

Winterbourne & Frampton *Matters*



December 2021

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Dear Residents,

Welcome to the December issue, we hope the front cover gets you into the festive spirit! We are pleased to feature a seasonal message thanks to Lay minister Jo Strange, along with details of all the many carol and church services taking place over the Christmas period.

WADCA community centre are putting on a special Christmas Day lunch, determined that no local resident should spend this special day alone. You can read about all of their latest news and details of other seasonal events inside.

A highlight of the festive calendar has to be Carols in the Barn at Winterbourne Medieval Barn. The performers are overjoyed this can once again take place with a live audience this year. Find out about this and all of the other fantastic events taking place at the venue.

The Winterbourne Down Christmas Boys and Morris Dancers are pleased to be back with their annual Mummers Play on Sunday 26th December.

Entrants to the Autumn Scarecrow trail, organised by Frampton Cotterell Parish Council, surpassed all expectations this year. We hope you enjoy sharing in some images from the creative event.

Winterbourne & Frampton Matters are delighted that an article they featured on Paul's Place, led to the Rotary Club Chipping Sodbury reaching out to the local charity and donating £500! Read more about how this money will be put to great use.

The Village Diary has a wealth of local events and activities you are invited to join in.

Enjoy a wonderful festive season.

**Kerry
& Jaci x**

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Scarecrow Trail 2021

The Scarecrow Trail of 2021 was a resounding success! The local community of Frampton Cotterell really threw themselves at this year's theme, 'Save The Planet', with enthusiasm, creating over twenty fantastic scarecrows for the trail. With climate change and environmentalism big on the global agenda, this year's trail theme was both topical and relevant, and we were thrilled to see local people and families engaging with the core ideas of 'Refuse, Re-use, and Recycle' with such creativity and ingenuity.

As always, at the end of the trail all of the excellent scarecrows were subject to a People's Vote to see which would be crowned champion. On November 9th, during Frampton Cotterell Parish Council's 'Coffee, Cakes, and Scarecrow Champions' event, the winners of that vote were



Nil by Mouth



announced! The first place prize went to 'Save Our Seas', and the second place prize went to 'Nil By Mouth'. The imaginative inventors of these superlative scarecrows received prize goody bags, and their winning creations were put on display outside of the Bickeridge Centre. The scarecrows and their creators also had their photos proudly posted in Champion Frames on the Frampton Cotterell Parish Council's Facebook page.

We, the Frampton Cotterell Parish Council would like to thank everyone involved, both as participants and as viewers, for helping to make this year's Scarecrow Trail such a memorable and fun event!

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Winter at Winterbourne Medieval Barn

Leonie Evans – Wednesday 1st

December, 7.30pm – This event had to be postponed from 29th October due to illness. Singer-songwriter and multi-instrumentalist Leonie Evans will be joined by musician Kai Carter, and by storyteller Corrine Harragin. The gig will be seated, cabaret style. Bar open from 7pm, music starts at 7.30pm. Free parking on-site. Tickets £10 online via the Barn website.

Christmas Fabric Wreath Workshop

– Saturday 4 December, 10am – Explore festive textiles, colours, and embellishments to make a unique and lasting decoration for your home. All materials are provided and no sewing experience is needed! Mulled wine and mince pies will also be served to really get you in the festive mood. This workshop will be held in our warm downstairs seminar room! Cost £30. Book online.

Tea and Tour – Thursday 2nd

December, 2pm – 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.

West Gallery Festive Music Performance

– Saturday 4 December, 3pm – Come and hear the kind of festive songs that were sung 200 years ago and join in with well-known carols. Tickets £5.

Talk: A Medieval Christmas – Tuesday

7th December, 7pm – Hear how the middle English poem Sir Gawain and the Green Knight tells us about Christmas back in medieval times. Talk available in person and online. Tickets £5.

Family Christmas Crafts – Sat 11th

December, 10am and 1pm – Family festive crafts suitable for children under 12. Cost is £5 per family. Book in advance.



Sunday 12

December – Carols in the Barn – 3pm or 6pm

– Get in the festive spirit! Enjoy Christmas sketches, poems and readings from members of St Michael's Church,

and join in all the well-known carols. Suitable for all ages. The medieval barn makes a very atmospheric setting for celebrating the old Christmas story.

Performances at 3pm and 6pm. Gates open at 2.15pm and 5.15pm so you can enjoy mulled wine and mince pies before the Carols, and listen to live music from the Bristol Waites. Tickets £5 (child £1) include a cup of mulled wine (or juice) and mince pie. Additional refreshments available to buy if you wish. No parking at the Barn or in Church Lane (except Blue Badge). Please walk or cycle down Church Lane. Ride & Stride Parking available at Winterbourne Academy for £1.

Tai Chi Wednesdays, 10.30am – Join Jenny for around 30 minutes of gentle SHIBASHI Tai Chi, followed by a drink and chat. £5 per session.

Apple grafting – Saturday 19th February

2022 – A one-day course held in the Cart Shed, explaining why and how we graft fruit trees. You will make at least 3 newly-grafted apple trees to take home. Cost for the day is £45, to include full tuition, three rootstocks and wood to graft, tea, coffee and biscuits during the day. Please book by January.

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

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26 th , 27 th , 28 th November	£56.95
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To book or for more information call the Events Team on 01454 201090 or email events@aztechotelbristol.co.uk

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Reception Open Events

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OfSTED November 2019

Please contact us by phone **01454 866750** or email **elmparkprimary@gmail.org.uk** to book a place for one of our open afternoons.

