friends, as well as enjoying a holiday in this wonderful area of France.

Staying for a week, Saturday to Saturday, based on two people sharing an en-suite room, full board with 3 days of lessons (10am to 5pm), prices start from £710.00 per room. Travel is not included but Limoges Airport is close by and a pickup can be arranged if you don't want to hire a car. You can easily travel by car from the UK too.

Courses will run in March, April, May, October and November 2022. Therapies taught include – Reflexology, Massage, Reiki 1&2 and Master, Aromatherapy, Applied Kinesiology, Mindfulness, Homeopathy and Acupuncture.

Your holiday residence will be a large, 200 year old stone cottage, set in the village Suris in the East Charente, a ten minute drive from stunning lakes and the Charente river. If you like water sports, fishing, walking, cycling, historic towns and chateaux everything is on your doorstep.

Get in touch with Dawn to book in for next year and find out more. If you need her services in the meantime to assist with pain, you can book in for a session at her holistic treatment room in Little Stoke.

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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



Explore Local ... Monks Pool Walk Approx. 3.5 miles (includes stiles)

Delightful rural walk with fine views of St Michael's Church, Winterbourne, before visiting Monk's Pool and Bradley Brook nature reserves. The four interconnecting ponds probably supplied fish for the nearby manor house.

Start in Swan Lane, Winterbourne BS36 1RW

1. Walk away from main road & take 1st Left (Green Lane); follow footpath at end.
Continue awhile (wiggles to right at Ferndale Farm - lorries).
2. Through kissing gate on Left (near metal gate across track) & follow footpath to right.
3. Ignore wooden stile ahead & turn Left onto footpath. Through kissing gate at end & Right onto track. Then next Right.
4. After a while, Left through kissing gate into Monk's Pool Nature Reserve (info board).
5. Follow path to left through woods. Ahead over grass. Right by river along a grassy stretch.
6. Through kissing gate ahead & Left to go over bridge.
7. Right through another kissing gate into Bradley Brook Nature Reserve (info board).
8. Follow path through woods. Over bridge on right & through gate at far end.
9. Straight ahead (under pylon wires) & through two metal gates.

10. Left into field & follow trodden path round edge to stile. Continue straight, re-tracing steps: Right after kissing gate & along track back to Ferndale Farm.
11. At farm, Left over stile (overgrown?) Straight across field, toward footpath sign (left of building).
12. Right onto Swan Lane. After about 40 metres, Left along track.
13. Continue along track, following curve to left; then fork Right. Fork Right again after



Tales from the Riverbank

With the easing of lockdown restrictions, Frampton Cotterell Village Action (FCVA) have started to resume activities aimed at maintaining the natural environment along the River Frome. These include carrying out litter picks; clearing invasive Himalayan Balsam from the riverbank; testing and reporting the water quality on behalf of the Riverfly Partnership and acting as a BART Beacon – working with Bristol Avon Rivers Trust to protect and restore the river.

This year, Village Action were particularly pleased to have been approached by two youngsters who were keen to help with clearing Himalayan Balsam. After a brief training session on recognising and dealing with Himalayan Balsam, as well as advice on staying safe when working near the river, they enthusiastically cleared a few hundred plants which were growing on the riverbank along Meadow Mead. A few days later, FCVA's first full working party cleared more plants growing on the other side of the river in Glebelands. By preventing the plants from flowering and producing seeds, the group can prevent it from forming dense clumps and out competing native wild flowers.

FCVA has recently resumed Riverfly Monitoring, after a hiatus caused by lockdown and high water levels after heavy rain in May. Although quantities of invertebrates show a reasonable water quality, the Frome, like many rivers in England, faces a number of pressures due to human activity. These include litter and debris, agricultural runoff, industrial pollution, flooding, sewage overflow and degradation of riverbanks and paths.

bungalow with lorries. Right to follow track round to right, looking for stile on Left.

14. Over stile. Straight across field. Over another stile and Right onto a track.
15. As track bends, go over stile (signed footpath) beside metal farm gate on right. Immediately Left along top edge of field.
16. Look for a trough in wall, then go through farm gate on Left; Right to follow wall along edge of field & over stile in corner of field.
17. Straight ahead on trodden path across field, toward houses and stile into Swan Lane.

Remember to respect others, park responsibly, leave no trace of your visit and follow the Country Code.

