

Winterbourne & Frampton *Matters*



March/April 2022

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It's Good to Talk!

Bristol's first 'Chatty Benches'
have arrived in Winterbourne

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Dear Residents,

As you can see from the front page, Bristol's first 'Chatty Benches' have arrived in Winterbourne, all thanks to The Winterbourne Down Village Carnival.

Staying on the theme of it being good to talk, Frampton Cotterell Parish Council invite you to their new Happy to Chat coffee mornings! These free, sociable mornings take place every Thursday morning from 10am to 12pm in the Brockeridge Centre.

Winterbourne Memory Cafe is pleased to have re-started their drop-in afternoons for anyone with a memory problem, or anyone who cares for someone with a memory problem. They are held in the Greenfield Centre on the fourth Thursday of each month from 2pm.

Mothering Sunday takes place on 27th March this year. The Fromeside Benefice share with us the origins of this celebration and invite you to local services to mark the day.

St Michael's school have been busy embracing all kinds of play this month, we hope you enjoy sharing in some of their fun!

Did you know Winterbourne is home to the Severn Counties Foreign & British Bird Society? This locally based group celebrate their 50th Anniversary this year and share with us all of their news.

As restrictions ease, we hear how students and staff at Winterbourne Academy are working hard to re-engage with the wide range of enrichment opportunities they participated in prior to Covid.

Winterbourne Medieval Barn has a fantastic calendar of events lined up for the public to participate in this spring. You can look up many other local activities to join in via the Village Diary.

Our local WI's are pleased to share their news and invite you to become members.

All this and much more!

Jaci &
Kerry x

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From left: Michael, Fran, Tina, Emma, Jane, Mary and Maggie
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Pictured (left to right) Brian Serjent & Richard Climmer representing the Parish Council and Liz Perrins & John Turner representing the WDCV.

It's Good to Talk!

Bristol's first 'Chatty Benches' have arrived in Winterbourne, all thanks to The Winterbourne Down Village Carnival (WDVC).

It's safe to say the past couple of years have impacted everyone's mental health in very different ways. The committee at the WDVC recognised this and wanted to do something to help.

Many of us heard touching stories of our community supporting each other during the pandemic, those small acts of kindness, simply chatting to the that lonely person sat on the bench overlooking the

River Frome. So, inspired by a similar scheme in Cornwall, there came the idea of the Chatty Bench. Chatty Bench plaques have now been installed on benches located in Winterbourne Down, The Dingle, the duck pond and soon on Hambrook Common. Scanning the QR code will take you to the Carnival webpage dedicated to improving mental health. It contains useful links and contact numbers to support organisations and NHS resources to help identify and manage the different issues related to mental health.

WDVC continue to support the charity Mind this year along with BRACE, The Trussell Trust and SSAFA. With your generosity at events across the May Day weekend, culminating on May Day Monday (2nd May 2022) with the Village Carnival, they hope to make an even bigger donation than previous years have allowed.

Special thanks to Voodoo Designs for the plaque design.



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North Bristol Triathlon Club

North Bristol Triathlon Club is an inclusive fitness club designed to motivate and empower people of all fitness levels to compete in triathlons. Both novice and experienced triathletes, runners, swimmers and cyclists are welcome.

Our members come from all over the Bristol and surrounding areas, at all experience levels – from those training to complete in their first ever triathlon or multi-sport event, all the way up to experienced 'Ironmen' and GB level athletes.

We offer several sessions a week – swimming at Bradley Stoke Leisure Centre, running at Yate Outdoor Sports Complex and bike rides from various locations.

A friendly and welcoming club, it's great to see and support each other at various races during



the season. We've recently started a 'Park Run' tourist trail and exploring the different runs in the surrounding areas.

Find us on Facebook, Instagram or email membership@northbristoltri.co.uk for more information.

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Events at Winterbourne Medieval Barn

Tea and Tours – Thursday 3rd March & Thursday 7th April, 2pm

Enjoy a cup of tea and a short talk about the history of the Medieval Barn, and then explore the recently renovated West Barn and the rest of the site.



Pottery Taster Afternoon – Saturday 12th March, 1pm

Join Brenda from The Pottery Shed to hand-build a round bowl and 'Sgraffito' a pattern of your choice into the glaze. 3 hour workshop costs £50

including all tuition and materials.

Down at the Barn, Leonie Evans and friends – Thursday 17th March, 7.30pm

Singer-songwriter and multi-instrumentalist Leonie Evans hosts an evening of intimate music in the unique and atmospheric setting of the Medieval Barn. Expect to hear an array of languages and her amazing 'Frumpet' (vocal trumpet), in her own songs and pre-war jazz, blues, country, gospel and Latin music. Leonie is joined this month by guest musicians Mohamed Errebbaa and Driss Yamdah, playing Moroccan gnawa music.