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



Authors visit Meadowbrook Primary with a message from Santa

Further to the article in our October/November edition of Bradley Stoke Matters, we were pleased to help arrange a local author visit to Meadowbrook Primary School at the start of November.

Steve Gunning and Chris Wheeler captivated and delighted children in Reception, Year 1 and Year 2 with a reading of their new Christmas book, *Santa's Secret Agents*. The two local authors took turns reading their rhyming story and showing off the beautifully detailed illustrations to three very curious classes.

The sessions provided the authors with an opportunity to answer the children's questions about the story (including why one of Santa's elves was disguised as a tea-pot) as well as talking them through the process of writing and producing a book. The authors even brought along one of Santa's top secret gadgets—TEDcam—but got more than they bargained for when their readings were interrupted by a surprise message via SANTAlite from Jolly Saint Nick (Double Ho 7) himself!

Prior to the event, the children had been given illustrations from the book to colour. The best were judged by the authors on the day with the winners being presented with a signed copy of the book. Many congratulations to Srinithi from Reception class (pictured), Alex (year 1) and Mihai (year 2).

Headteacher Nicola Bailey commented, "Our children were so excited about meeting Steve and Chris! They loved the reading of the story, and couldn't wait to point out where the cheeky little elves were hiding. It made us feel very Christmassy – albeit early!"

You can purchase *Santa's Secret Agents* on-line from Waterstones or Amazon or locally in-store from independent bookshops such as Max Minerva's Marvellous Books. **Take a look inside *Santa's Secret Agents* ...**

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News from WADCA

Kind volunteers have been sprucing up the gardens at Winterbourne and District Community Association (WADCA) to welcome back the public following the pandemic.

Bradley Stoke Lions club donated a number of bulbs to the project that have been planted around the centre and in its dementia garden.

WADCA remained closed throughout most of 2020. Manager Kelly Gower, said the team were keen to get the centre thriving again after re-opening earlier this year.

The centre have a number of activities running throughout December. They play host to an extensive programme of clubs including theatre, dance and karate classes, as well as the ever popular weekly lunch club. All of these clubs are happy to have more members to join in!

From 9-11th December WADCA will be hosting a Christmas Show thanks to Winterbourne Musical Theatre.

The centre will be holding a children's Christmas party on Sunday 19th December, with all proceeds going to buy presents for children who will spend their Christmas day in Bristol Children's hospital.

The centre will also be hosting a Christmas day lunch. Residents are very welcome to book for themselves or can nominate and pay forward for someone to attend the special meal at the centre on 25th December.

Centre manager Kelly said: "We don't want to see anyone alone at Christmas so if anyone would like to book themselves, family members or a neighbour – the more the merrier. Everyone is welcome."

Get in touch: For more information on the clubs, Christmas events or how to book for yourself or someone else for Christmas day please call **01454 776268**.



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St. Michael's Primary Diwali and Christmas

Here at St Michael's we have been busy learning about Diwali, the Hindu festival of light. One of our families came into the Reception and Year 4 class to talk about the festival and show us some of the things they use to celebrate Diwali. Mrs Robson and Mrs Peachey loved being able to wear a Sari.

Christmas at St Michael's

Here at St Michael's, preparations for Christmas started early in the term, with the teachers getting creative and planning out Christmas plays and carol services. Reception have been busy putting together a nativity which will be recorded and sent out to parents and KS1 have been busy rehearsing and recording 'An Alien Christmas' which will also be recorded. By doing our performances in this way, it means the whole family can enjoy watching the children without any worries about covid restrictions. KS2 have been busy learning songs and narrating tableaux to tell the Christmas story.



This will be presented as part of a Christingle service for the children in St Michael's Church. Alongside all of the exciting learning we will be doing in class, we also have our class Christmas parties, Christmas dinner and our school Christmas fayre to look forward to in the build up to the Christmas holidays.

We would like to wish all of our families and the community a very happy Christmas and new year.

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Great tackle in the Fram 2s game v North Bristol by Cameron Smith



Brandon Ball receiving his 1st team players player award



Brothers Cam and Zak Smith in the first team victory over Old Richians

News from Fram Rugby

Frampton RFC continue a great season across all teams. At time of writing, the first team have lost just one game, won three and drawn one. Skipper Larry Pullen is delighted with the start.

The second team, led by Sam Rumley, sit at the top of Glos South 2, unbeaten! A great achievement considering they are a younger team.

Tim Mason's 3s are going from strength to strength, while other teams struggle in Bristol, regularly fielding 25-30 players. A fourth team is not out the question.

Club captains Mike Weaver and Mark Smith are over the moon with the players and support staff, particularly Helen Smith who has helped tremendously with providing food and bar staff for the players enjoyment.

The final 2019/20 awards (pre-Covid) were presented at the players curry night at Fram Balti. First team's Brandon Ball was awarded Players player and Dan 'of Cornwall' Semple, most improved player.

A sponsors day / ex players lunch was held at club at the end of October to thank all those who support Fram.

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News from the Floral Friends of Frampton

New Seasonal Displays – Now winter is drawing in, Floral Friends hope to raise your spirits with the new seasonal displays around the village. We are currently aiming to increase the sustainability of our planting by using perennials to create a permanent structure with pockets of seasonal flowers for colour. Many of our plants are chosen to attract bees and other pollinators and we use peat free compost whenever possible.

