

Winterbourne & Frampton *Matters*



Aug/Sept 2021

Telephone 01454 300 900



Look what's new at the
Sensory Garden

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!

www.keymasterbristol.com

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



Based in
Frampton
Cotterell



Local Mobile Locksmith

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

Major Credit Cards Accepted



Carl Jenkins MMLA MBLI
Qualified Engineer



0117 957 0011

E: info@keymasterbristol.com

Winterbourne & Frampton Matters is delivered to 6,500 DIFFERENT homes per quarter across Winterbourne, Winterbourne Down, Frampton Cotterell and Coalpit Heath



Summer's too short for painting fences.

Choose 25 years maintenance free metal fencing*. Choose **ColourFence**.

Unique ColourFence GUARANTEE

- ♦ Virtually maintenance FREE for 25 years*
- ♦ No warp, crack, shrink, rot or peel
- ♦ Withstands gusts up to 130mph

Why choose anything else?

- ♦ A choice of styles and colours
- ♦ Professional installation
- ♦ Established in the UK for 15 years

25 YEAR GUARANTEE



Brown Cream Blue Green

"We chose ColourFence 15 years ago and it looks as good as new."
Mr & Mrs P. Stringer

For a free, no-obligation quote, find out more via:

0117 259 1789 | colourfencebristol.co.uk

*T&C's apply – see website for details



Dear Residents,

As featured on the front cover, the Sensory Garden at the Broomridge Centre, has welcomed a new wooden Snail, who joins the Owl and Hedgehog sculptures. I am sure many children will enjoy meeting these enchanting characters during the holidays.

We hope lots of you got out to enjoy the Floral Friends of Frampton - Sort it, Sow it Plant Trail. From old tractors to wheelbarrows, plastic milk bottles to sand castle buckets, wine boxes to old beaked bean tins, they were all planted up and looked bloomin brilliant! The trail certainly brought some colour and cheer to the local area.

Our centre pages are dedicated to the fun, year 6 pupils at St Michael's school enjoyed during their home camp. Wonderful memories were formed over this special week that will last a lifetime.

community@mattersmagazines.co.uk

We are pleased to bring you news of the Winterbourne and Frome Valley Environmental Group - Repair Surgery. These regular sessions, held in collaboration with All Saints Church, enables local people to bring fabric items, bikes, electrical goods or wooden furniture to the surgeries to be repaired by volunteers - amazing!

Coalpit Heath Football Club has faced a challenging 18 months but kept busy in the community and continued to thrive, we hope you enjoy reading their latest news.

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!

Take care until next time,

Kerry & Jaci X



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

Winterbourne library is open!



We're back! Come on in for self-service borrowing and free access to computers and Wi-Fi. We continue to follow the Government guidelines, however services may change at short notice and our webpage (www.southglos.gov.uk/librarychanges) is always kept updated.

Relax in our garden! The library has a beautiful back garden that provides a safe, enclosed space for families and everyone to come and enjoy. There is a canopy and socially distanced deck chairs to help you relax in the outdoor space.

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.

Our digital magazine shelf has got bigger! Top digital magazines, newspapers and 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. Access the full text of 1000+ daily, weekly and monthly newspapers on the day of publication from over 100 countries (and in 60 languages), including 166 local, regional and national UK titles with PressReader. 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.

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](https://www.facebook.com/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 now 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 and Frome Valley Environmental Group 'Repair Surgery'

Winterbourne and Frome Valley Environmental Group hold a 'Repair Surgery' once a month, in association with All Saints Church. Items can be mended by volunteer repairers on site, such as – bikes, jewellery, fabric items and general electrical or woodworking repairs. Sessions are currently being held outside to minimise risk. In the future the group will look to bring back the cafe and share elements of this project.

The Repair Surgeries takes place on Saturday mornings, 10.30am–12 noon, outside All Saints Church Hall, Winterbourne Down on the following dates – 18th September, 16th October, 20th November

Contact: Winterbourneenvironmental@gmail.com

THE AERIAL MAN

TV Aerial and Satellite Specialist

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

01454 660 046

07818 413 451

www.theaerialman.co.uk | info@theaerialman.co.uk

Which? Trusted Traders

No Problem No Call Out Charge

Gutters Cleared

We remove leaves - moss - grass - growth & debris

Photos
Before & After

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

GUTTER PRO .co.uk

SERVICE PLEDGE

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

VISA

0800 112 0123



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.'*



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

THE HAIRDRESSER

Mobile Hairdressing Services

City & Guilds Qualified Hairdresser
with over 30 years experience

Friendly, Professional, Insured
& Following Covid Protocols

Call Heidi - 07802 478 473

SUMMER FITNESS

From

£36

Shape up this summer with our
4 WEEK GYM MEMBERSHIP.

Start your fitness journey
with us! Available throughout
July & August.

For more information call 01454 201019
or email spa@aztechotelbristol.co.uk



**FITNESS
AT AZTEC**

AZTEC
HOTEL & SPA

Aztec Hotel & Spa
Aztec West,
Almondsbury,
Bristol, BS32 4TS



News from the Floral Friends of Frampton

Sort it, Sow it Plant Trail

We hope everyone has enjoyed walking around the village to admire all the innovative and interesting displays that local residents created for the Sort It, Sow It Plant Trail. The weather was kind, and all the displays have been much appreciated. Well done everyone and thank you all for taking part.

We have not aimed to raise money from this event (although donations are always welcome – see below) and, of course, we have not been able to hold plant sales and coffee mornings. With restrictions lifting we hope to be able to do so in the not-so-distant future.



The Sensory Garden Snail

If you go down to the Sensory Garden today, you will find that the Owl and Hedgehog have been joined by a new friend – the Snail! Our thanks to Andy O'Neill who carved him and to Nisa who funded him.

We also very much appreciate the kind donations we have received from local residents of plants and compost.

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



New locally based letting agent offering:

- Personal and professional service
 - Expert marketing advice
 - Licensed member of ARLA
- Full management & Let only services
 - Competitive fees
- Independent agent with over 35 years experience



Ashley Mills ARLA

Edge Estates is a newly formed residential letting & management company operating across Bristol and South Gloucestershire.