Be aware that parts of a walk can change – eg. a path moved to one side or a stile replaced by a gate.

More lovely local walks in the local villages, with maps and full directions, can be found at:
<https://www.villageaction.org.uk/village-action-activities/village-walks>



Taking a Riverfly Sample



Clearing balsam along Glebelands

The River Frome Reconnected Catchment Plan, which can be found on the South Gloucestershire Council website below, highlights those pressures and the steps being taken to address them.

If you'd like to know more about Village Action activities, would like to join one of their working parties or want to raise any issues related to the river, please get in touch via **email**, framcottva@hotmail.co.uk, or their **Facebook page**: [FCVillageAction](https://www.facebook.com/FCVillageAction).

River Frome Reconnected Catchment Plan:
www.southglos.gov.uk/documents/RFR-Catchment-Plan-V6final.pdf



Bradley Avenue: Winterbourne
Open 9.00am to 5.30pm Mon-Tues-Thurs-Fri
Saturday 8.00am to 1.00pm
 closed Wednesdays
 NO APPOINTMENT NECESSARY



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 Coronavirus 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. With lockdown now easing and a greater numbers of people vaccinated, the group is hoping to reopen soon.

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

Frampton Cotterell Computer Group

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

To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk



'Together for Fromside' Churches supporting Christian Aid

Christian Aid Week 2021



Once again Christian Aid Week was very different this year, but what a successful week it was! Despite not being able to hold our usual community events,

there was a sale of knitted/crocheted toys, a plant sale, a Zoom Quiz Night and of course, lots of generous donations.

Including Gift Aid, a total of £3,203 was raised. A big THANK YOU to everybody for your support and generosity.

Giving thanks for our Vaccine Appeal

In March we launched a community appeal – a chance for us, as we received our Covid vaccine, to show our thanks by helping those who don't have access to vaccines. The response was amazing! We raised £3,241 including Gift Aid!

Christian Aid writes: "Thanks to your generosity we are able to expand our work amongst the most vulnerable in India and respond to the immediate crisis through our local partners, who will be:

- Setting up quarantine centres with basic facilities
- Supplying essential PPE, hygiene kits and medical supplies
- Creating vaccine awareness
- Providing much needed transportation to hospitals for infected people in rural areas
- Giving food rations and cooked food if the whole family is affected

Your gift in thanks for your vaccination is making a difference in this desperate situation. You are enabling our partners to respond to the Covid crisis where the need is greatest".

Once again, a big THANK YOU!

If you would like to find out more about what Christian Aid is doing to support the world's most vulnerable, of all faiths or none, why not take a look at christianaid.org.uk

Adorno Community Day Centre

An exciting opportunity has arisen for older people and their carers in Frampton Cotterell, Yate, Sodbury and the surrounding areas. Since the pandemic, older people have had respite services cut and many of their community social events have been cancelled.

Adorno Companions founder Emma Doney started Adorno Community Day Centre that launched on 17th May 2021. The organisation aims to support up to 45 people per week across 3 sites. The Day Centre is now taking bookings with day care provided between 10:00–14:00 every Tuesday, Wednesday and Thursday.

Emma shared, "It has been an incredibly tough year for all of us, but for those that are full time carers looking after an older loved one, there has been no breaks, no visits from family members and limited social events to support them. We want to make sure that carers are able to look after themselves and take a break. This allows them to be the best version of themselves, particularly when the going gets tough. We have had a lot of interest from local community groups that want to get involved and to help with volunteering. We have also had offers to provide facilities and resources such as a garden area, chair based exercise and various craft classes."

The new venture is Covid-secure and hopes to provide activities, entertainment, arts & craft, gardening club, intergenerational events with local nurseries, day trips, guest speakers and animal therapy to name a few. The Day Centre will also provide up to 8 new Support Worker jobs for those seeking new employment. Transport will be made available to and from older people's homes to ensure it is as easy as possible to access the new service.

James Ball, Mayor of Sodbury comments, "I am extremely pleased that Adorno has started a Day Care Centre that will offer activities for many local residents and will also give their carers some time to take a break from looking after their loved ones. After such a difficult year, this will be a huge benefit to so many and it will also bring much-needed jobs to the community. I would like to wish Emma and the Adorno team well in their new venture."

The venues that the Community-based Day Centre will run from include: Shireway Community Centre, Yate (Tuesdays), Crossbow House, Frampton Cotterell (Wednesdays) and Ridgewood Community Centre, Yate (Thursdays).