Waitrose Donation – Floral Friends would like to say a big thank you to Waitrose, who have kindly donated £333 as part of their Community Matters project. Although green tokens have not been issued in stores since the start of the pandemic,

Waitrose have still been selecting local groups for funding, and Floral Friends are delighted to have benefitted this time round. Their donation will be used to help us to maintain our floral displays around the village.



Scarecrow – Miss Flora B Lines (made by a Floral Friends volunteer) could be found outside the Church during half term week, as part of the village Scarecrow Trail. We hope everybody enjoyed finding all the scarecrows and voting for their favourite.

Fund Raising – We know that many people enjoy seeing the planting around the village and that it has helped in the recent dark times to brighten the days and add interest to those daily walks! However, we are a voluntary group and due to the pandemic have not been able to hold our usual fundraising activities. Until we can safely resume these, we really would appreciate any donations to help us to keep going and fill the village with flowers. If you would like to help (no matter how small – every penny really does help) you can donate online: HSBC account name: Floral Friends of Frampton, Sort Code: 40-47-34, Account number: 41555316. Or if you prefer to donate by cash or cheque please contact floralfriendsofframpton@gmail.com for details.

If you can help in any way, we'd love to hear from you – If you can donate time, money or plants! Please email floralfriendsofframpton@gmail.com

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

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Holiday Inn Bristol Filton Hotel Unveils £1million Open Lobby Refurbishment

The Holiday Inn Bristol Filton has unveiled a £1million refurbishment to transform its public spaces and showcase a brand new Open Lobby concept on the ground floor.

The stylish Open Lobby, designed to provide guests with one multi-faceted public space to eat, meet, relax, socialise and work as they choose, will revolutionise the way guests live and interact at the hotel.

The traditionally separate zones of a reception, lobby, bar, lounge, restaurant and business centre have been merged into one cohesive 'Open Lobby' space where guests can operate in a more instinctive, flexible and homely way.

The multi-functioning zones will encourage guests to better utilise all areas and facilities in a way which works around their lifestyles and preferences, allowing them to blend work and leisure seamlessly, which has become a greater demand in recent times. The Open Lobby will also improve interaction between staff and guests as the Front of House reception teams can be more adaptable and accommodating while guests use the space, as well as the multi-skilled team serving the Open Lobby who can meet a wider range of needs.

Key features of the new Open Lobby include free high-speed Wi-Fi, a 'To Go' Café where food and drinks are available 24/7, a versatile dining space with a range of seating from booths to high and low tables, a living-room style Media Lounge with

comfy seating, games, magazines and TV and an E-Bar where guests can plug-in with lots of power points, a wireless printer and more.

Margaret Coffey, General Manager for the Holiday Inn Bristol Filton, commented:

"I'm delighted to welcome guests to our new and innovative Open Lobby space, the design really feels like an extension of home with a logical and comfortable flow. There are so many options and areas to plug in or switch off that I know our business and leisure guests will love what we've done. I'm also confident the Open Lobby will become a new hotspot for local Bristol residents and networking groups to meet up, or just drop in for a Starbucks coffee at our new round-the-clock café. Customer satisfaction is so important to me and my team, and this refurbishment will allow us to deliver a better service than ever before with no barriers between us and the guests".

The Holiday Inn Bristol Filton Hotel is set in scenic landscaped grounds featuring a range of comfortable rooms including Executive Rooms with pillow menus. The hotel's Academy Conference Centre has 18 meeting spaces with capacity for up to 280 delegates with high-end AV equipment. Amenities also include free parking for overnight guests and on-site fitness facilities.

The open lobby concept is unique to the Holiday Inn brand and has been extended to properties across Europe to become a brand-defining feature.

For more information visit lghhm.com



Holistic Courses in Bristol

With local Osteomyologist expert – Dawn Clode

Ostm, Lic MET Lic CR FAO

It's a busy time for Dawn, November saw her take part in the Bristol Holistic Festival where she gave a talk entitled – 'Bones and Structures – How Your Pelvis can Affect Your Whole Body', which was well received.

Prior to that, she took a trip to the stunning Charente, France to visit the 200 year stone cottage that will be hosting her Holistic Learning Holidays, later in 2022. The rustic holiday home is set in the beautiful village of Suris, in the East Charente, a ten minute drive from stunning lakes, beaches and the Vienne river. As well as being an idyllic spot in which to learn a holistic practice, if you like water sports, fishing, walking and cycling, this historic town is the perfect retreat. Do get in touch with Dawn if you are interested in finding out more about these Holistic Learning Holidays.

Would you like to be empowered with the skills and knowledge to enable you to treat minor ailments at home, before reaching for the painkillers? Dawn understands how many of us would prefer to try natural, holistic practices to sooth discomfort such as stomach or head aches and learn how to calm stress,

anxiety and improve sleep. Dawn is offering a wide range of Holistic Learning Courses in North Bristol during 2022, that will equip you with the knowledge to treat family and friends. Day courses start from £90. View the list below to select which holistic disciplines you are interested in learning, and give Dawn a call to book in.

And of course, if you are experiencing pain, Dawn is available for treatment bookings at her practice in Stoke Gifford.

Vouchers make a great Christmas gift to someone you love who is looking to seek help with pain.

2022 Courses in Bristol

4.12.21 – Reiki 1 & 2 • 11.12.21 – Aromatherapy (pt 1)
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Frampton Cotterell Computer Group

After more than a year since being forced to suspend activities due to coronavirus restrictions,

Frampton Cotterell Computer Group has resumed normal operations at the Broombridge Centre. They are very pleased to be able to welcome new or returning members with a full programme of sessions from Monday to Thursday.

