

# Winterbourne & Frampton *Matters*



January/February 2022

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## Dear Residents,

Goodbye 2021 and hello 2022! For me, a new year means a new chapter and a fresh opportunity to make a positive difference to our community. It's also a time for planning new adventures and a chance make some new memories. Last year, inspired by young Thom Clarke whose story we shared, I signed up for the 1000 mile challenge, to walk 1000 miles in 365 days, an average of 2.7 miles per day. I found this really inspiring and enjoyable and am pleased to say that I achieved my goal, have enjoyed being part of a wonderful 'badger' on line community so much so that I have signed up again in 2022! Check out [walk1000miles.co.uk](http://walk1000miles.co.uk) if this is something you might like to take part in. Something as simple as a short walk every day can help us both mentally and physically as we tackle these strange times we find ourselves in. I read recently that one of the benefits of the pandemic is being more connected by technology, with quality of life being enhanced for many families

and workers (I appreciate not all). For example flexible working arrangements are becoming permanent, offering a better work-life balance with less commuting benefitting the environment as well.

Now in our 17th year Matters Magazines continues to help our advertisers' businesses grow and flourish. We'd like to thank all our advertisers for their continued support of our local community magazine - advertising with us doesn't just increase your revenue, it creates and enables connection within our community.

Whatever awaits you in 2022, I wish you good health and happiness. A Very Happy New Year! Enjoy the read!

If you are a business looking to promote your services across Winterbourne & Frampton Cotterell in 2022 do get in touch with me and I will be happy to help. Deadline for the next edition is 10th February.

Jaci &  
Kerry x

[community@mattersmagazines.co.uk](mailto:community@mattersmagazines.co.uk)

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From left: Michael, Fran, Tina, Emma, Jane, Mary and Maggie  
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## Join the 2022 Window Fun!

There is FREE FUN to be found in Frampton and Coalpit Heath this February! Get involved and put up a display for Village Action's annual – Window Fun!

**'Hobbies' is this year's theme...** so absolutely anything goes! All sorts of fun, shapes and silhouettes can be painted or cut out in card and put on your window. Why not brainstorm some ideas and make it a family activity? Tissue paper or paints are good to bring your design to life. You decide whether to make it quick and easy or more complicated – both are very effective.

Turn on a lamp or light to illuminate your window at dusk (a time-switch might help), then witness the pure magic! Above are some of the fabulous entries

from the 2021 trail, with the theme 'Out of this World.'

Trail dates, when windows should be lit, are February half-term week, plus a couple of days, so: Sunday 20th February – Tuesday 29th February 2022. The displays are best viewed when it's dark.

**To get your window on the trail map** please email: [framcottva@hotmail.co.uk](mailto:framcottva@hotmail.co.uk) or drop it into The Brockeridge Centre, Woodend Road (01454 864442). Please include the first line of your address and postcode. It is free to enter but note the deadline is 31st January 2022.

Trail maps, are being compiled by Standbrook Guides and will be available after 14th February –online from the **Village Action Facebook** page: [FCVillageAction](https://www.facebook.com/FCVillageAction) or website

[www.villageaction.org.uk](http://www.villageaction.org.uk) or from the **Brockeridge Centre**. Thanks goes to the Brockeridge Centre for their help.

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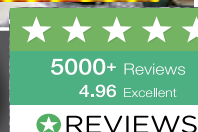
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## Events at Winterbourne Medieval Barn

**Tea and Tour – Thursday 3rd February and 3rd March, 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.



### Fused Glass Workshops –

Thursday 27th January, Saturday 12th February, and Monday 28th March, 10am or 1.30pm. Join Sarah Aumayer from Mydsomer Studios for

one of her popular two-hour fused glass workshops and make your own unique items for yourself or as a gift. Some sessions are for making jewellery with the stunning colours of dichroic glass. Other sessions are for fused glass ornamentals, where you can choose a candle arch, ornamental curve, or flat hanging. Costs vary from £20–£35. Full details are on the Barn website.



### Apple grafting workshop –

Saturday 19th February, 10am. A one-day course explaining why and how we graft fruit

trees. You will make at least three 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 in January so that rootstocks can be ordered. More information on the website.

### Pottery Taster Afternoon –

Saturday 12th March, 1pm. Join Brenda from The Pottery Shed to create your own masterpiece in a relaxed atmosphere with professional guidance. You'll use hand building techniques to make a round bowl, then add a glaze to the outside and 'Sgraffito' a pattern of your choice into the glaze. The workshop lasts 3 hours and costs £50, including all tuition and materials. Brenda is very generously donating all proceeds from this workshop to the Barn.



### Talk: The Hatting Industry and Radical Change –

Tuesday 22nd March, 7pm. Hatting boomed in the Winterbourne area from the 1760s, but the following hundred years saw

huge social, economic, political, agricultural and technological reforms that affected the industry and our local history. Tickets £5 – come in person or watch the livestream on Zoom.

**The Canterbury Tales** – Tuesday 29th March, 7.30pm. The wonderful GreenMatthews return to present six of Chaucer's Canterbury Tales packed with colourful

characters and strange situations. Using drama, verse, physical theatre and song, the three-man cast tells riotous tales in a fast, furious, occasionally filthy and invariably funny show! (Unsuitable for under 12s). Tickets £15.