This gig will be seated, cabaret style. Tables can be well-spaced in the magnificent medieval barn, which has plenty of natural ventilation (as pictured above). Bar open at 7pm, music starts at 7.30pm. Free parking on-site. Tickets £10 can be pre-booked online via the Barn website.

Talk: The Hatting Industry and Radical Change – Tuesday 22nd March, 7pm

Hatting was a lucrative artisan skilled trade, and the Winterbourne area did very well when work boomed from the 1760s. Watleys End was built as a 'greenfield' hatting village. The cottage industry delivered economic and social gain for 100 years, but then mechanisation developed which de-skilled the trades. Local hatters resisted this change for decades, with the result that the industry here stagnated, while mills in the north with a more compliant workforce picked up the advantage. Social, economic, political, agricultural and technological reforms during this period were huge, and the fortunes of the hatting industry illustrate how this affected our local history and the lives of people in this area.

Tickets £5 to come in person or to watch the livestream on Zoom (a link will be e-mailed to you at 6pm). Refreshments available. Free parking on site.

The Canterbury Tales – Tuesday 29th March, 7.30pm

The wonderful GreenMatthews return to the Barn to present six of Chaucer's Canterbury Tales packed with colourful characters and strange situations. Taking inspiration from medieval mystery plays, the three-man cast use drama, verse, physical theatre and song to bring Chaucer's characters to riotous life.



This is definitely not a dry academic take on English literature – the show is fast, furious, occasionally filthy and invariably funny! (Please note – the show is unsuitable for under 12s). Tickets £15. Advanced booking essential.

All Barn events can be booked on the website.

Wellness – The Barn also hosts a growing variety of classes, including Yoga on Monday mornings and Wednesday evenings, Tai Chi on a Wednesday morning, and Art of Meditation on Thursday mornings. If you want to be put in touch with the people running these classes, e-mail: contact@winterbournebarn.org.uk.

Available for Hire – The Medieval Barn itself makes a fabulous venue for weddings and big celebrations. The West Barn offers heated, modernised, very well-equipped rooms ideal for meetings, conferences, running classes, workshops, and talks. Rooms are available at an hourly rate, or can be hired by the day. On-site parking is free. For more information contact Hazel, e-mail: hazel.hatton@winterbournebarn.org.uk or phone 0117 403 1536 (nb. she works part time).

Volunteering – The Trust would be delighted to welcome more volunteers. You can give as much or as little time as you would like, meet new friends, and perhaps learn new skills. Volunteers can help out at an event, or be involved on a more regular basis with maintenance, gardening, admin or technical jobs. For more information contact the Trust, e-mail: contact@winterbournebarn.org.uk or phone 0117 403 1536.

www.winterbournebarn.org.uk
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Winterbourne Academy – Embracing the ‘new normal’

As restrictions ease, students and staff at Winterbourne Academy are working hard to re-engage with the wide range of enrichment opportunities in which we participated prior to spring 2020. In recent weeks, some initiatives which began online have come to fruition ‘in person’ and saw us welcome visitors back to the academy and also go out to participate in events.



Bourne Warriors – Community Apprentice Competition (main photo above)

Year 10 students from Winterbourne took part across a 10 week programme, supported by business mentors from Great Western Railway. The programme culminated in a pitch to Envision leaders and business mentors from various organisations, as well as representatives from a range of charities supported by the different schools involved (Winterbourne students chose to support SARI and tackle Hate Crime. By winning SARI received £100 donation from Envision).

Led by Mrs Sarah Webber, not only did they win the overall ‘Community Apprentice’ Competition (against 4 other schools in Bristol and South Glos), but we also won the award for ‘Communication’. The students were unanimous in their endorsement of how the experience has enabled them to develop confidence in speaking and presenting to an audience.

Scholars Club Graduates visit University of Bath for ceremony

A group of Year 8 and 9 students have recently become our first cohort of Scholars Programme graduates. Made possible through The Brilliant Club, the scholars programme enables students to work with a PhD tutor on a research project. The Brilliant Club is a UK non-profit organisation that aims to widen access to university for students from underrepresented groups. On Thursday 10th February our group travelled to Bath University for their graduation ceremony – there were campus tours, Q & A sessions and hot chocolate!



The students were excellent ambassadors and a credit to themselves and their families. There was unanimous agreement that we should aim wherever possible to maintain our participation in the programme because it is so beneficial to students.

Year 7 – The Hundred Club!

Cohort ‘21 – our current Year 7 are now fully settled as members of the Winterbourne learning community. They are, in fact, making great progress – clearly evident through the large numbers who have already passed 100 achievement points since joining us in September!

We have no officially inducted them into ‘The Hundred Club’ and the wear a green star on their blazer collar.

Well done everyone – we are so proud of you! Keep up the good work!