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 Broombridge 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 Broombridge Centre, Woodend Road Frampton Cotterell.



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CPR & Defibrillator Training

Could you save someone's life? They might depend on you! Free training (one hour) to give CPR and use a defibrillator at Coalpit Heath Village Hall (The Miners) on **Saturday 28th or Sunday 29th January 2022.**

To book a place, contact Sue, the Westerleigh Parish Council clerk either by Email: westerleighpc@gmail.com or Tel: 07367 787883, leaving your name and a contact number.

If you can't do the training in person, you can get a good idea of what's involved on free Zoom sessions in December, visit www.aeddonate.org.uk/events.

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Christmas Services at St.Saviours Church, Coalpit Heath

Sunday 19th, 6pm ~ Traditional Carol Service
Friday 24th, 5pm ~ Crib Service, everyone welcome
Friday 24th, 11.30pm ~ Midnight Mass
Christmas Day, 10am ~ Holy Communion
Sunday 26th, 10am ~ Morning prayers
Sunday 2nd January, 10am ~ The Epiphany Service

Carols Around the Tree!

Join Frampton Cotterell Parish Council on
December 3rd, 6pm at The Bockeridge Centre for
carolling, hot food, mulled wine and other drinks,
and stalls from local businesses. Carols Around the
Tree promises to be a wonderful event for all the
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Christmas At Zion

Creative Christmas Tree Crafts Saturday 11th December 10am-12	Family Nativity Play Sunday 19th December, 10.30am
Carols by Candlelight Sunday 19th December, 6pm	Together 4 Fromeside Carols [Beesmoor Park] Tuesday 21st December, 6pm
'Christmas Stopping' Come, Stop, Rest, Reflect, Pray Wednesday 22nd December, 2-5pm	'The Night Before Christmas' Feel-Good Songs & Stories Christmas Eve, 4pm
Midnight Communion Christmas Eve, 11.15pm	Family Celebration Christmas Day, 10.30am

[Mt Zion United Church, Woodend Road, Frampton Cotterell, BS36 2BJ]
zuchurch.co.uk / fb: @zuchurch / 01454 776618

Let's Celebrate the Good News!

The other day I made a rare trip to the shops and found myself feeling very 'Scrooge' like when I saw the stores full of Christmas decorations, food and gifts. My heart sank as I felt inside myself saying: "After such a difficult year I just can't be bothered with Christmas!"

This feeling concerned me greatly, as in the past I have always been a great fan of Christmas. Was I becoming like Ebenezer Scrooge and thinking of Christmas as nothing more than 'bar humbug'?

However, God in His wonderful way has given me time to consider and reflect on the truly amazing meaning of Christmas that is open to us all. This has happened through my preparation of 'Christmas in a Box' – a brilliant resource for school children which has been developed by prayer spaces in schools. This resource encourages young people to consider each of the characters in the Christmas story and think about how they relate to our own situations and story. I thought I would share with you my reflections on one or two of the characters, and how those reflections have given me a deeper understanding of why it is important to celebrate the Christmas story (with or without the secular trappings of the season!).

The first character is Mary. A young unmarried girl, probably only about 14 years old, from a small relatively unknown place, the daughter of poor ordinary parents. And yet, God chooses her to give birth to Jesus the saviour of the world. We have heard the story so often that it is easy just to skim over the facts. But if we take time to think about them, God's choice of Mary is truly amazing and good news for us! However insignificant we may feel perhaps in our work, in school, in our family or even our friendship group, God sees huge potential in every single one of us, and will give us all that we need to fulfil His will if only we, like the young girl Mary, are prepared to say 'yes' to whatever God calls us to, or in Mary's words 'be it unto me according to thy will'. I still find it totally amazing that God is prepared to use somebody like me, 'warts and all' for his purposes. God's choice of Mary reminds us that in God's eyes we are all special, precious and honoured, even if we feel very ordinary or insignificant. God's unconditional acceptance of each one does indeed give us reason to celebrate Christmas.

Secondly, let's think about the shepherds – if we just see them as depicted in glossy Christmas cards as handsome young men with cuddly lambs tucked under their arms, we totally fail to understand God's decision to include them in the story of the incarnation. In those days shepherds were very lowly members of society, often outcasts, looked upon by many as somewhat 'dodgy' characters, people to keep clear of. They would have lived for weeks on end out in

the countryside and so would be literally pretty smelly! And yet God chooses them to be the first to meet the baby Jesus, the saviour of the world. In our society it tends to be those considered respectable members of our communities who are invited to meet celebrities. But God chooses these humble, dirty, outcast shepherds to be the first to meet the saviour of the world! How amazing, showing how God values and accepts us all – even those of us who may feel a bit on the edge, a bit of an outcast. Again, God sees the potential and the humility in the shepherds and invites them, as He does each of us to meet the Christ child. It is as if God is turning our proud world values upside down in order to show His valuing of all people, particularly the vulnerable and weak. Again, this is totally amazing not just for those shepherds but for us today and gives us the desire to celebrate God's trust in us all as we hear the Christmas story once more in 2021.