All events can be booked online now at

[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)

or Facebook @

[winterbournemedievalbarn](https://www.facebook.com/winterbournemedievalbarn)

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## Tockington Manor School: 75 Years in Education

At Tockington Manor School we pride ourselves on identifying and developing the talents of the individual. To celebrate our 75th year in education we are launching our Pathway Programme for children in Year 7 and 8 to give an extra supporting hand to those with a specific talent.

George Ross, Pathway Programme Coordinator at TMS said *"The school have always attracted excellent pupils and nurtured their talents to earn entry into their first choice senior schools. The Pathway Programme is an exaggeration of what we already do so well at TMS and is an excellent option for Year 7 and 8 pupils."*

*We're developing an excellent programme of support, specialist tuition and unique experiences to provide our pupils with a strong platform for senior school scholarships. By bringing these aspects together we can clearly see how much our pupils benefit."*

There are currently four Pathway Programmes: Academic, Sports, Music and Arts and Drama. Each programme has their own entry requirements. There are many subject focused benefits for those pupils on the Pathway Programme, many of which will also benefit all children in Years 7 and 8. Wellbeing seminars will provide hints and discussions to help balance schoolwork, home life and their chosen specialism. Plus excursions and workshops thanks to our partnerships with The Bristol Hippodrome and Gloucestershire County Cricket Club amongst others.

The additional experiences and support in their specialised area across the two years will ensure pupils are in the perfect place for choosing their senior school. We have an excellent success rate on gaining scholarships in senior schools and support every family throughout the application process.

Our success is proven: *"Joining TMS for Year 7 and 8 not only gave our son a chance to prepare for senior school, but the extra support with his cricket helped him earn a full sports scholarship to his first choice school."* (Parent of a recent TMS pupil).

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Paul 'Rocco' Whitehead leaves the club for a new life in Poland



Louie Stiles in action for 2s v win over old bristolians



The annual Christmas party – Mike Weaver, Mark Smith and Kev Long



Mark Smith standing in as line out thrower in 2s game

## News from Fram Rugby

Frampton RFC success continues with great numbers both on weekends and at training.

The first team sit third in Gloucester Premiership, and recorded an excellent victory over Dings 36-5, running in 6 tries. Fly half Lew Oakley is the stand out player again – scoring a hat-trick of tries, he also got a hat-trick the week before in victory over Coney Hill.

Special mention to another colt to make his First team debut — Charlie Hill.

Fram 2s and 3s are also performing well and getting teams on the field, when many clubs are struggling. 2s and 3s both sit fourth in their respective leagues.

A mention about Paul 'Rocco' Whitehead, who leaves Fram this New Year, for a new life with his family in Poland. A stalwart of the club who came up through juniors and has played for all three teams at Fram, he will be sorely missed by all.

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## Winterbourne Down Village Carnival News

The New Year means planning for the Carnival will begin to ramp up, committee meetings will increase and we'd love to see more local residents there. Please follow us on Facebook to get notified of events and announcements.

Whilst there's been a noticeable absence of the Carnival for the past two years, that's not stopped us fundraising. COVID-19 has encouraged us to explore other fundraising activities and community events. Within the past year we've held the hugely successful History Trail and the incredibly popular Virtual Fair, a special mention must be made to Steve Daniels and Sarah Edwards in bringing about the success of these events.

As a result of this year's fundraising efforts, the Carnival was able to make donations totalling a whopping £1,600 to our nominated charities; Brace, The Trussell Trust, SSAFA and Mind. A huge thank you to everyone who has continued to support us through these rather unique and unusual times!

Looking forward, the committee will be engaging with the community more frequently this year to plan for the massively anticipated return of the Carnival itself, with a jam-packed line up across the weekend culminating on May Day Monday (2nd May 2022).



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## News from Frampton Cotterell WI

At this year's AGM we were delighted to vote in our new committee and our President – Jan Moore. Jan has been a committee member for many years and is a very popular choice for the role. Our previous president, Rosey Simpkins stood down after seven years of fantastic service to the group which has been much appreciated. Rosey was presented with a large bouquet of flowers to thank her for her time and commitment to the role of President.

December's Christmas Bingo night went down well, where member Diane Powell was presented with a huge festive hamper as the winner of this year's raffle.



We're now looking to the New Year ahead, initial diary dates for the 2022 year are as follows:  
25th January – Emma Britton

(ex Radio Bristol) 'From Radio Shows to Funerals and Weddings' (Please note: this is a members only event as seats are limited).

22nd February – 'Dogs for Medical Detection' and on Tuesday 1st February – New year's meal out (at The White Horse at Hambrook).

22nd March – Welcome back to Paul Green (Green Leaves Nursery) – Plant care talk and sale.

Watch this space and our Facebook page for confirmation of future event dates and more details. (In the current circumstances, these may still be subject to change, however we will be announcing a new 2022–2023 events programme soon).

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

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Subject to availability. Afternoon tea is pre paid at time of booking.