Prices starting from £59.95 per person based on the individual's dependency, and lunch and refreshments are also included.

For enquiries or to book a space call 07398 526 024 or email AdornoCDC@gmail.com



| | |
|--------------------------|--------------------------|
| Carer Respite Activities | Gardening Club |
| Entertainment | Intergenerational Events |
| Chair-based Exercise | Day Trips |
| Arts & Craft | Guest Speakers |
| | Animal Therapy |

.....

From 17 May 2021 - Day Care Available 10:00 - 14:00

Tuesdays - Shireway Community Centre, Yate
Wednesdays - Crossbow House, Frampton Cotterell
Thursdays - Ridgewood Community Centre, Yate

Prices starting from £59.95 per person. Lunch and refreshments included. Transport available

For enquiries or to book a space call 07398 526 024 or email AdornoCDC@gmail.com

"It has been an incredibly tough year for all of us, but for those that are full time carers looking after an older loved one, there has been no breaks, no visits from family members and limited social events to support them. We want to make sure that carers are able to look after themselves and take a break."

Adorno Companions founder Emma Doney

Summer Events at Winterbourne Barn

Indoor events resumed at the Winterbourne Barn in June, still with social distancing and masks.

We had an interesting talk about The People's Mosquito Project to make and fly a WWII plane in the UK again, lots of families doing craft activities on the theme of Myths and Monsters, a historical talk and tour, and our first live music concert for nearly two years with the amazing vocals of singer-songwriter Leonie Evans.

There is lots more coming up at the Barn in July and August. The first Barn Dance to be held in the medieval barn since the site was totally refurbished in 2019 will be a thoroughly rousing event! But if you prefer sitting down, you can be entertained by King Henry 8th, or explore the scents and smells of medieval times, hear about the history of our Police, or watch the tense drama of Henry V. There are plenty of learning opportunities with Fused Glass or Distaff Spinning workshops, or exploring Birdsong in the nature reserve. All activities should be booked via the Barn website and will abide by whatever covid restrictions are in place at the time.

Music and Drama in the Barn

Divorced, Beheaded, Died : An Audience with Henry VIII - Weds 30th June, 7pm

Come back to 1544, when Winterbourne Barn was a mere 200 years old, and meet the Henry VIII as he halts his Royal Progress around the country to afford his subjects the opportunity of an audience with their sovereign Lord and King! A very entertaining evening for ages 12+. Tickets must be pre-booked online via the Barn website.

Shakespeare in the Barn : Henry V - Tues 3rd August, 7pm

A Game of Crowns. The Festival Players present Shakespeare's exhilarating historic tale of leadership, bravery, humour and love as Henry takes his army into battle against the French at Agincourt. Bar and gates will be open from 5.30pm - feel free to bring a picnic to eat before the show. Tickets £15 (£10 under 16s or registered disabled) must be booked online. Please note, car parking (free) will be at Winterbourne Academy which is a



10-15 minute walk along Church Lane. No parking allowed on Church Lane. On-site parking can be reserved in advance for people with mobility problems.

Talks in the Barn

Medieval Scentscapes - Tuesday 6th July, 7pm

Smelling the Divine and the Diabolical in the Middle Ages! In our modern deodorised age we may not realise that for medieval people the sense of smell was central to interpreting the world around them. Bad smells were associated with disease. Spices and scented goods spoke of new lands and cultures. Smells were important in negotiating good and evil, and in finding one's place in the hierarchy of the spirit. This talk will be accompanied by scents for each ticket holder, and the audience is encouraged to smell along, if they wish. Tickets £7.50 must be pre-booked online.

180 Years of the Gloucestershire Constabulary - Tuesday 27th July, 7pm

Find out about the history of policing in Gloucestershire (which included South Glos) with Sue Webb, force archivist with at police HQ and Glos Heritage Hub. Tickets £5 online.

Craft and Skills Workshops

Fused Glass Workshops - Sat 10th July and Tues 27th July, 10am or 1.30pm

Sarah Aumayer of Mydsomer Studio leads a fused glass jewellery workshop in the morning and a fused glass curve workshop in the afternoon. Each session lasts 2 hours.