Set up by Ashley Mills and his team, who have a combined experience of 35 years along with a wealth of knowledge within the industry.

We would like to hear from any landlords, homeowners or investors who are contemplating letting a property or are considering a change of agent and are looking for a more bespoke handling of their property with a personalised, no-nonsense approach.

Feel free to contact us today...

**Head Office t 01453 376376 e info@edgeestatesw.co.uk
w www.edgeestatesw.co.uk
Bristol t 01173 790790 Bath t 01225 696696
Chipping Sodbury & Yate t 01454 540540**

Severn Vale Flower Club

Severn Vale Flower Club is looking forward to returning to regular meetings. However there has been some changes!

We have changed our venue and in future meetings will be held at St. Mary's Church Hall, Eastland Close (off Eastland Road) in Thornbury, which is situated up past Thornbury Health Centre.

The Hall has its own car park and there is a bus stop nearby.

From September we will usual meet on the third Monday of the month (unless otherwise stated), rather than the third Wednesday as before.

We are really looking forward to welcoming all our members and friends back. If you are not already a member and are interested in flower arranging, you are invited to come along and join us.

Our first meeting is on **Monday 13th September at 2.15pm**, when our flower arranging demonstrator will be Jenny York.

See you then!

News from Coalpit Heath WI

It's lovely to be able to report, that after a postponement due to a poor weather forecast, we were able to reschedule to hold our first meeting of the year in July. It was a bring your own chair and refreshments social gathering but it was great that about half the membership were able to attend. It was agreed that just to be able to see everyone in a group was very positive. There was an opportunity to have a go at making a contribution to the Sort it, Sow it, Plant it trail along with a book table.

We look forward to being able to resume our meetings in St Saviour's Village hall starting on August 4th at 8pm. Any further details and information will be on our FaceBook page, search @WICoalpitHeath.

Our contribution to the Floral Friends Sort it, Sow it, Plant Trail features on the Badminton Road fence (see opposite). Items used for planters include milk cartons, fabric softener bottles and tins – who all had faces added to them and were planted up. A watering rota is in place to ensure they survive the hot weather. We hope that you enjoy them.

Any updates and further information will be on our FaceBook page: [WICoalpitHeath](#).



BEAUTY PLUS
By Myriam

CIBTAC, BABTAC, IHBC

**HEALTH & BEAUTY
SALON**

147 CHURCH ROAD
FRAMPTON COTTERELL
BRISTOL
BS36 2JX

01454-776938
07854608889

www.beautyplusbymyriam.com

All you need for your garden



Plants, Compost, Pots, Paving,
Furniture, Fire Pits, Bird Feed,
Houseplants, Gifts and more



Shop with us in-store and online
Treat yourself in our café

We pride ourselves on being your friendly, independent and local Garden Centre
Wotton Road, South Glos, BS37 9XA
www.ironactongardencentre.co.uk
01454 228764

IRON ACTON
Garden Centre

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



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

Call for a free estimate on:
0117 944 3223



Checkatrade.com
Where I would say matters
AVERAGE SCORE 9.8/10

www.dreamdoors.co.uk

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

Frampton Cotterell & Coalpit Heath Village Diary

August

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

Tues 3rd – Free activities for Young people, Broukeridge Centre, 10am–2pm. Cook your lunch, group games, etc. Booking essential. Contact Dawn@facecharity.org.uk

Tues 3rd – Dance Exercise for Seniors, field behind Crossbow House, 2pm. Weather-dependent. £2 optional for *Children in Need*. Book a space – Hilary 07515 351813

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

Tues 10th – Free activities for Young people, Broukeridge Centre, 10am–2pm. Cook your lunch, group games, etc. Booking essential. Contact Dawn@facecharity.org.uk

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

Tues 17th – Free activities for Young people, Broukeridge Centre, 10am–2pm. Cook your lunch, group games, etc. Booking essential. Contact Dawn@facecharity.org.uk

Tues 17th – Dance Exercise for Seniors, field behind Crossbow House, 2pm. Weather-dependent. £2 optional for *Children in Need*. Book a space – Hilary 07515 351813

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 chat. T: Edna 07789 662694

Tue 24th – Family Crafts: Mystical Magic, Winterbourne Medieval Barn, 10am or 1pm. £5 per

family. For kids under 12. Book via the Barn website www.winterbournebarn.org.uk

Tues 24th – Free activities for Young people, Broukeridge Centre, 10am–2pm. Cook your lunch, group games, etc. Booking essential. Contact Dawn@facecharity.org.uk

Tues 24th – Dance Exercise for Seniors, field behind Crossbow House, 2pm. Weather-dependent. £2 optional for *Children in Need*. Book a space – Hilary 07515 351813

Wed 25th – Litter Busters, 10am–12.00 If you would like to get involved please email Village Action: framcottva@hotmail.co.uk

September

Wed 1st – 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

Wed 1st – Coalpit Heath WI, St Saviours Church Hall, 7.45pm, Tel 07935 071291. Email - carolinemjohnston@hotmail.com Visitors always welcome!

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

Fri 3rd – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 / E: crossbowhouse@gmail.com

Sat 4th – Horticultural and Craft show, St Saviours hall, 2pm

Sat 4th – Barn Dance, Winterbourne Medieval Barn, 7pm. Live music from Sargents Mess. Bar open from 6pm. Tickets £10 (£7 under 16) www.winterbournebarn.org.uk

Tue 14th – Mothers Union, St Saviours 2pm. A variety of speakers. T: Mary Head 01454 887870 mary.head@blueyonder.co.uk

Wed 15th – FC & District Local History Society Talk, 7.30pm. £4 non-member. Membership £15 a year. Contact: secretary_fcdlhs@yahoo.com

Thu 16th – Wellbeing Friends, WADCA 1.30–3.30pm. £3. A group for people with dementia and their carers. Activities, a cuppa, cake and chat. Info Edna T: 07789 662694

Fri 17th – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947

Sat 18th – Share & Repair cafe, outside All Saints hall Winterbourne Down, 10am–12noon. Frome Valley Environmental Group will try to repair whatever you bring!