[aztechotelbristol.co.uk](http://aztechotelbristol.co.uk)  
[houseofdanielthwaites.co.uk](http://houseofdanielthwaites.co.uk)





## Frampton Cotterell Computer Group



**Frampton Cotterell Computer Group are continuing to meet at the Brockeridge Centre in Frampton Cotterell offering help and**

**advice on the use of PCs, laptops and tablets. The group meets each morning from Monday to Thursday and new members are always welcome to join.**

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 Brockeridge Centre, Tel 01454 864442, Email: [over50it\\_1@hotmail.co.uk](mailto:over50it_1@hotmail.co.uk) or visit the Computer Group website [www.fccomputergroup.uk](http://www.fccomputergroup.uk).**

### Frampton Cotterell Computer Group

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



**To enquire about future sessions**

**Tel: 01454 864442**

**Visit: [www.fccomputergroup.uk](http://www.fccomputergroup.uk)**



## 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 **Friday 28th or Saturday 29th January 2022.**

To book a place, contact Sue, the Westerleigh Parish Council clerk either by Email: [westerleighpc@gmail.com](mailto: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](http://www.aeddonate.org.uk/events).

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## Holistic Courses in Bristol

**With local Osteomyologist expert – Dawn Clode**

Ostm, Lic MET Lic CR FAO

It's been a busy time for Dawn, the end of 2021 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 soothe 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.

**Start 2022 pain free!** Make positive changes this New Year and look after yourself. If you are experiencing discomfort or pain, Dawn is available for treatment bookings at her practice in Little Stoke.

### 2022 Courses in Bristol

**8.1.22 – Aromatherapy (pt 2) • 23.1.22 – Reiki Master**

**12.2.22 – Reflexology • 19.2.22 – Massage**

**5.3.22 – Reiki 1 & 2 • 19.3.22 – Aromatherapy 1**

**2.4.22 – Aromatherapy 2 • 16.4.22 – Reiki Master**

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## 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.**

## OvenGleaners Top Tips for Loving Your Cooker This New Year

1. **Invest in a non-stick oven liner.** They help to catch all of those annoying drips that stick to the bottom of your cooker, which later can become a burnt-on mess. Easy to wash or pop in the dishwasher.
2. **Do not use harsh chemicals inside your cooker.** Instead, try a safer homemade option using items found around your household. For an all-purpose cleaner and deodorizer, mix together 4 tablespoons baking soda with 1 litre warm water.
3. **Get the wiping habit!** Wipe away any spillages immediately with a damp cloth. Don't give the mess a chance to stay. I know this sounds easy and as hard as you try it is a chore, the oven can still be hot and some of the stuff just doesn't want to come off but stick with it. Get a microfibre cloth and use it wet with washing-up solution.
4. **Cover your roast!** You need to stop the grease spitting all over your lovely clean oven. To do this just put a lid on your roast tin or cover with foil or try a roasting bag. This way the inside of your oven and your grill (if its inside your oven) won't become completely coated in grease when you are cooking. This grease, if left in the oven, becomes burnt on carbon in the long term and is very difficult to get off.
5. **Get a professional in to Glean It!** If you really can't get all the dirt and grime out of your oven yourself then maybe call and book someone that can. A newly cleaned cooker will be sparkling and clean and if you follow our other tips you will keep it clean, won't you?

Need some professional help? Then call Liz at OvenGleaners on 01454 300050 or go to [www.ovengleaners.com](http://www.ovengleaners.com) for more details.

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## Local Charity set ambitious plans for 2022 to create even more impact for its service users and the wider community

The local disability charity begins another year of creating life-changing experiences and supporting disabled adults to live life to the full. In 2022, their ambitious plans continue to grow bigger in the hopes of supporting more people living in this community.

**Here they share their projects for 2022.**

### Digital skills



Paul's Place continues to work with service users to help them improve their digital skills. "Now that we've established a device borrowing scheme, we will continue to help the first two individuals get to grips with their new device. There are more service users that could benefit from this service which is why we will continue to look at finding further funding."

"We have the knowledge and boosting digital skills is now integrated into our services. As well as existing members, new people joining can include digital skills as one of their goals." Says Communications Officer, Alex.

### Tackling health inequalities

Paul's Place is working with South Gloucestershire Council Community Brightside Project to help address health inequalities by raising awareness and creating a valuable informational resource. "Sadly disabled people disproportionately face inequalities when it comes to their health and wellbeing and this has been highlighted by COVID-19 and the crisis that exists in health and social care. The work that we do with people is built on trust, built over a number of years and we see



it is part of our role to ensure health inequalities are noticed and addressed. We work with people to ensure that their voices are heard.." CEO Daniel shares.

Paul's Place aims to dedicate a section of their website to provide useful information and advice, as well as hosting talks in their day facility.

### Research to create a service for young adults in the area

Paul's Place are putting together a piece of research to be able to improve their service for physically disabled adults aged 18–25 living in Bristol and South Gloucestershire. Starting with a webinar on 25th January, this is the start of a brilliant project to improve services for young disabled adults.