Make jewellery with the stunning colours of dichroic glass. The Jewellery workshop costs £20 to includes one pendant or brooch. You can make more at £9 per item (pay on the day). Or design your own unique glass 'Curve' on a 23 x 8cm piece of glass. Sarah will show you techniques and give you tips and ideas. The Curve workshop costs £35. Free parking.



Historic Distaff Spinning Workshop - Sat 7th Aug, 10am - 4pm

This one-day workshop will introduce you to the historic European method of spinning wool with a distaff and spindle. You will be taught several ways to dress a distaff and the two principal ways of spinning from it (in-hand and short-suspension). The day costs £69 per person including all materials, tuition and lunch. Please let us know any dietary requirements when you book. Book online via the Barn website.

Explore the Natural World

Early Birdsong Walk and Breakfast - Saturday 10 July, 8am

A birdsong guided walk (around 1.5 hrs) with naturalist Ed Drewitt followed by breakfast at the Barn. £15 per person, including breakfast. Let us know your dietary requirements when you book. Free parking on site. Recommended for ages 12+ Book online via the website.

Tea and Tours

First Thursdays

The popular monthly tea and tours are on the first Thursday afternoon of each month at 2pm (1st July, 5th Aug etc). Numbers are limited and booking is required. Tickets are £5. Enjoy a short talk about the history of the Medieval Barn, with a cup of tea, and then explore the recently renovated West Barn and the rest of the site.



For Children

Holiday Tuesdays - family craft activities each Tuesday during August. Different themes each week - Olympics, Time Travel, Carnival, and Mystical Magic. £5 per family.

Summer Diary dates

- 1st July - Tea and Tour, 2pm
- 6th July - Medieval Scentscapes talk, 7pm
- 17th July - Barn Dance, 7pm
- 27th July - 180 Years of the Glos Constabulary, 7pm
- 3 August - Shakespeare in the Barn : Henry V, 7pm
- 5 August - Tea and Tour, 2pm
- 7 August - Historic Distaff Spinning Workshop, 10am
- 2nd Sept - Tea and Tour, 2pm
- 18/19 Sep - Heritage Open Days
- 21st Sept - A Brief History of Music, 7pm

Winterbourne Medieval Barn, Church Lane, Winterbourne BS36 1SE

Website: www.winterbournebarn.org.uk

Facebook: Winterbourne Medieval Barn

Registered Charity number 1112908



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Joseph Foote of Footes Lane

by Ian Haddrell

Local tradition has it that Footes Lane in Frampton Cotterell takes its name from the Foote family, who emigrated to Australia in the 19th century after they had gained prominence in business and local government in the Ipswich area of Queensland.

The lane was indeed named after the Foote family, but occurred prior to the family leaving Frampton Cotterell for the antipodes, whilst the head of the household, Joseph, was employed as a local hatter.

Joseph Foote was born about 1791. From family stories, there appears some likelihood that he, or his father, could have been born in Ireland; but our first authentic record of him is as a young man in Frampton Cotterell is when he married Elizabeth Clarke of Thornbury, the daughter of John and Hester Clarke, on the 22 January 1821 at St Philip & St Jacob Church, Bristol.

Shortly after their marriage Joseph and Elizabeth Foote went to live at Calne, in Wiltshire, as Joseph's name appears in Pigot's Directory for Wiltshire 1822 as a hat manufacturer in Church Street, Calne. At the time of the baptisms of their first two sons in 1824, Joseph's occupation is recorded as a hatter in the register. Their first child, John Clarke Foote, was born on July 10 1822 at Calne and baptised in the Wesleyan Methodist Church, Melksham on 20 June 1824. On November 4, 1823, their second son, Alfred William was also born at Calne (baptised 15 February 1824 at the Methodist Chapel, Calne). It is likely that the family moved back to Gloucestershire some time in 1824/1825, as Joseph and Elizabeth's first daughter Clarissa was born in May 1825 at Kendalshire, near Winterbourne Down. Clarissa together with Joseph and Elizabeth's last four children James, Joseph, Lucy and Harriett were all christened on the same day, 23 July 1837, at St Peter's church, Frampton Cotterell.