Finally of course we need to think about the baby Jesus, Emmanuel, God with us, king of kings! When we hear the word king we think of pomp and ceremony, thrones, crowns etc, and yet king Jesus, our saviour, is born in the most humble of circumstances to an unmarried mother (in those days an incredibly shameful situation) and laid in the feeding trough of animals, dark, dusty and dirty. Again we have heard the Christmas story so often that it is easy to miss the true meaning of His birth environment. God chooses the complete and absolute opposite to what society expects for the birth of a king. Why? So that whoever we are, whatever our circumstances, however much we have messed up, God offers this King Saviour to every single one of us if we ask. That offer is surely the best Christmas present ever!

So as we sing the Christmas carols once again, as we wrap the gifts and put them around the tree, as we gather with friends and family to celebrate and we see all the Christmas trappings in our shops, let's make sure we take time to reflect on this amazing event and how life transforming it is to each and every one of us.

A very happy Christ filled Christmas to you. We are all loved by God! That is worth celebrating!

Jo Strange

Licensed Lay Minister, Fromeside Benefice

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

www.fromesidechurches.org.uk



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CELEBRATE CHRISTMAS

ST MICHAEL'S WINTERBOURNE

Monday 13th December 6pm
CHRISTINGLE SERVICE

Friday 17th December 6pm
CANDLELIT CAROLS
followed by seasonal refreshments
with the 3 Engineers

Christmas Eve 11.30pm
MIDNIGHT MASS

ST JAMES THE LESS IRON ACTON

Sunday 12th December 4pm
CHRISTINGLE SERVICE

Sunday 19 December 6pm
CANDLELIT CAROLS

Christmas Eve 4pm
CRIB SERVICE

Christmas Eve 10pm
CANDLELIT COMMUNION

CAROLS IN THE BARN
Winterbourne Medieval Barn

from www.winterbournebarn.org.uk

ST PETER'S FRAMPTON COTTERELL

Sunday 5th December 4pm
CHRISTINGLE SERVICE

Sunday 19 December 6pm
CAROL SERVICE

Christmas Eve 4pm
CRIB SERVICE

Christmas Eve 11.30pm
MIDNIGHT MASS

Christmas Day 10am
FAMILY COMMUNION

ALL SAINTS' WINTERBOURNE DOWN

Christmas Eve 6pm
CRIB SERVICE

Christmas Day 10am
HOLY COMMUNION (Said)

Sunday 12th December at 3pm and 6pm
tickets £5 adults, £1 children



Farm Fun!



This month we heard from local author Helen Isaac.

Following on from the success of her first book *Allotment Fun*, she has just had her second book *Farm Fun* published. Helen made good use of lockdown, using the

time to write both of these stories.

Farm Fun is about a little girl who enjoys a lovely day out on a farm with her family, and is aimed at children aged 2-5 years.

Helen told us, "The inspiration for the story came from a stay at a farm that I thoroughly enjoyed as a child (many years ago)! I still remember how very excited I was at seeing all the animals up close, but particularly recall the enjoyment of bottle feeding a baby lamb!"

She added, "Being out in nature is really good for all of us and engaging with animals is such a positive way to spend time. I really hope that young children will enjoy the story and be inspired to visit a farm."

Helen (pictured) lives in Winterbourne Down and works at Elm Park Primary School in Winterbourne as a Teaching Assistant. She grew up in Fishponds and Downend before going to London to do a teaching degree.

The book is beautifully illustrated by Tim Burgess, who also worked with Helen on *Allotment Fun*. He too lives in Winterbourne and is a former pupil of Elm Park School. He works under the banner, 'Wild Tales Illustration'. His work is drawn traditionally, primarily using inks. He then uses digital techniques to colour the images.

Farm Fun is available directly from the publisher <https://olympiapublishers.com> or from a number of online booksellers. It would make a great Christmas gift.

Fruit & Nut Bark – a great gift to make for Christmas

Ingredients

75g cup walnuts
450g good white chocolate, finely chopped
75g dried cranberries
75g medium-diced dried apricot

Directions

- Preheat the oven to 180 degrees C.
- Using a pencil, draw an 8-by-10-inch rectangle on a piece of parchment paper. Turn the parchment paper over so the pencil mark doesn't get onto the chocolate and place it on a sheet pan.
- Place the walnuts in one layer on another sheet pan and bake for 8 minutes. Set aside to cool.
- Place three quarters of the white chocolate in a heat-proof glass bowl and put it in the microwave on high for 30 seconds.
- Stir the chocolate with a rubber spatula, return it to the microwave for
- another 30 seconds, then stir again. Continue to heat and stir in 30-second intervals until the chocolate is just melted.

- Immediately stir in the remaining chocolate and allow it to sit at room temperature, stirring often, until it's completely smooth. (If you need to heat it a little more, place it in the microwave for another 15 seconds.)
- Pour the melted chocolate onto the parchment paper and spread it lightly to fill the drawn rectangle.
- Sprinkle the top evenly with the cooled walnuts, the cranberries, and apricots. Press the nuts and fruit lightly so they will set in the chocolate.
- Set aside for at least 2 hours until firm or refrigerate for 20 minutes.
- Cut or break the bark in 16 pieces and serve at room temperature.

Great as Christmas presents – present in a small box or cellophane bag tied with a pretty ribbon.

Enjoy!

PS If you need me to clean your cooker before Christmas, please call me Liz Martin, OvenGleaners, on 01454 300050



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Rotary Club Chipping Sodbury donates £500 to Paul's Place at Home – a device borrowing scheme teaching disabled adults digital skills

Paul's Place at Home aims to provide service users with enhanced digital skills to help them become more independent. They are teaching service users how to use a new platform to talk online and start video calls with others supported by the charity. To support everyone means overcoming common barriers faced by many disabled adults like access to the right equipment.