Sat 18th / Sun 19th – Heritage Open Days (Edible England), Winterbourne Medieval Barn. Free entry. Activities for all ages. See website: www.winterbournebarn.org.uk

Sun 19th – Heritage Open Days, Ram Hill Colliery, 10.30am– 4pm. Free entry

Tue 21st – A Brief History of Music, Winterbourne Medieval Barn, 7.30pm. From medieval to 20th Century in 90 mins! Tickets £13 / £10 online: www.winterbournebarn.org.uk

Sun 26th – Happy's Circus, FCCE school, shows 1.30 & 3.30pm, £8/£6 booking required

Tue 28th – Talk: Archival Archaeology, Winterbourne Medieval Barn, 7pm. Tickets £5. Refreshments available. Free parking. www.winterbournebarn.org.uk

Tue 28th – Frampton WI, Floral Friends Plant Sale, St Peters Hall 7.45pm. www.facebook.com/FramptonCottWI

Wed 29th – Litter Busters, 10am–12.00. If you would like to get involved please email: Village Action at framcottva@hotmail.co.uk

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

If you have dates to add to the Diary, please email: louisemharrison@gmail.com



News from the Crossbow Singers

Well, now we know that lockdown restrictions are easing! Crossbow Singers are able to announce that their AGM will be held in Crossbow House on Monday 9th August, 2021, commencing at 7.30pm.

It is also planned that choir meetings will recommence on Monday, 6th September 2021 – subject to any Government restrictions applying at that time.

We are all so longing to sing together again, but at the same time wanting to keep every single member of our Crossbow Singers' Family safe and well. Hopefully numbers of infections will have eased by then and we can truly return to normal.

Very best wishes to all our loyal supporters. We miss you and we hope to see you again soon.



Events at Winterbourne Medieval Barn

Music and Drama in the Barn

Shakespeare in the Barn: Henry V – Tuesday 3rd August, 7pm

After a rebellious youth in the taverns of London, Prince Hal takes on the responsibility of Kingship and leads his troops against the French at Agincourt, in Shakespeare's stirring tale of leadership, bravery, humour and love. The Festival Players Theatre Company is a well-renowned professional theatre company delivering the best in open-air Shakespeare. The bar and grounds will open at 5.30pm for picnickers. The performance starts at 7pm in the Medieval Barn. Seating is unreserved.

Car parking at the Barn for this event is reserved for people with mobility problems and must be booked with your ticket or email events@winterbournebarn.org.uk. Free parking for all at Winterbourne Academy, a 10-15 minute walk along Church Lane. No parking is allowed on Church Lane. Tickets £15 (£10 under 16s or registered disabled). Book online via the Barn website or Tel: 0117 403 1536.

A Brief History of Music, Tuesday 21st September, 7pm

Acclaimed musicians Chris Green and Sophie Matthews take in 600 years of musical history in 90 minutes! From the Middle Ages to the 20th century, this fun and fast-moving show is a whistle-stop tour of Western musical history using tunes, songs and plenty of humour to take you on an epic musical journey. You won't want to go home! Tickets £13 adult, £10 concessions, are available on the Barn website now.

For Children and Families

Holiday Tuesdays – family craft activities each



Tuesday during August. Different themes each week – Olympics, Time Travel, Carnival, and Mystical Magic. £5 per family per session. Book a morning or afternoon slot online.

Craft and Skills Workshops

Historic Distaff Spinning Workshop – Sat 7th August, 10am–4pm

This amazing 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. Book online via the Barn website.

Summer Swing Barn Dance

Saturday 4th September, 7pm

What better way to celebrate summer and a return to live music and dancing, that a real barn dance in a real barn! This will be the first time we've been able to do this in the newly refurbished Barn. With rousing tunes from Sargent's Mess and expert caller Rob, you can do-si-do the evening away. Dancing from 7–8.30pm and 9–10pm.

The bar and grounds are open from 6pm. Bring a picnic if you like. Please note, only alcohol purchased at the Barn may be consumed onsite. Free on-site parking. Tickets £10 (£7 for under 16s) – book online via Barn website.

Tea & Tours

Tea & Tour – first Thursdays of the month, 2pm

Enjoy a cup of tea and a short talk about the history of the Medieval Barn, and then explore the recently renovated West Barn and the rest of the site. Numbers are limited and booking is required. Tickets are £5.

Heritage Open Days

Heritage Open Days: Edible England – Sat/Sun 18th–19th September

As part of the national scheme, the Barn and St Michaels church will be open for free to all visitors. You can explore the magnificent medieval barn and productive vegetable garden. Materials will be available for you to have a go at botanical drawing. Local artist Holly Dunham will be completing a painting on site and will be available to offer hints and tips. There will be plenty on offer for families across the weekend. Drop into the Cartshed Cookery School to find out all about medieval cooking and have a taste of days gone by! A pop-up cafe will also be open for more modern tastes.

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

www.winterbournebarn.org.uk and Facebook

Registered Charity number 1112908



Helping you remain independent in your own home

My Homecare
"There's no place like home"

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

0117 440 6397
E: bristol@myhomecare.co.uk
Brotherswood Court, Almondsbury, BS32 4QW
W: bristol.myhomecare.co.uk

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

Do something amazing for The Brightwell this September and help provide life-changing therapies and support for people living with neurological conditions.



Take the Plunge

Could you be brave enough to "take the plunge" into the chilly waters of the Portishead Marina to be rewarded with the unique experience of being rescued by an incredible lifesaving superdog?

Back for the tenth year, this popular event, creates a big splash for both the participants and dogs alike.

Take the Plunge is an all-inclusive event for children (8 years plus) and adults. Non-swimmers are also welcome as life jackets are a must and each participant is supported in the water by a member of the Newfound Team.

Places are limited to 30 participants. There is a £20 registration fee to secure your place with an ask to raise a minimum of £150.

Register online at: www.thebrightwell.org.uk/take-the-plunge

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 ...!

Sky Dive

Join us on our special charity skydive day on 11th September 2021 where The Brightwell will take to the skies above Devon and jump to help provide therapies to people living with neurological conditions.

Do you have a milestone birthday or anniversary you want to mark with doing something memorable?