Don't forget to mention Winterbourne & Frampton Matters when replying to ads! 9

News from Fram Rugby

It's been a good month for Frampton RFC, we have enjoyed some great wins across the teams. Fram's first team sit at third place in Glos Prem, after their bonus point wins in January, over old Elizabethans, Old Richians and a 71-0 victory over Ross on Wye!

The seconds team sit mid table in Glos South 2. They enjoyed a bonus point win over BAC first team.

The third team also sit in a potential promotion place – the next few games will determine the outcome .

Frampton have appointed ex Greek International Nic Carver as forward coach, to assist head coach Nige Smith. Nic represented Greece back in the late 80s before coming to the UK. He has had an instant impact .

Club captain Mike Weaver's daughter Laura, married club player Joe Cleary, in January. It was a great day for the happy couple. A definite Fram affair as Laura's Grandad John, was club secretary, Uncle Mike was first team captain and Mum Jane treasurer!



Nic Carver



Second team win over BAC



Use your savings as a force for good

If you're seeking to be more environmentally friendly, it's worth considering the impact your savings can have. One positive and impactful option is to invest in renewable, community-owned energy.

With the launch of their new share offer, Bristol Energy Cooperative aims to bring people together to tackle the climate emergency and the energy crisis. The not-for-profit is seeking to raise £1million in just 12 weeks, to develop more green, clean energy projects across the region, at speed.

When you invest in the energy cooperative, your money will:

- Tackle climate change by funding the delivery of pioneering clean energy projects such as rooftop solar panels on community buildings
- Support local community with cheaper energy bills for host buildings, and raising community benefit funds for local initiatives
- Democratise energy ownership, allowing communities and individuals to feel the benefit of renewable energy generation
- Earn a potential financial return, with a projected 3.5% in this share offer

"The imperfect outcome from COP26 makes bottom-up action on the climate emergency even more vital. By using people power, we can raise money quickly, install more low carbon technologies, and drive a green recovery for the region where locals feel the benefits."

Andy O'Brien, co-founder and director at Bristol Energy Cooperative.

BEC's business model of raising funds has proved successful so far. Set up in 2011, the co-op has raised over £14 million, and developed over 9MWp of solar and battery assets, enough to power roughly 3000 homes. The organisation is an important contributor of renewable energy in the South West, generating roughly the equivalent of 30% of Bristol's solar energy.

It's not only BEC's members that gain from a return on investment. Over the past 10 years, the cooperative has channelled over £300,000 of community benefit payments into local sustainability initiatives, such as community gardens, education and biodiversity programmes. Also, community spaces such as Coniston Community Centre and Knowle West Media Centre have benefitted from cheaper energy rates thanks to the solar installations by BEC, meaning they have more funds to spend on their vital services.

The cooperative currently has 1200 members, but is looking to grow and diversify its membership to help create a just energy transition.

Anyone can invest in BEC's withdrawable shares, from as little as £100. Investors are projected to receive a 3.5% annual return. The share offer is open until 31st March 2022. For more information please see: <https://bristolenergy.coop/share-offer-2022/>

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News from Frampton Cotterell WI

We kicked off the New Year with a great talk from ex Radio Bristol's, Emma Britton. Emma is now a Celebrant for weddings, funerals and other special events. It was truly interesting and inspirational to hear all about her career to date and her reasons for changing to a career as a celebrant.

We also had our New Year's annual meal out at The White Horse at Hambrook, it was wonderful to be out and enjoying ourselves again after a break of over 2 years (thanks to the pandemic of course!).

At time of writing, we are looking forward to our end of February talk on 'Dogs for Medical Detection' and learning all about this interesting charity.

On March 22nd, we welcome back Paul Green for a return visit (Green Leaves Nursery) – for a talk all about plant care, with a plant sale afterwards.

April sees the launch of our new programme for the coming year, which includes talks from a variety of experts and professionals, including a charity shop/sustainable stylist, a member of the RAF and an aerial photographer. Future events include theatre trips, garden visits and social evenings. Confirmed details to follow soon! Watch this space and our Facebook page for confirmation of future event dates and more details.

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.

Please search FramptonCottWI to find out more, and to like our page.

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(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@aztechtotelbristol.co.uk for more details.**

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Frampton Cotterell Computer Group



Frampton Cotterell Computer Group are continuing to meet at the Bickeridge 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 Bickeridge Centre, Tel 01454 864442, Email: over50it_1@hotmail.co.uk or visit the Computer Group website www.fccomputergroup.uk.

Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk



Winterbourne Memory Café

attending, and will try to provide the sort of activities and support that people want. The next Memory Café is 24th March 2022. For more information email David.stone@alzheimers.org.uk.

Winterbourne Memory Café are drop-in afternoons for anyone with a memory problem, or anyone who cares for someone with a memory problem. They are held in the Greenfield Centre on the fourth Thursday of each month from 2pm. There is no charge, sessions are completely free, run by staff from the Alzheimer's Society and volunteers. Sessions will vary from month to month, always offering a cup of tea and the chance to chat and exchange tips with others, but often also providing other activities too, such as having an outside speaker to offer advice or to entertain, or the opportunity to play games like boccia or mini bowls, or do quizzes and other puzzles. Those running the sessions welcome feedback from people

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Don't let pain hold you back this Spring!