During the lockdown, it was technology that enabled everyone to stay in touch with friends and loved ones. For some, they did not have the technical knowledge, money, or equipment to participate online.

So why are disabled adults often left behind?

"There was so much help and support for him at school but as soon as he became 25, all of that stopped." A Paul's Place carer shares about her son. This isn't an isolated case, for many the support suddenly stops, leaving many stranded and highly reliant on carers for every little task.

Paul's Place is working with individuals to teach them the necessary skills to participate online, focusing on modern accessibility features.

Communications Officer Alex, is working with Vicki from the charity Leonard Cheshire, hosting three series of sessions covering the use of smartphones, tablets and laptops. "Carers are already stretched thin providing all other aspects of support. Technology can be frustrating to use if you don't feel confident with it. Therefore, having someone like myself and Vicki who uses technology every day, we can show service users just the bits they need to know." Alex explains.

There is however still a barrier for some. Technology comes at a cost, which not all families can afford. Not only that but understanding what the right equipment is for an individual's disability is also complex and no one wants to waste money on a device that might not be suitable. This is what Paul's Place borrowing scheme is solving.

The charity's borrowing scheme gives individuals 1-1 support on how to use a device, as well as the device itself. They can borrow a Paul's Place iPad for one year, to begin with, and in that time learn how to use it, as well see if it's right for them. This ensures they don't spend their limited funds on a



piece of technology that might not be suitable. By borrowing a device, it gives them time to save for their own device. Once the borrowing period is over, they can return the device to the next generation of service users.

It was an article in the Winterbourne and Frampton Matters paper that introduced the Rotary Club Chipping Sodbury to this project. "We are searching for funding to buy devices as part of the borrowing scheme. John reached out to me and I invited him to Paul's Place to meet the individuals needing a device. Seeing the positive impact this project has, he instantly wanted to help and put the proposal to the rest of the club," says Alex. We cannot thank him and the rest of the Rotary Club Chipping Sodbury for their kind donation enough. Thanks to their funding this scheme has now begun to create a positive impact on people's lives just as we hoped it would.

Paul's Place is still looking to fund further devices. This is just the start and there are others who could benefit from this device borrowing scheme. Thank you to all who have helped make it happen. Your support is helping disabled adults live life to the full.

Facebook: @paulsplacecharity |
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News from Coalpit Heath WI

Our October speaker was Paula Morris, a recently retired Wing Commander. She had been due to speak at our group meeting in July but kindly rearranged. Paula talked us through her career, outlining some of the key moments as a logistics officer in the RAF, including being awarded a commendation for duties during her deployment in Afghanistan. An amazing achievement.

During our November meeting, the committee were re-elected having been thanked for all the work they did to keep members connected during lockdown.

Gertrude the green lady was the Coalpit Heath WI entry to the village scarecrow trail. Made from items



scavenged from garages, she sat on the bench outside St Saviour's church during half term.

The poppy waterfall was re-hung in time for Remembrance events and was appreciated by those who saw it.

Our next meeting will take place in

St Saviour's hall on Wednesday 1st December, with members bringing items for an American supper and a secret Santa item. Our Christmas Carol service takes place on 7th December and all are welcome. Refreshments will be served afterwards. Any updates and further information will be on our Facebook page if you search [@WICoalpitHeath](https://www.facebook.com/WICoalpitHeath).



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Essentials

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Frampton Cotterell & Coalpit Heath Village Diary

December 2021

Wed 1 – Coffee Morning, Salem, Watleys End, 10–11.30am. All welcome. www.salemchurch.org.uk.

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. Call Edna on 07789 662694.

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

Wed 1st – SGMRG talk, The Miners 7.30pm for 8pm. Bedminster Coal: Blood, Sweat & Tears – A talk by Garry Atterton. Non-members £2. Tel: 01454 883607.

Thur 2nd – Tea and Tour, Winterbourne Medieval Barn, 2pm. £5, book online at www.winterbournebarn.org.uk.

Fri 3rd – FCCE School Christmas Market, Rectory Road, 5–7pm.

Fri 3rd – Quiz, Crossbow, 8pm. £1.50 ppn. Tel: 01454 772947 | Email: crossbowhouse@gmail.com.

Sat 4th – Fabric Christmas Wreath workshop, Winterbourne Barn, 10am–12.30pm. Book via www.winterbournebarn.org.uk.

Sat 4th – Table Top Sale, The Miners, 1–3pm. To book a table (£5) Tel: 07920 145352 | www.cphvh.co.uk | Facebook | Email: coalpitheathvh@gmail.com.

Sat 4th – West Gallery Festive Music performance, Winterbourne Barn, 3pm. £5, book via www.winterbournebarn.org.uk.

Tues 7th – Friendship & Circle Dance exercise class, Crossbow hall, 3–4pm. £4. Bring your own drink. Socially distance. To book call Hilary Jay 07515 351813.

Tues 7th – Talk: A Medieval Christmas, Winterbourne Medieval Barn, 7pm (in person and on zoom). Tickets £5, book via the Barn website www.winterbournebarn.org.uk.

Tues 7th – Coalpit Heath WI Carol Concert, St Saviours Church, 7.30pm. Tel: 07935 071291 | Email: carolinemjohnston@hotmail.com.