Is a skydive on your bucket list?

Imagine the adrenaline and thrill of jumping out of a plane at up to 15,000 feet high and free-falling at 120 mph. Take this one step further and imagine the feeling of gliding, taking in the Devon, Dorset and Cornish coastline.

Dunkeswell Airfield has a proud tradition of sport parachuting, which started in 1964. Affiliated to the British Parachute Association you can enjoy the most breath-taking, adrenalin pumping moment with complete confidence.

Our charity places request a minimum sponsorship of £395 - this includes the cost of your skydive.

To find out more, please visit: www.thebrightwell.org.uk/skydive

The Brightwell Centre is based in Bradley Stoke. For further information on either event, please contact: claire.wingate@thebrightwell.org.uk



Keeping the Beat Alive for 30 Years!!



Hannah's Music, based just across the old Severn bridge in Chepstow, has been keeping the beat alive for 30 years - supplying local Musicians with instruments and accessories as well as offering a safe place for all ages to learn a multitude of instruments.

The shop opened on the 7th September 1991, way before the days of internet shopping. Town centers were still buzzing and shops were busy - a far cry from the towns of today.



Hannah's Music: An Aladdins Cave For Musicians

How has Hannah's Music Survived when shops all over the country are finding it hard to stay open?

'Simple' Says Carol Mutlow (owner of Hannah's Music) 'My shop was opened in memory of my daughter Hannah, who lost her life to Cystic Fibrosis at the tender age of just 16. Hannah was not just my daughter, she was my best friend, my soulmate, my life, my everything.'

'My Hannah was a very talented pianist and began teaching piano herself at just 14. We used to talk about opening a music shop, and after she was so very tragically taken from us, I decided to make her dream come true. The only thing we didn't discuss was what to call the shop, but to me it was obvious

And now after 30 years we are still going strong. It has not been easy, but defeat is not even an option, no matter what !!

Retail has changed so much over the years. It is a struggle to keep afloat for any business in these uncertain times but if you are determined, you will find a way.'

People often say to Carol 'You must be a good business woman to have survived for so long.' but her reply is always the same **'No I am just Hannah's mum, it's all the motivation I need.'**

Hannah's Music not only sells a wide range of musical instruments, sheet music and exam books, it also sell a wide range of unusual musical gifts!! Hannah's also holds music lessons on the premises and has a practice room with in-house PA, drums and amps.

Carol is also the organiser of the annual 'Castell Roc Festival' held inside the beautiful grounds of Chepstow Castle. www.castellroc.co.uk

Hannah's Music,
6 Moor Street, Chepstow, Monmouthshire, NP16 5DE
Telephone: 01291 627122
Email: carolmutlow52@hotmail.co.uk



Coalpit Heath Football Club

Introduction

The last 18 months have been a challenging period for grassroots football clubs with football stopping and starting on numerous occasions. However, Coalpit Heath have continued to thrive with new teams being formed and new members joining the committee.

Committee Thanks and Updates

The club has a very dedicated committee and over the last 18 months we have said goodbye to several members who have provided many years of service. Unfortunately, we have not been able to provide them with the send off they deserve.

Ade Cooke, Jer Kinsman and Steve Begbie-Dilks committed many years of service to the club and held multiple roles between them from Coach, Chairman, Club Secretary, Child Welfare Officer and League Secretary. Our appreciation for the work they have undertaken for the club cannot be underestimated. Steve is continuing in his role as u18s Coach.

Andrea Farrant and Karen Cooke have also recently relinquished their roles following several years supporting the club as Child Welfare Officer and League Secretary.

We are very fortunate to have a thriving junior section and have recently welcomed Tim Bisp and James Coombs onto the committee.

Sponsors

The club is a not for profit organisation and as such we aim to break as close to even as possible every year whilst continuing to invest in the future of the club. Sponsors are critical to supporting the club, particularly with the provision of kit, especially as the children don't stop growing!

We have several loyal sponsors who continue, year on year, to provide playing and training kits for multiple age groups. Just this past year KMS Carpets & Flooring, Elecsec Fire & Security, Combined Electrical Services, Wickwar Homes, Frome Valley Landscapes, Kenneth & Edwards, S Ross Decorating, Fire Basket, Stockinformer, Balance of Wellness and Brittlec Electrical have all assisted with renewing kit.



Manor Compound Tidy Up

The u16s have had a tough 18 months with limited football and more importantly their education severely impacted whilst undertaking their GCSEs.

On finishing school one of the u16s teams gave up their free time to tidy up the Manor Compound for the Junior Section (see photo).

Team manager, Kevin Eynon said *'To help the club and improve appearances for the community, a team building event was organised for one of the clubs under 16s teams to regenerate the manor playing fields compound.'*

The team cleared the compound of undergrowth and painted three football cabins to a surprisingly high standard for novice painters / gardeners.

After much hard work, a BBQ and football match obviously followed. Well done to all the boys as we look forward to next season's u18 league.'

RMG ENGRAVING

Trophies & Glass Supplied

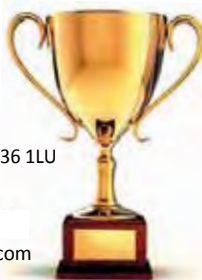
RACHAEL GALE

5 Parkside Ave, Winterbourne, BS36 1LU

T: 01454 773316

M: 07881 863408

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



Team updates

Despite the recent challenges, the club has continued to grow and now has the most teams it has ever had, with teams continuing to train and play friendlies.

We have a Soccertots section for aged 4+, new u7s for the forthcoming season, two u8s sides, u9s, u10s, three u11 sides, u12s, u13s, u14s and two u18 sides.

We are still looking for a few additional players across the u7s, u11s, u12s and u13s.

As our numbers continue to grow, we are always looking for new recruits to assist in coaching. The club will assist new coaches in achieving their FA Level 1 and will also support those that are interested in achieving FA Level 2.

If you are interested in joining Coalpit Heath as a player or coach please get in touch.