Visit local Osteomyologist expert – Dawn Clode

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As we enter spring, with warmer, longer days, it is the perfect time to get outdoors and get active! Don't let an old injury or

nagging pain prevent you from taking part in an activity you love, whether this be playing cricket or tennis, running, cycling or leisurely walking the countryside. Local Osteomyologist Dawn Clode is equipped to get you moving – pain free!

Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the root cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one treatment to another to most effectively treat the individual patient. Dawn incorporates – Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage, Manipulation, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP) and Reflexology in her work.

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News from the Floral Friends of Frampton

Welcome signs that spring is on its way in the park!

To cheer everyone up in the dark days of winter, there are signs that spring is not too far away, we found all of the above bulbs in the park.

Planters

Also brightening the days are the planters that are becoming more colourful as the winter bedding (much of it sourced from Iron Acton Garden Centre) comes into bloom.

Behind the scenes at FFF

You've seen all the planters and hanging baskets around the village, the wildflower areas at the Park and the Glebeland, the bulbs that pop up in the spring – but have you ever wondered how they got there? FFF volunteers have a many and varied set of skills; from researching and sourcing plants, through designing displays, liaising with suppliers, negotiating prices, planting bulbs, filling planters with bedding and perennial plants, to watering and deadheading. We also organise and promote events (remember the plant sales? The floral hat festival? The floral boot trail? One day we will be organising them again!). As well as applying for grants, fund raising, keeping the accounts, to making cakes, tea and coffee!

For example, the hanging baskets are supplied, ready planted by Merediths of Yate, at the end of May when they are hung around the village by FFF volunteers, who also water and deadhead them twice a week during the summer months. They are removed at the end of September and the spent plants are put into green bins and any usable compost is spread on the Beesmoor Border to improve the soil. The baskets are then cleaned, sterilised and stored, before being relined with capillary matting and taken to Merediths for planting, who return them to us for hanging – and repeat!

If you can help in any way, we'd love to hear from you

If you would like to join us, we'd love to hear from you – you do not need all (or even any!) of the skills discussed in this article – just enthusiasm and a willingness to take part. If you can donate time, money or plants please get in touch.

Email: floralfriendsofframpton@gmail.com.

Thank you

Floral Friends would like to say a big thank you to the lovely people who have made either one-off donations or regular on-line donations in the last few months to help keep our village full of flowers. It is especially helpful as, due to covid, we have not been able to run our usual fundraising events.

If anyone else would like to help out by making a donation on-line (either a one-off or a regular one is very much appreciated) our bank details are: Floral Friends of Frampton, HSBC, Sort code: 40-47-34, Account number: 41555326.

Thank you everyone for all your support.

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

Do you love flowers?
Join us at Winterbourne Flower Club for enjoyable hands on sessions.
Now at WADCA on the 2nd of the month between 2-4pm
Details from 01454 776753



David Cheesley

News from Winterbourne Evening WI

Members enjoyed our first meeting of 2022 with our speaker for the evening, David Cheesley, who talked about The History of Severn Beach. David brought to life with words, pictures and music the heyday of Severn Beach. In 1900 Severn Beach Station was built, and trains would bring holiday makers from Bristol to the seaside.

Members remembered and reminisced about the hotels, the Blue Lagoon swimming pool, funfair, dodgems, cafes and the dance hall. Severn Beach fell out of favour in the 1980s, as travel became easier. The Blue lagoon pool was dismantled to improve sea defences as by then Severn Beach regularly became flooded. Everyone agreed it was a very interesting evening and David was an entertaining speaker.

On 10th March our speaker is Mrs Bateman talking about The Bronte's.

If you would like to join us, we meet at St Michael's Junior School, Linden Close. Winterbourne on the second Thursday of the month (7.15pm for 7.30pm start). You will be made very welcome.



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willowbrookshopping.co.uk

WILLOW BROOK
 BRADLEY STONE SHOPPING

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



New Sports Coordinator will help Paul's Place get back to Boccia Competitions and more

Paul's Place has recently received funding to appoint a sports coordinator for initially one year. This work has been made possible by an award from Postcode Local Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.



Support worker Kerry Lewis (pictured) has taken the position in addition to keeping her role as a support worker. "I want to make sure there is a balance between sports

and all the other types of activity we offer at Paul's Place," Kerry explains.

She will develop Boccia more, ensuring all those who want to get involved can and helping to get people ready for competitions starting up again. Not only that, but she will ensure all other sporting activities also get equal care and attention, making sure there's something for every skill set.