If you're physically disabled, aged 18–25, you can join their webinar or fill in their survey that will inform this service.

**25th January, 6–6.45pm. Further details email [info@paulsplace.org.uk](mailto:info@paulsplace.org.uk).**



### Sports

Boccia, Yoga, athletics and the gym are now the new normal for Paul's Place. They will be back to competing in the Boccia Super and national leagues in 2022. Their partnership with Yate Outdoor Sports Complex continues and service users have access to fantastic, adapted equipment. From racing wheelchairs to frame runners, this facility has so much on offer that is giving people a new lease of life.



### Fundraising and events

**The big event is their grand ball Saturday 26th March.** This year hosted at the Village hotel in Filton (BS34), this is Paul's Place's biggest fundraiser.

Joining them this year are special celebrity guests Lee Ridley, (The Lost Voice Guy) Winner of Britain's Got Talent, plus Briony Williams, Great British Bake-Off Semi-Finalist (both pictured above).

A night of delicious food, live music, dancing, fun and the chance to grab some great prizes and items at their raffle and auction. Find out more and secure your tickets at [fundraising@paulsplace.org.uk](mailto:fundraising@paulsplace.org.uk) or give them a call on 01454 777236.

**Facebook: @paulsplacecharity**  
**Instagram: @paulsplaceofficial**  
**[www.paulsplace.org.uk](http://www.paulsplace.org.uk)**

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Images from COP26 Glasgow



## Climate Action in the Frome Valley

by Dr Laura Fogg-Rogers, WEG Chair

Winterbourne and Frome Valley Environmental Group (WEG) is a community action group in South Gloucestershire. We aim to think globally and act locally to fight climate breakdown.

The group was formed in April 2019 in response to the IPCC report on global warming of 1.5C. A small group of local residents were involved in urging South Gloucestershire Council to declare a Climate and Ecological Emergency – this went through and now all our local councils are working towards Net Zero 2030.

WEG became officially constituted in November 2019, with a committee of local residents. We now have over 300 group members and several active projects in the community. We welcome new members.

We form part of South Gloucestershire Council's Climate Emergency Community Engagement Forum. We are also an affiliated Friends of the Earth Climate Action Group.

Climate change has felt very close this year. We have seen disaster movie images from across Europe and the rest of the world – but this is not fantasy, it's an urgent reality. Freak flooding, raging wildfires, and deathly droughts – these are all happening with more frequency at 1.1C of global heating. The COP26 conference and international scientific reports this year (IPCC 2021 <https://www.ipcc.ch/report/ar6/wg1/>) confirm these changes are due to carbon and greenhouse gas emissions from human activities. While promising pacts were made between countries at COP26, we are still on course for much higher global temperature rises, beyond 1.5C.

I dread to think what this means for our old age and our children's future. We urgently need local and national government action to enable our communities to stop burning fossil fuels. Meanwhile, the WEG committee is working with Friends of the Earth as a Climate Action Group (<https://winterbourne-environmental.uk/project/community-climate-action>) to make progress regionally – please join us if you are keen to make a difference!

**Make a difference in 2022! Start the New Year in a positive way. We can all make a difference in our own households. Here are some top tips to try :**

1. Raise your voice. Write to your MP or Councillors. Ask what action they are really taking on the Climate Emergency. Join a local Climate Action Group like WEG to make changes locally. Support local protestors. Vote for Climate Action.
2. Use your spending. Switch to renewable energy providers. Switch your bank. Make fossil fuels unprofitable and uninsurable.
3. Get active. Slow your life down so you can walk or cycle where you need to go. You will get fitter (I have!). You will be mentally healthier and kids will function better in school.
4. Drive fossil fuels off the road. Take public transport when you can. Or switch to smaller electric cars (so much cleaner and smoother!).
5. Move to a plant-based diet. Reduce your meat intake. Vegan may be best for the planet but it's not for everyone. So vegetarian or reduced meat helps too.

6. Buy less. Save and cherish what you have. There is no 'out' when we throw things away. Refuse single use plastic (made from fossil fuels). Reduce what you consume. Repair what you have. And recycle as a last resort.
7. Buy local. Eat local food in season. Support local businesses – we will need thriving local communities to get through what is to come.
8. Make space for wildlife. We are living through the sixth mass extinction. Never use pesticides. Leave areas of your garden wilder. Help local groups to conserve nature in public parks and spaces.
9. Reduce or stop flying. There are so many awesome places accessible by train and car in the UK and Europe. The journey can be a part of the holiday.
10. Switch your heating and cooking. If you're renovating, opt for a heat pump and electric devices.

Push for these steps in your workplace. Lobby for action with our local councillors. Tell your friends. Be the change!

**We are always looking for new faces to join us. Can you do any of the following?**

**Campaigning**

**Working with local government**

**Dig holes**

**Plant trees**

**Pick up litter**

**Marketing and social media**

**Repair things!**

**Email: [winterbourneenvironmental@gmail.com](mailto:winterbourneenvironmental@gmail.com)**

**Visit: <https://winterbourne-environmental.uk/>**

**Facebook Winterbourne Environmental Group**

**Twitter: @weg\_uk**



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## Share & Repair Cafe

**Sat 15th January & Saturday 19th February**

All Saints hall Winterbourne Down  
10.30am–12noon

Frome Valley Environmental Group will try to repair whatever you bring! Bikes, electricals, jewellery, clothing, wooden items, etc.