Email: info@coalpitheathfc.org.uk

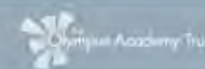


Winterbourne
Academy

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



Sarah Howe

Your local residential
conveyancing specialist

If you are looking for friendly, expert advice from a lawyer who is available online/ phone, seven days a week, and wish to obtain a no-obligation, competitive quote then please do not hesitate to contact me.

- + Freehold sales and purchases
- + Leasehold sales and purchase
- + Re-Mortgages
- + Transfers of Equity
- + New Builds
- + Shared Ownership

Call Sarah on **01454 809775**

Or drop her an email at sjhowe@setfords.co.uk



www.setfords.co.uk
Your Trusted Network of Legal Advisors



St Michael's Primary School Year 6 Home Camp Week Celebrations

Usually at the end of summer term, year 6 would be packing their bags and heading off to Morfa Bay, Wales for an action packed week of activities. As we all know, this has been far from an ordinary year for the children. Here at St Michael's we were determined to still have our year 6 camp, only it would be here in Winterbourne!

Year 6 Home Camp: Day 1

The children had a great day first day at their 'Home Camp' and competed in Nerf battles and team sports and challenges. What a day!

Year 6 Home Camp: Day 2

The Year 6 children attended St Michael's Knight School for the morning. They made their own shields, took part in archery, axe throwing and battled it out on the playground in fencing. However, the fun didn't stop there. The afternoon was filled with laughter as the children took to the field to play water games and try out a slip 'n' slide.

Year 6 Home Camp: Day 3

With the weather slightly unpredictable, Year 6 didn't let that ruin their plans. The children took part in Archery throughout the morning. They also enjoyed workshops in 3D art. During the afternoon, the children tackled the climbing wall while cheering each other on. The support for each other was wonderful to see!

Year 6 Home Camp: Day 4

The children used their problem solving skills that they have developed throughout primary school by taking part in 'Escape Rooms'. Their team work and perseverance shone throughout the day. This led to a much needed relaxing evening, and what better than a movie night and pizza!

Year 6 Home Camp: Final Day

For their final day of camp, Year 6 began with a cooked breakfast to help them prepare for the 'Task Master Challenges' of the morning. They followed this with a 'Chippy' lunch and a visit to the ice cream van. The whole school even enjoyed a trip to the ice cream van.

After a week of wonderful activities, they all enjoyed a moment to relax and talk about their brilliant week.

www.stmichaelswinterbourne.co.uk



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

WALK FOR PARKINSON'S



**Ashton Court,
 Bristol**

10 October 2021

[events.parkinsons.org.uk/](https://events.parkinsons.org.uk/walkbristol)

[walkbristol](https://events.parkinsons.org.uk/walkbristol)

0800 138 6593

#WalkforParkinsons

Frank and Evelyn Brake
CONNECT FUND
Doubling donations

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK Created in RightMarket - 25/9/2021 - 10:03:13

Struggling with life? Receive some support

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

As we still find ourselves 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, a monthly session keeps me ticking over nicely. Her skills however go far beyond delivering physical treatments.

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

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

Dawn told us,

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



Dawn Clode
 Ostm, Lic MET, Lic CR, FAO

Dawn works from her Holistic Health Practice in Little Stoke. She can heal both emotional and physical pain. Many people have encountered new, or aggravated old injuries while working from laptops at home. She is happy for you to get in touch to discuss your pain and book in for a treatment.

Please call: **0795 1099 491**

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

HARBORD
 OPTICIANS

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

Don't forget to mention Winterbourne & Frampton Matters when replying to ads! 23



Taking a Riverfly Sample



Clearing balsam along Glebelands

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.

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

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



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



Frampton Cotterell Computer Group

Frampton Cotterell Computer Group (FCCG) is planning to resume

normal operations at the Bickeridge Centre in the week beginning 6th September 2021. After more than a year since being forced to suspend activities due to coronavirus restrictions, they hope to be able to welcome new or returning members with a full programme of sessions from Monday to Thursday. Exact details are yet to be finalised with the volunteer helpers, so please contact them for the latest situation, using the details opposite.

Although younger people have grown up with computers, many older people have had limited experience of them in either their working or personal life. FCCG aims to help people to improve their knowledge, confidence and understanding, either through structured exercises which they can work through at their own pace or by answering specific questions which are raised. Because of the informal nature of the group people can also learn from each other as they try different things.

The group would also welcome new volunteers who have some experience of using computers or tablets. You don't need to be an IT expert, as a basic knowledge, an enquiring mind, and a willingness to share, are sufficient to deal with most issues. For more complex questions, experienced people are at hand to offer support to other volunteers.

For the latest information contact the Bickeridge Centre, Tel 01454 864442, Email: over50it_1@hotmail.co.uk 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

Updates from St Saviour's Church

Wishing Rev Colin Lunt a happy retirement

After serving his Coalpit Heath parish for 20.5 years, Rev Colin Lunt is retiring. On Sunday 13th June, he was presented with a garden bench, some vouchers and flowers for his wife Janet. Everyone wishes Colin and Janet every blessing in their new home and a long and happy retirement.

Colin shares, "As I prepare to retire from parish ministry, it is only natural to look back and review this period in my life. It has been a great privilege for me to be able to exercise ministry among you, and very heartening to see people growing in faith and the continuing rhythm of prayer."

Mothers' Union News – Normal MU meetings are not taking place at the moment, due to Covid19 restrictions, but on Monday 9th August, both the original afternoon and the new evening group, will be joining together in church at 7.30pm, for a short time of prayer and music to remember and celebrate Mary Sumner, the founder of Mothers' Union. You are all invited to come along for this special time – bring your own drink and snack to share some fellowship together after the worship. If you are interested in joining the new evening branch of the Mothers' Union at St Saviour's, do give Sarah Blake a ring on 0145 4851814.



Butterflies Toddler Group – Monday mornings 'Butterflies' meet in the hall, 10-11.30am, term time only.

Date for your Diary – Saturday 4th September, 75th Horticultural Show, in hall from 2pm

For further news on Saviour's Church, Coalpit Heath, please visit coalpitheath.org.uk

Count your blessings

The weather is a topic that is much talked about these days, and how it will affect our 'wardrobe' and travel plans, and so unpredictable! June is recorded to have been the wettest month in over a century, and July has been a scorcher! Will August bring the rain? There wouldn't be any complaints from ducks happily splashing in the pond, without a care in the world; or a slug or snail chomping through our lovely waterlogged flowers and vegetables. Yet, as humans we tend to use our diverse weather conditions to reminisce.