It was thanks to Kerry's work in 2021 that she helped the charity to be able to offer Yoga sessions at the facility and formed the partnership with Yate Outdoor Sports Complex. Both activities brought new energy to all those involved and are helping people regain their strength and stamina after lockdowns.

It's also important to remember that sports are just one aspect of Paul's Place. Kerry has been a support worker for many years, meaning she is

perfect for this role. Her experience with the people we support means she knows what individuals want to achieve while attending Paul's Place. She will ensure there is a balance between sporting and all the other activities as she continues to work with the rest of the support worker team.

"We can't wait to see what she achieves and wish her all the best in this new role." CEO Daniel shares.

We'd also like to take this opportunity to thank Postcode Local Trust, without whom this would not have been possible.

Tickets are selling fast for the Paul's Place Grand Ball Fundraiser!

With half the seats already filled, the big Paul's Place Fundraiser is going to be a fantastic night that you won't want to miss!

You can still join them and their special guest for a fantastic evening enjoying delicious food, dancing to a live band and win some brilliant raffle and auction prizes.

Saturday 26th March, at the Village hotel in Filton (BS34).

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).

Secure your tickets by emailing fundraising@paulsplace.org.uk or give them a call on 01454 777236.

Facebook: @paulsplacecharity
Instagram: @paulsplaceofficial
www.paulsplace.org.uk



News from Coalpit Heath WI

We were delighted to welcome Sarah Tucker from A Spoonful of Silver to our February meeting. Her passion and enthusiasm for creating beautiful pieces of silver jewellery was obvious to see. We learnt about all aspects of the processes involved from choosing the raw materials and which tools to use, to understanding the meaning of the markings on finished pieces of jewellery. We also now know that toothpaste can be used to clean silver! Sarah had some beautiful completed pieces to share and as a result members may be searching cupboards for Great Granny's silver teaspoons.

At our January meeting we welcomed Trevor Carter. He shared his modern parable 'Meeting Mr Hogg', which won him the accolade of Storyteller of the Year. He shared a variety of his poems before we finished the evening with some audience participation in 'Has anyone seen the elephants?' and 'Where there's tea there's hope'.

We have a full programme of events ahead including talks on Paul's Place on March 2nd, Silk painting cards, Jane Austen, Bees, Needle Felting, St Mungo's and Junior Bake Off. Members have been handed out the beautiful programme cards.

Some ladies have also enjoyed a meal out and another evening has been planned, while others went to see

The Nutcracker Ballet at the Hippodrome and are organising tickets for another production soon.

If you fancy coming along and seeing what we have to offer you would be most welcome. We meet on the first Wednesday of each month in St Saviour's church hall at 7.45pm.

Search @WICoalpitHeath on Facebook to find out any further information and updates.



Mothering Sunday

A message from Val Slade – Licensed Lay Minister



March heralds the season of spring and is the time of year we find ourselves thinking about women through a host of special remembrance days. Beginning with International Women's Day, a global celebration of achievements of women in

society; and Woman of Aviation Week (WOAW), which marks the anniversary of the first female pilot's licence issued 8th March 1910. As someone who once learned to fly I had never heard of this, but am pleased it exists to raise awareness for girls of all ages informing them of equal opportunities within aviation industries. Many countries in Europe also celebrate Mother's Day on different dates to honour the mother of the family.

Here in the UK we celebrate Mothering Sunday, which has a different historical meaning to Mother's Day, unrelated to gender. Mothering Sunday is the fourth Sunday in the period of Lent, and today we give our mothers, and those we think to be like our mothers, presents, cards and flowers. Centuries ago it was considered important for people to return to their home church once a year, their 'mother' church. This took place in the middle of Lent becoming a celebrated occasion and a reason for family reunions, when children who were working

away returned home. These included those working in domestic service and apprentices given the day off to visit their families. It is thought that as they walked home along country lanes, they would pick spring flowers for their mothers; these might have included violets, primroses and daffodils. Families would then enjoy traditional food, since the fasting rules for Lent were relaxed that day. The Simnel cake has a long association with Mothering Sunday and consists of a fruit cake with two layers of almond paste (marzipan), one in the middle and one on top. The cake is made with 11 balls of marzipan on top representing the 11 disciples, Judas not being included; sugar violets would also be added for decoration.

I wonder how many of you have been able to return to your home church; perhaps you live too far from 'home'. My own home church looks the same but has become part of a larger community, since my village has grown into a small town. It has been modernised enabling it to cater for all the different needs of parishioners and a variety of community events. It is a good example of how the church as an institution can become mother to its whole community.

Fromside churches have ministers, men and women, who excel at mothering and sustaining the spiritual life of the people of the benefice. Their role model comes from the example of Jesus teaching his followers to love one another (John 15:12). Jesus has excellent mothering qualities which lead us towards a community-centred Christian way of life into which all are welcome.

Fromside churches are happy to invite you to a Mothering Sunday service, for your loved ones and all those who have played motherly roles in your lives.