[winterbourneenvironmental@gmail.com](mailto:winterbourneenvironmental@gmail.com)





## Reception Open Events

**Is your child due to start school next September?**

**We would love to welcome you to Elm Park Primary School.**

Come along and enjoy a guided tour led by our Head Teacher and Reception Class Teacher.

See our wonderful school and let us show off the amazing learning opportunities we provide.

**We offer personalised tours every Tuesday, Wednesday and Thursday from 4pm – 5pm.**

*'Elm Park is a happy and friendly school.*

*Pupils love learning because teachers make it fun.*

*The Early Years is a welcoming and interesting place for children to learn.*

*Staff care deeply about their pupils and are sensitive to their needs.*

*Leaders and teachers share a passion for igniting pupils' enthusiasm and nurturing talents.'*

**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.



## News from Frome Valley Growing Project

Well what a year! We are so grateful to all the volunteers and the donations we have received over the last twelve months. A big thank you to our local community who have been full of support and inspiration for our project. We are continuing to do what we can to reduce our carbon footprint by reusing and repurposing materials, growing food without chemical fertilisers and pesticides and of course planting LOTS of trees.

We now have regular groups of children and young people attending sessions at our field, learning more about working with the land to support biodiversity and grow food. We love hosting these groups and if you have a group who would be interested in accessing our services please do get in touch.

This autumn, our pumpkin patch was a great success and so too was our apple pressing harvest festival, next year we hope to host an even bigger event so people can bring along their apples and have them pressed into juice. We have been selling lots of our produce this year and still have some jars of spicy Green Tomato Chutney available (like adults Branson pickle!) so please send us a message if want to purchase some. We also have seeds for sale so keep an eye out on our Facebook page for those if you wish to purchase chemical free, locally grown, hand saved heritage vegetable and flower seeds.

As well as selling our produce we are giving some away too. We have begun working in partnership with Bristol Gleaning Network. This amazing team work with growers in the South West to harvest or collect surplus fruit and veg that would otherwise go to waste. This is then redistributed to charitable food projects who are supporting people experiencing food poverty. So far, since starting in September 2020 they have saved over 7 tonnes of produce!

We are looking for donations of plants to contribute towards our Food Forest area. This area of the site will be intentionally planted to mimic how a natural woodland grows, consisting of various layers and involving under-planting round trees and edges. The whole space will be full of biodiversity and plenty of edible, medicinal and other useful plants.

We are looking for donations of trees, shrubs and herbs to include; Perennials such as Rhubarb, Horseradish, Comfrey, Liquorice and Borage. Herbs such as Lemon Balm, Sorrel, Garlic chives, Mints, Lovage, Bay, Bergamot, Oregano and Chamomile. Trees such as Hazel and Elder. Berries such as Raspberries, Blackcurrants, Gooseberries, Strawberries etc.

**Please do get in touch if you would like to donate, volunteer, become a member or hire the site for a group learning session. Contact Kate Macdonald on 07708 758 370 or message us on Facebook: Frome Valley Growing Project.**





# Pebbles mean prizes

Join our pebble hunt to win prizes

**Monday 21st - Friday 25th February**

Collect 3 or more different decorated pebbles and return them to The Black Sheep to receive a free drink for one child and one adult. Collect all 5 pebbles and receive a voucher for Afternoon Tea, Sunday Lunch or Brunch at the Curious Kitchen.

**The pebbles are hidden around four areas:**

- Bradley Stoke Nature Reserve
- Little Stoke Park
- Kingsgate Park
- Mundy Playing Fields

Watch out for clues on Facebook @AztecHotelBristol and @BlackSheep.Kitchen.Coffee and on Instagram at aztechoteluk

(Terms and conditions apply. All pebbles are marked with Aztec Hotel & Spa for identification, prizes are subject to availability).

Contact the events team on 01454 201090 or [events@aztechotelbristol.co.uk](mailto:events@aztechotelbristol.co.uk) for more details

[aztechotelbristol.co.uk](http://aztechotelbristol.co.uk)  
[houseofdanielthwaites.co.uk](http://houseofdanielthwaites.co.uk)



## News from Frampton Cotterell Parish Council

### Tree Planting at Centenary Field

On Saturday 20th November, Frampton Cotterell Parish Council teamed up with the Frampton Cotterell Scouts group, as well as a lot of enthusiastic volunteers, including the Youth Group, FACE, to plant over 200 trees at Centenary Field. This event was organised for the Queen's Green Canopy project, as part of the Jubilee celebrations. Our tree-planting was supposed to go on all weekend, but our enthusiastic planters got it all done in one morning!



### Carols Around The Tree 2021

Frampton Cotterell Parish Council's annual – Carols Around The Tree event took place on Friday 3rd December, and was a huge success. Many members of the local community came along to sing carols, make crafts, buy local goods, and have free hot food and drink. Thanks to the generosity of

attendees, we were able to raise over £188 for our charity of the night, Macmillan. The Parish Council would like to give special thanks to the Crossbow Singers for leading the carols, and to all of our volunteers who helped make it a night to remember.