During the three lockdowns in last 18 months, I've spent my time going on regular walks, learning new tech skills for our online services, rediscovering my sewing skills, and sorting through my cupboards. Recently I discovered a toughened plastic 'time capsule' that were all the rage at the millennium. Back in year 2000, the intention was to place and store small items of memorabilia inside the capsule, to bury for future generations to uncover to learn about the experiences of that time. This made me think about what memories we would place in that capsule with the effects of living through the Coronavirus pandemic; maybe it's challenges to everyday life that we took for granted – world-wide travel; various forms of travel to visit family and friends across the country; holidays, shopping habits, socialising/dining in pubs restaurants, theatre/concerts, singing in church; wedding/baptism and funeral services; doctor appointments?!

My dear Mum often said to 'count our blessings one by one' – words from a song she sang as a child enduring difficult times during WW2. These words are so meaningful in relation to what we are experiencing now, as we make attempts to emerge positively from the grim effects of Covid – its fatality to many thousands of lives, loss of employment, security and perhaps faith, affecting so many across the generations. What blessings can we count? Certainly our NHS and key workers that we weekly clapped in recognition of their devotion and care. Communities coming together to help with shopping for those isolated; telephone contact and listening service for the lonely and anxious. Online worship services with messy church online (all new experiences). Parents having to cope with home schooling and manage work from home – many without support of grandparents. The list is endless!

Fromeside Churches have come together to discuss/face the obstacles that our community has had to overcome. To encourage contact across



the area to 'count our blessings' to listen more constructively to its needs and find better ways to work together. As we venture out into mixing again and try to return to a safe new normal, we must remember that this time of indecision and restlessness will pass. As the weather pattern will bring sunshine again, we have a wonderful resource of turning to God for help in prayer to face each new day. Our world is so beautiful, and I feel so blessed to have lived in these times. Even when the darkness threatens to dampen my spirit and those I love, I believe if I turn to the Lord, he understands and will help me recover my sense of direction by His Holy Spirit.

So, what blessings will you want to remember to place in your imaginary 'time capsule' to take forward into the future?

Blessings, Rev'd Julia Chard



The Parishes of Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down in THE DIOCESE OF BRISTOL
www.fromesidechurches.org.uk

Flower & Vegetable Show –

NOT taking place this summer

The Winterbourne Down and District Horticultural Society had hoped to hold a show on Saturday 21st August, at the Greenfield Centre. Sadly this is not going to be possible but the group are looking forward to starting up their meetings again in the Autumn (government guidelines permitting).



New cars for lifesaving charity will allow them to reach up to 50 more patients a year

Great Western Air Ambulance Charity (GWAAC) has recently introduced three new critical care cars to their response vehicles, alongside their helicopter.

The cars were purchased thanks to a one-off grant from the Department of Health and Social Care in 2019, and will allow their crew to respond to more people in urgent need across the region.

The charity's team of Critical Care Doctors and Specialist Paramedics respond to people suffering from life-threatening illness or injury, bringing hospital-level care direct to where it's needed most.

In 2020, the charity's critical care cars were more important than ever in keeping their service running, as COVID-19 restrictions meant that their helicopter had to be decontaminated after each mission. They responded to over 70% of their 1,726 missions last year by car, ensuring that those in need could still receive urgent care.

The cars carry exactly the same specialist equipment as the helicopter and allow the crew to get to the scene of a patient quickly. In instances where a patient needs transporting to hospital, the air ambulance crew will accompany them in a land ambulance whilst continuing their critical care on route. Having critical care cars also enables the team to respond to incidents in all weather conditions, when the helicopter may be unsafe to fly in.

Previously, the charity operated two critical care cars that were becoming increasingly unreliable and unfit for purpose, having done many miles since their introduction.

By adding a third car to their fleet, they will now be able to bring their lifesaving care to up to 50 more patients a year.

CEO Anna Perry, said: "Although GWAAC goes to around 2,000 incidents each year, there are even more people in our local communities who could benefit from our service. By adding a third critical care car to our fleet, we can deploy our clinicians to more people who need our expert skills and lifesaving care."

As a charity, they respond to over five critically-ill patients a day on average, many of which are by critical care car. Despite this, a recent survey carried out by the charity showed that 66% of people living in their region didn't expect or didn't know that they responded by car as well as helicopter.

To find out more about GWAAC and their critical care car response, visit

www.gwaac.com/critical-care-cars.



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

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*



Five ways you can support local causes for free

There is only so much each household can donate to a charity when dealing with the financial strain that a pandemic presents. Many of us might be experiencing what the sector has termed 'fundraising fatigue'.

"We're seeing a decline in public donations in our fundraisers. We value every penny but there is no denying the difference in funds compared to April 2020. People have donated so much over the last 18 months they simply can't afford to keep giving money," explains Paul's Place Fundraising Manager Clair.

Throughout the pandemic, people have donated vital funds to support the causes they care about. It is these donations that are keeping small charities like Paul's Place afloat, while in-person fundraising events weren't possible. Now with many households struggling with money as we begin the long recovery from Covid-19, that passion to keep helping remains but it can't always be shown in monetary terms.

So, what else can you do?

1. Volunteer – Volunteering is the most rewarding way to support your local cause. There are so many brilliant ways to volunteer your time both in-person and remotely.

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."

Volunteer roles can either be hands-on or more of an office-based experience. There are many options to suit any busy schedule as charities are happy to work around their applicants.

"Going to Paul's Place has helped me a great deal with coming to terms with my disability. I made a lot of new friends in there with all disabilities, and not only that, you learn to live within your means. They've been good friends to me."

Kevin, Service User at Paul's Place.

Paul's Place is recruiting volunteers

Volunteer Collection Box Coordinator – Remote and Coalpit Heath, Bristol

Paul's Place is looking for volunteers to support the fundraising team. Are you an enthusiastic, motivated pro-active individual hoping to get experience working in community fundraising?