Details of all services can be found at:

www.fromsidechurches.org.uk
or Contact the Benefice Office on
Tel: 01454 776518
Email: office@fromsidechurches.org.uk



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



Having been unable to mix socially during lockdown, children at St Michael's are loving being outside with their friends again. With some classes still limited in bubbles, it has been even more important for us to make the most of break times. Despite the winter weather, children have been keen to go outside to play with our new outdoor games and equipment, and have enjoyed learning new skills and taking part in group activities again.

Children are really enjoying the large Connect 4, hula hoops and giant dominoes. The skipping ropes are proving popular for group games; "We play a game where someone stands in the middle and swings the rope around in a big circle on the ground. You have to be really quick and jump over it – it's hard but great fun!"

Amazing skills of balance and coordination are required to walk on the giant reels, and the activity trail, monkey bars and tight rope are forever popular with our budding gymnasts.

Our KS1 children have been enjoying building dens in the Infant Playground, while our Sports coaches help children in KS2 to learn the fun of playing as a team, and that taking part is what counts!

"The best thing about playtime is playing games with my friends!"

"We call each other basketball player names, like I'm called Lebron James and my friend is Michael Jordan."

Children also enjoy inventing their own games, such as 'wheelies', 'red light/green light', 'cops and robbers' and every variation of tag you can think of.

"We invented a game called 'Juice'. It's super fun, whatever word you shout out, children either run, catch someone, or re-join the game."

Some children enjoy making up plays or dances. Other children who are looking for a quieter place at breaktime enjoy visiting our Peace Garden.

"Sometimes we like to just sit and chat or draw. It's nice to be somewhere where you can think and relax."

Our Reception children have been having tremendous fun playing and learning in our newly renovated outdoor area, which now has a brand new tree house and climbing wall, a walk-in sandpit, huge mud kitchen, a music and water wall, planters, play shed, trike area and construction site.

Our new outdoor area has raised beds so we can grow flowers and vegetables.

It seems the most important part of playtime for everyone is the freedom to choose. We asked our children what they love most about playtime:

"I love playtime because you get to mess about with your friends."

"I like playtime because we get freedom time and toast with butter for 10p."

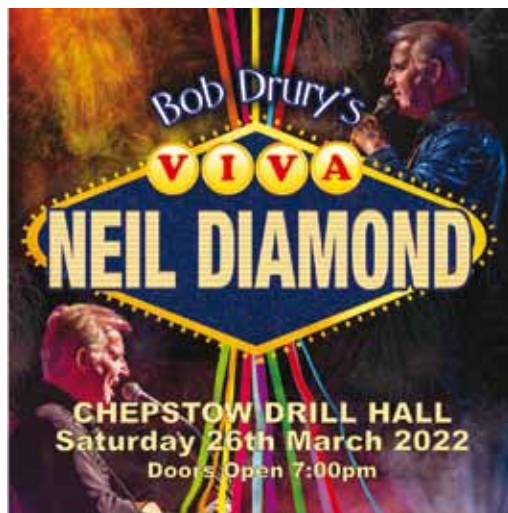
"I like playing made up games with my friends."

"My favourite thing to do is chat."

"We just like to chat and laugh at each other's stories."

To quote one of our Year 4 children, "And there you have it. You now know what playtime is all about at St Michael's. So St Michael's playtime is the best!"





LIVE AT THE DRILL HALL, CHEPSTOW

After sadly having to cancel the shows booked for January and February at the Drill Hall in Chepstow 2022, we can finally reveal some good news....

We have the 'green light' for the show on **Saturday March 26th** - Yippee !!! so ...

A Night with 'Bob Drury' as 'Neil Diamond' will be taking place !

If you love Neil Diamond and haven't seen this show before, please try and make it as you are in for a treat ! Close your eyes and you would think it is Neil Diamond himself !!

A fantastic show from start to finish !!

For Tickets go to : www.castellroc.co.uk or call the box office on - **01291 627122**.

Book your tickets while you can, as they are limited !

Tickets
Reserved seated tickets: £15.00
Hannah's Music - Moor Street, Chepstow (01291 627122)
Online: www.castellroc.co.uk
(price booking fee)
This event is bought to you by **Castell Roc**
all proceeds to **Castell Roc Music Festival 2022**
(designer: Hannah's Music)



News from the Crossbow Singers

The Crossbow Singers are back again rehearsing in Crossbow House. We're still wearing visors for safety, doing lateral flow tests each Monday and braving the cold evenings with some windows and doors open to allow a good circulation of air through the hall! Not the best of conditions, but it's great to be singing together again! (The observant amongst you will realise that the photo was taken during the warmer months, hence the short sleeves!)

We are being very optimistic now and preparing for a Summer Concert in July! We are going to use the same theme we had planned to use for our concert in July 2020, which, of course, had to be cancelled.