### Resident Survey Now Closed

The Frampton Cotterell Parish Council Resident Survey is now closed. We would like to thank the hundreds of people who took the time to complete this survey; the feedback of the parish is vital to Parish Council decision making. The Parish Council will now begin the task of looking over the data and comments submitted, and consider how best to use that feedback in developing Council policy moving forward.

### Money Raised For Charity this Quarter

Through Frampton Cotterell Parish Council's Coffee Morning events, Scarecrow Trail, and Carols Around the Tree, the local community has raised £594.98 for our charity of the year, Macmillan.

### Councillor Vacancy

There is a vacancy available for a position as Parish Councillor at Frampton Cotterell. Anyone interested in applying for this position, or who would like to find out more, can email [office@framptoncotterell-pc.gov.uk](mailto:office@framptoncotterell-pc.gov.uk).

<https://framptoncotterell-pc.gov.uk>



# Winterbourne library news

**Happy New Year to everyone from Winterbourne Library staff.**

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

Welcome to everyone, whether browsing and borrowing from our shelves, using a computer or enjoying bringing children to the library. As always, the most current opening hours and service information is on our webpage: [www.southglos.gov.uk/librarychanges](http://www.southglos.gov.uk/librarychanges).

**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](mailto: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 8th January. [www.southglos.gov.uk/childrenslibrary](http://www.southglos.gov.uk/childrenslibrary). All children must be accompanied by adult.

## Children's activities

February half term – Collect your FREE children's craft bags to take away, while stocks last – see website for details.

**NEW! Digital Champions now available** – 1 to 1 IT support now available, Covid safe slots bookable on a Friday between 10am–12noon.

**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. You can collect testing kits from one of 12 local libraries during opening hours.

**Use the library when staff aren't there with Open Access** – Open Access is our system that lets you into library buildings at



times when they are not open with staff. Library members can complete an induction session to register to use it. You

can then let yourself in during Open Access hours when staff are not working. You can use our free wi-fi and computers, including printing, access online e-resources, collect reservations, issue, return and renew items and pay charges using self-service kiosks. Use the library to meet friends to read and study. Find out more, including Open Access hours and how to book your one-off induction at [www.southglos.gov.uk/openaccess](http://www.southglos.gov.uk/openaccess).

**Find the latest information on our website**  
[www.southglos.gov.uk/librarychanges](http://www.southglos.gov.uk/librarychanges)  
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**St Saviour's Church, Coalpit Heath**



**A friendly and welcoming group for babies and toddlers, parents and carers**

**Mondays 10am – 11.30am in School terms**  
**St. Saviour's Church Hall, Beesmoor Road, Coalpit Heath, BS36 2RP**

**Lots of fun activities**  
**Toys, dressing-up, craft, play shop, storytime and singalong**  
**Refreshments for all the family**  
**Meet other young families, relax and chat while little ones play**  
**All welcome**  
**£3 per family per session**



**For more information contact:**  
**Jessica 01454 228666 Mary 01454 887870**  
**Covid safety measures in place**

**Junior Fascinating Rhythm (Junior FR) has celebrated its tenth anniversary by hosting a special concert. The full-house audience was made up of Junior FR girls' parents and grandparents, ex-Junior FR students with their families, and several Fascinating Rhythm members.**

The evening concert, held on 4th December 2021 at Iron Acton Village Hall, featured Junior FR's current line-up singing several chorus numbers, as well as several soloists and duettists who have previously represented the choir at Eisteddfods and singing competitions. The celebration featured some of Junior FR's newest and best-loved songs and saw all current and former singing members reunited for a moving rendition of ABBA's song 'Thank You For The Music'.

To mark the occasion, Wendy Howse, Junior FR's Musical Director, was presented with a special commemorative framed 'family tree' picture showing the name of each of Junior FR's current and former members, with the founding members and adult helpers on the lower branches and newer members and helpers towards the top. Smaller versions of the tree were presented to each of the adults who have supported Junior FR as 'helpers' over the past ten years, in recognition of their contribution.

*"It was an amazing evening, full of joy and celebration" reflects Wendy. "The absolute highlight was having every Junior FR member, current and past, on stage to sing 'Thank You For The Music'. The sound was immense and my grin was even wider!"*

Fascinating Rhythm's Musical Director Jo says *"It was such a privilege to be sitting in the audience for this very special concert and an even greater honour to be invited to direct one of their songs 'This is Me'. It is so evident by the whole polished performances through the evening just how hard the girls work not only in rehearsal but on their own at home, true dedication."*

The concert concluded with a retiring collection, which together with other fundraising activities, raised approximately £500 for the Jessie May Trust.