Day Care Volunteer – Coalpit Heath Bristol

As a day care volunteer you will be part of their important mission to enhance the lives of disabled adults. You will be supporting the team with daily activities and gaining first-hand experience with a wide range of disabilities. Paul's Place will provide you with the right tools and training to get the most out of this role.

To find out more about their volunteer roles, please read the role descriptions on their website. www.paulsplace.org.uk/volunteer

2. Give back when you do your shopping

– Have you bought anything from Amazon recently? Did you know you can shop using Amazon Smile and a percentage of your purchase is donated to your local cause?

It's not just Amazon, your food shop or next clothes purchase can also support local causes. Easy Fundraising is a website with thousands of business partners that donate a percentage of the purchase directly to the charity of your choice. Find out more www.easyfundraising.org.uk.



- 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

by local charity Paul's Place

Getting a new phone and unsure what to do with your old one? Paul's Place is helping their service users get connected. Do you have a smartphone or tablet less than 3 years old? If your phone or tablet is still in good working order, you can donate it to someone in need. Get in touch with Paul's Place to find out more. Terms and conditions apply.

3. Business owner? Sole Trader? Giving back is good for business –

Studies have shown that businesses that support local causes have a more positive relationship with members of the public. Giving back to the community is something consumers value highly, meaning they are more likely to purchase from companies and sole traders who give back.

Regardless of the size of your business, there are endless ways you can support good causes. Some involve donating time and resources in the form of items or staff hours, others will match the funds raised by a member of staff. Other ideas include choosing an item or service and having a percentage of each sale go to charity.

For the big international businesses, ideas include the local branches of the business having a secondary charity to support. These are just some of the ways charity partnerships can look. The possibilities are endless and regardless of your size and ambitions, charities ensure both parties get the most out of these partnerships.

4. Be social media cheerleader!

Social media is a powerful free tool for charities to raise their profile. Be their biggest cheerleader and engage with their content. Like, share and comment to show your support.

Create a birthday fundraiser on Facebook. Every donation big or small can help local causes. For those friends and family who are still able to donate, birthday fundraisers are hugely impactful.

"When we're just starting out and building our following on social media until our number of followers reaches a high number, these birthday fundraisers are so important to us. To be considered for a birthday fundraiser is such an honour, in 2020 alone they accounted for £1,300 of donations. That may not seem like much to some but for a charity of our size, a donation of that size is funding many of the people we support to live life to the full," explains Clair from Paul's Place.

5. Gifts in a Will – Create a legacy by leaving a gift in your Will. Giving a gift in memory of



someone who meant a great deal to you is a very personal and special gesture to the charity that helped them throughout their lifetime.

Thanks to your gift, many others in the same situation will also have access to that service and support.

So don't worry if you're strapped for cash, there are other ways to show your support this year.

www.paulsplace.org.uk

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@ymail.com

**14 Watch Elm Close
Bradley Stoke**

Call now for a friendly personal service

Bradley Stoke charity shop needs your donations!

The Children's Hospice South West (CHSW) shop in Bradley Stoke has issued an urgent appeal for donations of summer clothing.

The shop at the Willow Brook Centre has experienced a surge in demand for good quality second-hand clothing since reopening in April and is asking people to consider donating any unwanted items.

Shop manager Glynnis Eaton said:

"We have been very busy since the easing of lockdown and while we have a great choice in store right now, we know we are going to need more summer clothing to meet the demand of the next few weeks."

"We think that because of the lockdown last summer, people didn't refresh their wardrobe as much as normal. Then with lockdown in the early part of this year, they weren't able to have a clear out and donate any preloved summer clothing."

"If anyone has any men's or women's clothing they no longer wear but would like to donate, please drop it off at the shop."

The shop is also in need of children's toys and bric-a-brac and donations can be dropped off at the shop from 9-5, Tuesday through to Saturday.

"We have donation bags at the shop if needed and suggest people phone ahead if they are planning to make a special trip or donating a lot of stock," added Glynnis.

Everything sold in the shop helps CHSW provide vital care to local children with life-limiting conditions and their families. The charity's three hospices – including Charlton Farm in North Somerset – rely almost entirely on voluntary donations.

The hospices have remained open during the pandemic for emergency and end-of-life care and care teams have extended their lifeline support by visiting families in their own homes.



"Every item donated and every item sold really does make a difference," added Glynnis.

"And not only is it such a great way to support such a worthwhile cause, recycling unwanted clothes is a super way to help the planet."

For more information, call the shop on 01454 612 622 or visit www.chsw.org.uk/shop

DON'T FORGET THE POWER OF PRINT ADVERTISING

Social media is great but it's a bit like sticking a post-it note onto the windscreen of a car on a windy day.

Print cuts through the digital noise
Print is more trusted
Print lasts longer

Place Your Advert Here to reach 6,500 homes for just £15/month*

Call **01454 300 900**

to be in our next edition!

*price based on annual booking and subject to VAT

Useful Trades & Services for the Home & Garden



We also offer the following services

- Engine diagnostics
- Repairs
- Tracking
- Air Conditioning
- Exhausts
- Diagnostics
- Brakes
- Clutches



Tel: 0117 239 9683

Unit 4 Fairway Industrial Centre, Golf Course Lane, Filton, Bristol BS34 7QS

www.LCMservice.co.uk

HOME ALARM & CCTV SYSTEMS

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

Call us 0117 9075709
Email - info@technisys.co.uk
Technisys.co.uk - Based in Stoke Gifford

Professional Pest Control

Rats - Mice - Squirrels - Wasps - Bees
Moles - Magpies - Feral Pigeons
Ants - Insects

Contact Jeff
07745 209947 / 01454 416620
Domestic and Commercial

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** * WAS £1,554 INC VAT

WHATS INCLUDED:
ACOUSTIC & THERMAL INSULATION
TWO REMOTE CONTROLS
EXPERT MEASURING & FITTING
24 COLOURS AVAILABLE

GAROLLA ROLLER SHUTTER DOORS
www.garolla.co.uk

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**

CE Approved

Elite HYGIENE SERVICES *Based in Winterbourne elite-hygiene.com*

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

clover ovenclean

Clover Ovenclean will clean your oven, range, hob, extractor or Aga using a non-caustic, fume free, eco-friendly system

Call Heath on 07943 870400
www.cloverovenclean.co.uk

Professional Oven Cleaning Services

Liza and Sharon Domestic Cleaning Services

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

Mob: 07971 013 914

BonneFreshClean Carpet & Upholstery Cleaning Specialists NCCB

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

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 Give us a call:
0774 775 0136 01454 600375

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

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

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

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

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

TWO TONE

DECORATING & BUILDING SERVICES

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

For building projects call
Terry: 07990 983277

THE AERIAL MAN
 TV Aerial and Satellite Specialist

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

01454 660 046
07818 413 451
www.theaerialman.co.uk | info@theaerialman.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

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

safe REGISTER

A E Rollin & Sons Ltd.