The theme will be Love Songs, because what the world needs now is love! We will try to show that love is a many-splendored thing and that, despite all the sadness, anxiety and trauma of the last two years, we can still say what a wonderful world and celebrate the beauty of the earth.

We hope that when we meet our loyal audience again there will be sunshine and blue skies. Please keep your fingers crossed that our concert will take place as planned on the 4th and 5th of July 2022.

In the meantime, a little test for you! Hidden in this article there are seven songs. Can you find them? To help you (and because you may not have heard of this one), we are hoping to open our show with a joyful song called Sunshine – now only six songs to find!

So, with a song in my heart, I will bid you goodbye for now.

Very best wishes,
Chris Palmer

Castell Roc 2022

WELL FOLKS !!!

After the last 2 years, it looks as if Castell Roc - Chepstow's Friendly Festival inside the absolutely stunning grounds of Chepstow Castle - is actually able to take place once again in August 2022 !!



"Fabulous scenic venue for an open air concert. Great stewarding, ample standing room with ample specified seating areas. Served quickly at bars"

We have some amazing shows lined up, something for all the family, whatever your taste in music!

Since the latest government announcement, tickets have started flying out, so please don't be one of the people who leave it until the last minute and calls into the shop begging me to find them a ticket as if they are sold out no can do. Sorry !! So ... grab your tickets while you can !!

We have 13 amazing shows lined up for you:

THURSDAY 11th - 'Those Damn Crows', 'Mason Hill', 'Florence Black', 'Tribeless' and 'James and the Cold Gun' - five band star studded rock line up

FRIDAY 12th - 'The Craig Charles Funk & Soul Show' - the legendary actor, host & DJ is back!

SATURDAY 13th - 'The Bohemians' & 'Fleetwood Bac' - 2 of the most authentic tributes on one night!

SUNDAY 14th - 'George Hinchcliffe's - Ukulele Orchestra of Great Britain' - who is to blame for the worldwide phenomena of ukulele orchestras and ukulelemania? THESE GUYS !!!

THURSDAY 18th - 'Tankus the Henge', 'Bare Jams' & '3 Daft Monkeys' - unforgettable song writing and spectacular live performances. You are in for a treat!!

FRIDAY 19th - Rock Legends - a tribute to 3 of the best, performed by - 'U2UK', 'Cloneplay' & 'Stereosonics'.

SATURDAY 20th - 'King King', the best Blues band in the world, with support from the amazing 'Cats In Space' & 'Rainbreakers',

SUNDAY 21st - 'The Barricade Boys' - these guys are amazing, having all starred in the West End show - Les Misérables and now on their way to Chepstow Castle as part of their world tour !

THURSDAY 25th - The incredible singer songwriter- Newton Faulkner !

FRIDAY 26th - Monsters Of Rock - featuring the incredible 'UK Guns n Roses' (who have now disbanded but are coming together for one last show) plus 'Whitesnake UK' and 'Hells Bells'. What a night this will be!!

SATURDAY 27th - An Amazing 'Twist up Night' featuring 'Si Cranstoun Band' - King of Swing meets 'The Navarones' legends of Ska. 'FABULOUS', - a night not to be missed!!

SUNDAY 28th - 'Whitney Queen of the Night' the ultimate West End show !!

MONDAY 29th - 'The Shires' - the brilliant country duo return to Castell Roc once again !

And there you have it guys ...

CASTELL ROC 2022 !!!!!

Tickets available: www.castellroc.co.uk

****Just to confirm any tickets bought for shows in 2020 or 2021 are valid for 2022 dates.**



VOLUNTEER

and help to make a difference

There are always opportunities to help at the Centre, here are just a few;

- Oxygen Chamber Operator
- Administration
- Gardening
- Supermarket Collections
- Gardening
- Helping at Events

Volunteering could be for a few hours, one day or a regular occurrence and you really would be helping to improve the lives of our members.


the brightwell
 a centre for neurological wellbeing & physical recovery

a partnership of




Bradbury House, Wheatfield Drive
Bradley Stoke, Bristol, BS32 9DB

01454 201 686
hello@thebrightwell.org.uk
www.thebrightwell.org.uk



Can you spare a few hours a month to help Marie Curie in the Five Stokes area?

Marie Curie provide care and support to people living with a terminal illness in Bristol and South Gloucestershire. Our team of nurses work every night of the year providing care to people who wish to spend the last few weeks and days of their life at home. Meaning they can be surrounded by the people and things they cherish the most.

Marie Curie's Five Stokes Fundraising Group help to raise the money needed to provide this care in the community. This year we are looking for new members to join our group in a range of roles from;

- Co-ordinating collection tins in local shops and businesses.
- Dropping off fundraising materials and banking monies from supermarket collections.
- Help running and coordinating events.
- Supporting the group with local business relationships and engagement.

The groups events range from collections in supermarkets, a Christmas wreath making event, bake off competition, online auctions and much more.