Little is known of the intervening years up to 1847; but it is certain that Joseph was an active member of the Independent or Methodist Churches and in his 'leisure time' was a lay preacher for thirty years in the villages around Bristol. On the Quarterly

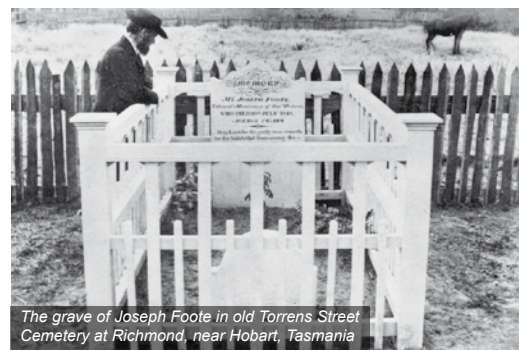
Tickets of The Wesleyan Methodist Society, Joseph Foote is registered as being a member in September 1824, and between 1830 and 1834 is recorded as preaching at Zion Chapel in Frampton Cotterell. Joseph and his family obviously had a close association with the chapel, located on top of Brockridge, as his last four children's names appear in the Zion Sunday School register in the early 1840s. His wife Elizabeth was also a member of the Wesleyan Methodist Society having joined in June 1816; she is still recorded, in her married name, on the Quarterly Tickets of June 1830.

In the Gloucestershire Register of Electors published in 1832 'for any election which may take place in 1833' Joseph Foote is included in the register and entitled to vote by virtue of owning a freehold house and garden in Crow Lane in Frampton Cotterell. In an 1838 survey of Frampton Cotterell, Foote is recorded as the owner and occupier of a cottage, as he is in the 1841 Tithe Apportionment occupying plot 646 indicated on the accompanying Tithe Map. By the time of the 1841 census, a few months later, Joseph, a hatter by trade, and his family are enumerated living in Footes Lane, in one of only four cottages situated in the lane at the time. Therefore, Crow Lane must have been renamed Footes Lane sometime between 1832 and the 6 June 1841, the night of the 'first modern census', named after hatter and local lay preacher Joseph Foote.

An early colonist to Van Dieman's Land, Joseph Foote arrived on 31 January 1848 at Launceston



Believed to be a photograph of Joseph Foote snr. who was born around 1791



The grave of Joseph Foote in old Torrens Street Cemetery at Richmond, near Hobart, Tasmania

aboard the barque Britannia from London, leaving his family in England until he was settled. He was an agent of The Colonial Missionary Society, an organisation formed in May 1836 as a 'distinct society for the Colonies' following the report of a deputation to Canada by representatives of Congregational churches from Britain. Its principal mission effort was directed towards promoting Congregationalist forms of Christianity among 'British or other European settlers' rather than indigenous peoples. Joseph was subsequently appointed and based at Richmond, 25 miles from Hobart, riding on horseback to outlying stations.

Foote collapsed in the Congregational Chapel at Richmond on Sunday 9 July 1848, while preaching the Gospel to his congregation which comprised of many convicts. He died the following evening and was buried in the old Torrens Street Cemetery at Richmond, near Hobart, Tasmania. The Courier newspaper reported that his death was 'deeply regretted by all who knew his character and labours'.

Author of this article, Ian Haddrell is chair of the Frampton Cotterell and District Local History Society. If you are interested in local history do visit their **Facebook page: Frampton Cotterell and District Local History Society** to receive regular posts on lots of local historical gems and to be kept up to date on when their monthly meeting will recommence.



Above: The children of Joseph and Elizabeth Foote of Frampton Cotterell. Clockwise from top: Lucy (1833-1895), John Clarke (1822-1895), Joseph (1831-1890), Harriet (1837-1922), James (1829-1895), Alfred William (1823-1896). Centre: Clarissa (1825-1899).

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Editor's note: I can thoroughly recommend 'Taking the Plunge' having taken part in 2019, it was great fun! Photo right of me and my gorgeous superhero Thor. The next challenge below is also on my bucket list ...!

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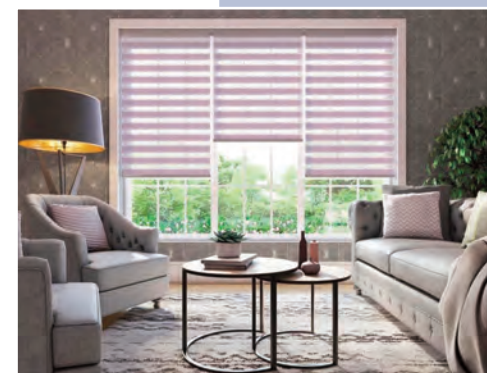
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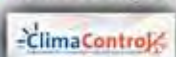
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