Thur 9th & 10th – Christmas Show, Winterbourne Musical Theatre, WADCA, 7.30pm. Tel: 01454 317408.

Fri 10th – Pamper & Presents, Coalpit Heath Cricket Club, 7 - 10.30pm. Raising funds for Pauls Place. Tickets £5, book via Facebook or Email: Istowell@paulsplace.org.uk.

Sat 11th – Family Festive Crafts, Winterbourne Medieval Barn, 10am or 1pm. Tickets £5 per family. Book via the Barn website www.winterbournebarn.org.uk.

Sat 11th – Christmas Show, Winterbourne Musical Theatre, WADCA, 2.30pm. Tel: 01454 317408.

Sun 12th – Carols in the Barn, Winterbourne Medieval Barn, 3pm or 6pm. Tickets £5 (child £1) includes mulled wine and mince pie. See www.winterbournebarn.org.uk.

Tues 14th – Mothers Union, St Saviours hall, 2pm.

Wed 15th – FC & District Local History Society, Zion church, 7.30pm. Talk. Annual Subs £15. Email: secretary_fcdlhs@yahoo.com.

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

Sun 19th – WADCA Christmas Kids' Party, 3–5pm. In aid of the Children's Hospital. Games, dancing, fancy dress, Father Christmas, buffet. Book in advance.

Mon 20th – Frampton Singalong with The Jays and live music, Crossbow, 2–3.30 pm. £5. Tea, cake, fresh fruit included. Carers free. Seating socially distanced. Please bring a mask. Tel: Hilary 07515 351813 for details and to book your place.

January 2022

Wed 5th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm, Tel: 07935 071291 | Email: carolinemjohnston@hotmail.com. Visitors always welcome!

Wed 5th – Wellbeing Friends, WADCA 1.30–3.30pm. £3. A group for people with dementia and their carers. Varied activities, a cuppa, cake and chat. Tel: 07789 662694.

Fri 7th – Quiz, Crossbow, 8pm. £1.50 ppn. Tel: 01454 772947 | Email: crossbowhouse@gmail.com.

Sat 8th – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Book a table (£5) 07920 145352 | www.cphvh.co.uk | Facebook | Email: coalpitheathvh@gmail.com.

Tues 11th – Friendship & Circle Dance exercise class, Crossbow Hall 3–4 pm. £4. To book your place please phone Hilary 07515 351813 | Email: hilary.coach@icloud.com.

Tues 11th – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. Tel: Mary Head 01454 887870 | Email: mary.head@blueyonder.co.uk.

Wed 19th – FC & District Local History Society, Zion, 7.30pm. £4. Members free (£15pa). Email: secretary_fcdlhs@yahoo.com.

Thur 20th – Wellbeing Friends, WADCA 1.30–3.30pm. £3. A group for people with dementia and their carers. Varied activities, a cuppa, cake and chat. Info Tel: 07789 662694.

Fri 21st – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel: 01454 772947.

Tue 25th – Frampton WI, St Peters Hall, 7.45pm. Emma Britton from Radio Shows to Funerals and Weddings. £2.50. See Facebook: [com/FramptonCottWI](https://www.facebook.com/FramptonCottWI).

Fri 28th & Sat 26th – CPR & Defibrillator Training, The Miners, 7pm. FREE. Could you save a life? To book a place contact Sue, the Westerleigh Parish Council clerk by Email: westerleighpc@gmail.com or Tel: 07367 787883.

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



The Annual Mummings Play is back!

After having to cancel last year's play, The Winterbourne Down Christmas Boys are delighted to announce that their Annual Mummings Play is back! The Christmas Boys and Morris Dancers will be back in action as usual on Boxing Day – Sunday 26th December.

Performances will take place at –
10.30 am: Stone Lane
11.00 am: All Saints Church Hall
11.45 am: Colston Close
12.15 pm: Cross Hands

Last year the performers produced a Just Giving Video and were able to pass on your donations of over £1,100 to our chosen local charity Pauls Place. They look forward to seeing you all once again.



theBigGive

CHRISTMAS CHALLENGE

Help The Brightwell raise £10,000 towards the refurbishment of its community café

In the run up to Christmas the Brightwell in Bradley Stoke is going **BIG!**

The charity who provides therapy and support to those living with neurological conditions is taking part in this year's **Big Give Christmas Challenge**.

The aim is to raise £10,000 towards the refurbishment of their café area. The 300 people who use the Centre have been very isolated during the pandemic and need a safe and welcoming place to help them have the confidence to get back out into the world.

The Big Give is a nationwide match funding initiative. During the week of 30th November to 7th December The Brightwell aims to raise £5,000 to unlock £5,000 of match funding kindly pledged by: The Rotary Club of Bristol Breakfast, Dr Hardie and Mr Weston and The Medlock Charitable Trust.

Throughout the Challenge week The Brightwell will be inviting everyone to "drink one, donate one" - enjoy a hot drink and donate the cost of a hot drink to our #Cuppa4Christmas Big Give Christmas Challenge. There will be fun events every day at the Centre in Wheatfield Drive, Bradley Stoke all involving hot drinks (and cake!): delicious coffee will be provided by the fabulous local coffee company The Artisan Coffee Company www.artisancoffee.co.uk

Full details of the events being held at the centre can be found opposite, everyone is very welcome.

If you are unable to attend any of the events and would like to donate the cost of a coffee to this worthy cause please scan the QR code (right), or go to www.thebrightwell.org.uk/the-big-give and help them to provide a fully accessible safe space for the enjoyment of the whole local community.