Established 1959

It is with regret that, after 62 years, we announce our decision to close A E Rollin & Sons. This is due to the enforced retirement though ill health of one of our directors. This closure will take place in December 2021. We currently have a full order book and therefore will not be taking on any more work. All previously accepted work will be carried out.

Rob & Andy would like to take this opportunity to thank all our customers, old and new, for their trust in us over many years. It really has been a pleasure.

MD Aerials
Call Michael Dagger

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

Which? Trusted Trader

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

ElecSa Part of the ECA group

M. E. S. TRUST MARK

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

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,
cwgdsgnandbuild@gmail.com

D-CR DOMESTIC APPLIANCES Provd member of: WTA

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

W.J.M Plumbing & Tiling

OAP DISCOUNT 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

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

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



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

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

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

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.

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

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

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		Electrical Appliance Repairs		Mobility Solutions	
A1 Aerials	37	DC-R domestic appliance repairs	36	Thornbury Stairlifts	30
Dan Grace Aerials	5,35	Engraving		Music Shop	
M D Aerials	36	RMG Engraving	18	Hannah's Music	17
Accountants & Tax Services		Estate Agents / Property Letting		Opticians	
Hards Tax Services	6	Bundy and Bond Estate Agents	1,3	Mike Harbord Opticians	23
Barbers		Fencing		Painter / Decorator / Tiler	
Woody's Barber Shop	27	Colour Fence	2	RAW Decorating	34
Bicycle Repair		Fundraising Events		Two Tone Decorating & Building	35
Rule 4 Cycles	24	Walk for Parkinson's	22	Pest Control	
Blinds/Curtains		Garden Centres		Professional Pest Control	33
Harmony Blinds of Bristol	39	Iron Acton Garden Centre	10	Plumbing / Heating engineers	
The Curtain Company	24	Gardens / Garden Maintenance		AK Plumbing	34
Builders / Groundwork/Property svcs		CJP	35	Low Cost Plumbing	35
A E Rollin Builder	36	Colour Fence	2	Mayo's Heating & Plumbing	35
Beaufort Property Maintenance	37	Gutter Clearance		WJM Plumbing	36
CWG Design & Build Limited	36	GutterPRO.co.uk	5	Restaurants	
Cakes / cooking		Gyms		Aztec Hotel	16
Medway Designs	31	Aztec Hotel & Spa	7	Roller Shutter Doors (Garage)	
Carpet & Upholstery Cleaners		Hair / Beauty / Massage		Garolla	33
Bonne Fresh Clean	34	Beauty Plus	10	Roofing	
Car / Motorbike- Repair / Valet / MOT		The Hairdresser	6	Rooftech	36
Frampton Garage	37	Home Care		Rubbish Clearance	
LCM Automotive	33	My Homecare - Care at Home	14	Bradley Stoke Rubbish Clearance	35
Cleaning & Domestic Services		Home Improvements		Security	
Clover Ovensclean	34	Southern Plasticad	40	Technisys - Home Alarm Systems	33
Elite Hygiene Services	34	Hotels/Spas		Schooling / Tuition / Courses	
Liza & Sharon Domestic Cleaner	34	Aztec Hotel & Spa	7	Winterbourne Academy	19
Complementary / Holistic Therapies		Hypnotherapy		Sewing Alterations	
Catherine Smart Hypnotherapy	23	Catherine Smart Hypnotherapy	23	Medway Designs	31
Osteomyologist - Dawn Clode	23	Kitchen Refurbishment		Shopping Centres	
Computer services: IT - Repair/help		Dream Doors	11	Willow Brook Centre	15, 17
Frampton Cotterell Computer Group	25	Letting agent		Stairlifts	
Conveyancing		Edge Estates South West Ltd	9	Thornbury stairlifts	30
Sarah Howe	19	Locksmith		Windows/Conservatories & Doors	
Electrician		Keymaster	1	Brunel Garage doors sales/repair	37
Gary Smart	33	Lock Stuck and Barrels	34	Southern Plasticad	40
Millard Electrical services	36				

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

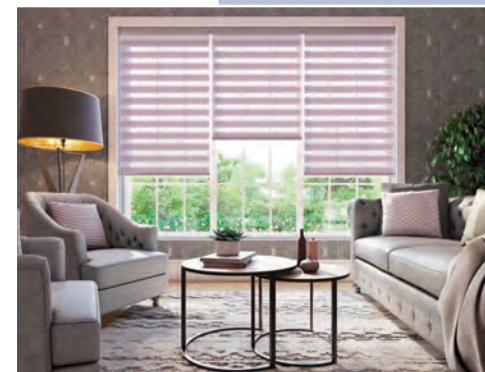
Your satisfaction is Our future

LIMITED TIME OFFER

WE pay the VAT on Conservatory blinds

- ✓ We measure, make and fit ALL types of blinds
- ✓ NEW! Eco blinds - a better choice for us and our planet
- ✓ 5 Year no quibble guarantee

30 | 1992 - 2022
Years Of Excellent Service



01454 616848
0117 9314141
07970 803137

www.harmonyblindsofbristol.co.uk

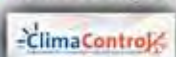
THANK YOU
to all our customers
and for
recommending
us to others

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



After



Before

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-2pm

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

Freephone 0800 542 6066

Telephone 01454 777 732