**Junior Fascinating Rhythm's Tenth Anniversary Celebration Concert**

**Junior FR is currently recruiting new members so if you, or someone you know, is interested in taking up singing or joining, please contact us via our website <https://fascinating-rhythm.com>.**

Junior FR is a choir for girls aged 7 to 16 years old. There is no audition process for new members and no previous singing or musical experience is needed. Members meet weekly during term-time at Iron Acton Village Hall (Friday afternoons, 4.00–5.30pm), perform at events throughout the year and help to raise money for various charities.

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**07786 150397**



## Happy New Year! In the words written by Robbie Burns;

***Should 'auld' acquaintance be forgot, and never brought to mind – for the sake of 'auld land syne!'***

Apart from the Scots among us, this song is traditionally sung at parties on New Year's Eve – to let the old year out, and welcome the new year in. With all its fresh opportunities and hopefully some good surprises that will bless us as we try to manage coronavirus and its effects. We pray fervently for the latter. Referring to Burns' poem there are lots of things to 'forget' amid the fear and loss that we have endured, particularly since the onset of the pandemic, yet acquaintances that have blessed us during that time.

As we enter 2022 it is the Epiphany season in the church calendar. With expectant joy of 2022, we look to the direction of the Magi (referred as Wise men or astrologers) in the next instalment of the nativity story, as they sought the promised Messiah. The Magi had travelled from eastern countries to find the new born king. An acquaintance definitely to be forgot was meeting King Herod, who felt threatened with news of a king that could replace him. His fear drove him to wicked acts of cruelty and sadly we hear of similar actions still acted out today.

These astrologers followed the star that led them to the Christ child and they wisely forgot their auld acquaintance with Herod. They travelled safely home, rejoicing from their successful journey to find the Christ child, to spread the good news (Jesus was probably a toddler by the time they found him!).

This last year has had times that many people will choose to forget. Coping with uncertainty has created deep fear, anxiety and depression resulting in various forms of behaviour. At Fromside churches we are trying to support this by the resources on offer from our pastoral care, prayer support and financial giving to families in need.

We aim to keep looking at the positives learnt from the past dark times – in the hope set before us as people of faith. In response to the increase of stress, anxiety and loss of people known to us in the Fromside community, we had to learn new skills. Some of you joined WhatsApp phone groups, Zoom and recorded online services, plus regular phone calls created new friendships. Along with the weekly phone in 'Time with God', a short prayer reflection for people who don't use WiFi, all these still continue. Some of our pastoral team trained as



mental health first aiders, and we continue to offer friendship and support where requested within our local schools. We are building stronger connections with our ecumenical partners from our new covenant agreement – so lots of new opportunities to look forward!

God is still with us, even if you feel his presence is distant with the uncertainty created by the pandemic. The wise men persevered under the stress of travelling long distances to find the promised Messiah – they didn't give up. God is still with us, however dark some days might feel, the Messiah can still be found in the friendly encounter, a cheerful smile, a simple prayer.

Let's not forget about this holy acquaintance, that offers love and inner strength through the power of prayer. **We cannot allow it to be forgotten!**

So, let's remember the good things of the last year, as we pray for expectant joy of the wise men finding the Messiah. As we enter the gate of the new year 2022, I invite you to join me in putting your hands into the hand of God, in trust of a brighter future, working together in unity and purpose. Amen.

Every Blessing,



**Revd Julia Chard**

Associate Minister

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

[www.fromsidechurches.org.uk](http://www.fromsidechurches.org.uk)



## News from St Michael's

**Science Day!** This term seems to have flown by at St Michael's Primary School! Our classrooms have been filled with laughter, learning and excitement.

We had an amazing science day, where children were set a challenge to achieve throughout the morning. Some classes were designing a pulley to help Santa carry presents down the chimney, others were exploring what material Santa should make his shoes out of, so as not to wake the sleeping children. Others had the task of trying to keep the reindeer's noses warm by finding the best material to use. The children had a fantastic time investigating and exploring.

**Christmas at St Michael's** – We have also had a creative and exciting time with our Christmas celebrations! Reception did an outstanding Nativity performance, whilst KS1 did an excellent production called 'An Alien Christmas'. Both of which were recorded so families could watch in the comfort of their own home. KS2 had a wonderful time at St Michael's Church celebrating Christingle, the service made us all feel lovely and festive. We wish you all a Happy New Year and look forward to another fun-filled term ahead!





# Frampton Cotterell & Coalpit Heath Village Diary

## January 2022

**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.

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

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

**Mon 10th – Gardening and Social Club**, Manor Hall, 2–3.30pm. £2.50. All welcome. BYO refreshments for now. Info Mrs G Hale, Tel: 01454 774279.

**Mon 10th – Winterbourne Flower Club**, WADCA, 2–4pm. Theme TBC. Bring your own container and plant materials. Info Celia Tel: 01454 776753 or text 07947 487155.

**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 12th – Ladies' Circle**, Zion church, 7.30pm. A speaker from Paul's Place.

**Sat 15th – Share & Repair Cafe**, All Saints hall Winterbourne Down, 10.30am–12noon. Frome Valley Environmental Group will try to repair whatever you bring! Bikes, electricals, jewellery, clothing, wooden items, etc. winterbourneenvironmental@gmail.com.

**Wed 19th – FC & District Local History Society**, Zion, 7.30pm. 'Bristol City of the Sea'. £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.