Plus every £5 donation automatically gives you a raffle ticket to win a fabulous Christmas hamper!



#CUPPA4CHRISTMAS

Supporting



MS Therapy Centre

a partnership of The Brightwell



DRINK ONE donate ONE



theBigGive
CHRISTMAS CHALLENGE 2021
one donation, twice the impact



#CUPPA4CHRISTMAS

CUPPA @ THE BRIGHTWELL

EVERY MORNING 11 AM - 1PM
FROM 30TH NOV - 7TH DEC

TUES 30TH NOV	#CUPPA4CHRISTMAS LAUNCH
WED 1ST DEC	CUPPA AND CAKE HOSTED BY ASDA
THURS 2ND DEC	CUPPA AND CRAFTS
FRI 3RD DEC	CUPPA AND CAROLS
MON 6TH DEC	CUPPA AND QUIZ
TUES 7TH DEC	CUPPA AND CELEBRATION

CUPPA TEA, NUMBER 3

JOIN US FOR SOME BINGO FUN

WED 1ST DEC	EYES DOWN AT 6:30 PM WITH COLETTE AND FREDDO
--------------------	---



Kids learn when they are having Fun!



Scratch code 4 Kids.

Physical Computing with Lego Engineering.

Weekly sessions lasting 1-2 hours.

Looking for new members for the new school year.

KS2 and KS3 preferred, but everybody is welcome subject to numbers.

Engineering is critically important. We encourage Kids, to understand an Engineering Base in STEM (Science Technology Engineering and Maths) in a structured fun and engaging way. The aim is to equip pupils with the skills they need for the world of work, to inspire more young people to pursue careers in computing and to help them to problem solve and become logical thinkers.

I am a STEM ambassador and am based in Winterbourne and registered with South Glos libraries as a volunteer.

Although we continued to run throughout the Covid Crisis on Zoom (and I was declared a Lockdown Legend by the STEM ambassador hub!), I am happy to say that we are now once again able to arrange face to face sessions.

I am therefore able to offer regular Lego Engineering / Robotic sessions at a venue to be decided once we have sufficient interest.

Please register your interest or book an appointment (free). I am contactable on 07561 230 894 or happy to come to see you - ML van der Heiden, Instructor SCFK

Scratch code 4 kids is a community-based STEM / Code club www.code4-kids.com

Winterbourne & 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.

The Repair Surgeries takes place on Saturday mornings, 10.30am–12 noon, outside All Saints Church Hall, Winterbourne Down. The next date is 18th December.

Winterbourneenvironmental@gmail.com

Winterbourne Scrabble Club

Members of the Winterbourne Scrabble Club are delighted to be able to meet up again and resume their weekly sessions at Winterbourne Community Centre. Not having played together for 18 months everyone felt a bit 'rusty' at the first session, but they soon got back into the swing of it and enjoyed using their brains in a sociable setting again.

The club play purely for the enjoyment of participating in a word game with others. New members are always welcome and anyone can 'try it out' before deciding to join.

Play starts at 2pm on Monday afternoons and finishes at 4.30pm. Any further information or queries contact Gill on: 01454 773573.

South Gloucestershire Mines Research Group



"Bedminster Coal" "Blood Sweat & Tears" A talk by Garry Atterton

Weds 1 December 2021 at 7:30pm for 8:00pm start in the Miners Institute (aka Coalpit Heath Village Hall) 214 Badminton Road, Coalpit Heath, BS36 2QB **(subject to COVID regulations at the time)**

Garry will talk about his research into five generations of the Garland family and their involvement in the Bedminster coal mines.



Malago Vale Disaster 1891

Non members welcome - £2 each (Membership is £17.50 per year)

Winterbourne library news

We're loving being able to open our doors again to welcome everyone, whether browsing and borrowing from our shelves, using a computer or enjoying bringing children to the library.

Opening hours: 10am–5pm – Tuesday, Wednesday and Friday. 9.30am–12.30pm Saturday. Open Access around these hours 7 days a week.

All of the children's activities need to be booked due to limited spaces – for more details, visit the library or email: Winterbourne.library@southglos.gov.uk

Rhymetime Wednesdays, 9.30–10am – Have fun and learn new rhymes to share with your little one. Most suitable for 0–18 months – limited spaces.

Storytime Fridays, 9.30–10am – Hear some stories, learn a rhyme, do a craft. Most suitable for 18 mths–4 years – limited spaces.

LEGO CLUB, 10–11am, 4 weekly from 11th December. www.southglos.gov.uk/childrenslibrary all children must be accompanied by adult.

Christmas activities

Stories around the tree, 3pm, Tuesday 21st December.

Children's craft activity, 10am, Wednesday 22nd December.

Collect your FREE Christmas children's craft bags to take away from 4th December while stocks last.

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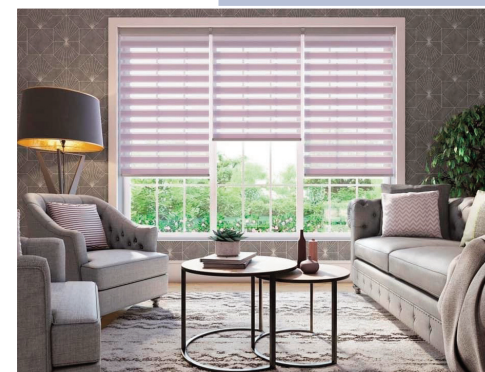


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