**Wed 26th – SGMRG**: 'Old & New Lead Mining Methods', The Miners 7.30 for 8pm. A talk by David Barrie. Non-members £2. Membership £17.50pa. www.sgmrg.co.uk.

**Thu 27th – Fused Glass workshop**, Winterbourne Medieval Barn, 1.30pm. Two hour session. Book via website www.winterbournebarn.org.uk.

**Fri 28th & Sat 29th – 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.

## February 2022

**Wed 2nd – 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.

**Wed 2nd – Coalpit Heath WI**, St Saviours Church Hall, 7.45pm, Tel: 07935 071291 | Email: carolinemjohnston@hotmail.com. Visitors always welcome!

**Thur 3rd – Tea and Tour**, Winterbourne Medieval Barn, 2pm. £5. Book via Barn website www.winterbournebarn.org.uk.

**Fri 4th – Quiz, Crossbow**, 8pm. £1.50 ppn. Tel: 01454 772947 | Email: crossbowhouse@gmail.com.

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

**Mon 7th – Gardening and Social Club**, Manor Hall, 2–3.30pm. £2.50. All welcome. BYO refreshments for now. Info Mrs G Hale, Tel: 01454 774279.

**Tues 8th – 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 8th – Mothers Union**, St Saviours Hall, 2pm. A variety of speakers. Tel: Mary Head 01454 887870 | Email: mary.head@blueyonder.co.uk.

**Wed 9th – Ladies' Circle**, Zion, Woodend Road, 7.30pm.

**Wed 15th – FC & District Local History Society**, Zion hall, 7.30pm.

**Thu 17th – 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 18th – Bingo**, Crossbow, 8pm. £1 for 5 games and 50p for snowball. Tel: 01454 772947.

**Sat 19th – Apple Grafting Workshop**, Winterbourne Medieval Barn, 10am–4pm. Book well in advance. www.winterbournebarn.org.uk.

**Sat 19th – Share & Repair Cafe**, All Saints hall Winterbourne Down, 10.30am–12noon. Frome Valley Environmental Group will try to repair whatever you bring! Bikes, electricals, jewellery, clothing, wooden items, etc. winterbourneenvironmental@gmail.com.

**Tue 22nd – Frampton WI**, St Peters Hall 7.45pm. Dogs for Medical Detection. £2.50 See Facebook.com/FramptonCottWI.

**See Village Action website for dates for the full year [www.villageaction.org.uk](http://www.villageaction.org.uk)**

**If you have dates to add to the Diary, please email: [louisemharrison@gmail.com](mailto:louisemharrison@gmail.com).**

**Why not join us at the Bristol Male Voice Choir in 2022?**



Bristol Male Voice Choir is looking forward to 2022 with renewed enthusiasm following our concerts at Christmas, and we are looking forward to a tour in Cornwall at the Male Voice Choirs Festival, and another concert nearer home in Hawkesbury. As well as concert events, we have recently sung at a wedding in Marshfield and enjoyed a 100th birthday celebration in Hallen.

These events happen because our members come along every **Thursday at 7pm for Rehearsal Nights at St Andrew's Methodist Church, Elm Park, Filton, Bristol BS34 7PS** where we look forward to meeting new prospective members to sing in either our bass, baritone or tenor sections. If you used to sing in the past or are curious to find out what male voice singing is about we will give you a warm welcome. It's not essential to be able to read music (though it helps!) because rehearsals are about learning the notes and the words under the guidance of our MD, whose teaching makes all our practice nights enjoyable, and gets us looking forward to our performances.

We sing songs from various traditions, from Bohemian Rhapsody to opera choruses to Broadway musicals, Bach, Mozart, spirituals and hymns. Not forgetting our Christmas carol repertoire. You may be a potential singer wanting to listen to us before joining and you can come into our rehearsals on a Thursday. You may be thinking of a celebration with a choir as entertainment, and we can tailor our offering to suit your requirements as we learn new items in our repertoire regularly.

**We are proud to be the Bristol Male Voice Choir. If you want to find out more about us, go to our website at [www.bristolmvc.org.uk](http://www.bristolmvc.org.uk), look for our Facebook site, call the number on the website or contact 01179 682 223 or 07587 143 220.**

After the privations of Covid, we offer a friendly social atmosphere, varied choral delights and great camaraderie. So get in touch and make yourself known. Happy New Year!

## 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.**



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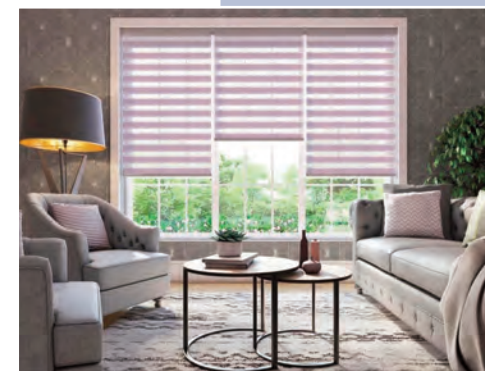
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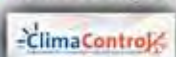


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