Stacey from the group said *"It's great to be able to support Marie Curie and know that the money we are raising is helping people at the most difficult time in their life. We have a lot of support locally and need some new members to help us make the most of this. We hold meetings throughout the year for planning and sharing ideas and members can then decide which upcoming tasks they can help with. Its flexible and informal and we would love to hear from anyone who can help us"*.

People from all walks of life are welcome but need to be over 18 to register as a volunteer. You do not need any specific experience to join the group, one of the best parts of a fundraising group is that everyone brings their own unique skills and ideas. If you want to help with collections and events it is helpful if you can drive but not necessary for all of the roles.

If you would like to hear more about helping Marie Curie in the Five Stokes area please contact Riona.houghton@mariecurie.org.uk or text/call 0787 6748717



Winterbourne library news

Staffed opening hours

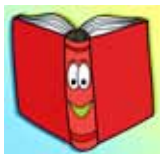
10am–5pm – Tuesday, Wednesday and Friday.
9.30am–12.30pm Saturday. Open Access around these hours 7 days a week.

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.

Family activities

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 5th March. www.southglos.gov.uk/childrenslibrary. All adults must be accompanied by a child.



Coming soon... Easter half term craft

All children's activity places

still need to be booked due to limited spaces for more details, visit the library or email winterbourne.library@southglos.gov.uk.



Digital Champions

1 to 1 PC and tablet support bookings now available on a Friday between 10am–12noon in covid safe slots.



Use the library when staff aren't there with Open Access –

Open Access is our system that lets you visit a library at a time that suits you. Library members complete an induction session to register to use it and you can then let yourself in during Open Access hours

Find out more at www.southglos.gov.uk/openaccess

Find the latest information on our website
www.southglos.gov.uk/librarychanges
Facebook page – [sgloslibraries](https://www.facebook.com/southgloslibraries)
Twitter: [southgloslibs](https://twitter.com/southgloslibs)

St Saviour's Church, Coalpit Heath



Butterflies

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



Happy to Chat Coffee Mornings

Would you like to make new friends, or meet up with old ones? Would you like a chance to get out of the house and chat with other local people in a relaxed, friendly social setting? Do you like tea, coffee, and cake?

Then you might like to come along to Frampton Cotterell Parish Council's new Happy To Chat coffee mornings.

These coffee mornings are free to attend, and absolutely everybody is welcome, including caregivers with their young children in tow!

Alongside our fantastic volunteers, we will be running these coffee mornings every Thursday morning from 10am to 12pm in the Bickeridge Centre.

For more information, please contact office@framptoncotterell-pc.gov.uk, or give us a call on 01454 864 443.

Climate & Nature Action Plan

Frampton Cotterell Parish Council has recognised the urgency of the Climate and Nature Emergency and the need to take action to protect our local biodiversity and reduce the impact of climate

change. With support from volunteers and South Gloucestershire Council's Local Nature Action Plan Guidance, the committee have created a 3-year Local Climate & Nature Action Plan for the village.

You can read our Climate & Nature Plan online on our website, at: www.framptoncotterell-pc.gov.uk/climate-nature

This action plan is an ongoing working document, and we not only welcome but encourage feedback from local people.

To learn more, or to let us know what you think about our plan, please email Daisy, at: nature@framptoncotterell-pc.gov.uk

Call for Contractors

Frampton Cotterell Parish Council would like to formally invite contractors to express their interest to be included in the Parish Councils preferred contractors list. We are currently seeking the following trades and services for ad hoc and contract works:

- Glazing contractors and out of hours repairs.
- Intruder Alarms systems – lighting
- Fencing Contractors
- Dry stone walling
- General builders
- Ground workers
- Refuse removal – Transport, "man with a van"
- Building materials and supplies
- Play safety repairs
- Electrical Contractors
- Carpenters

Public liability insurance certification required.

If you are interested, or for more information, please apply in writing to: Steve Drew, Maintenance Dept, Bickeridge Centre, Woodend Road, Frampton Cotterell, BS36 2LQ or email us at: maintenance@framptoncotterell-pc.gov.uk.

Hards Tax Services

Chartered Tax Advisers and Chartered Accountants

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

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

'ESCAPE Pain Courses' Available at local Active Lifestyle Centres

Over 8.75 million people in the UK suffer from chronic joint pain, which can prevent them from being active. However, activity will help improve physical and psychological wellbeing and ensure a healthy social life.

ESCAPE-pain stands for **Enabling Self-management and Coping with Arthritic Pain using Exercise**. It is an evidence-based, group rehabilitation course for people with chronic joint pain developed by Professor Mike Hurley and approved and commissioned by the Clinical Commissioning Group, NHS (CCG).

The progressive exercise programme will help people learn how to cope with pain, how to exercise safely and pace themselves, manage their symptoms, and be around people who have the same condition.

The Escape Pain courses will be available in the five Active Lifestyle Centres across South Gloucestershire (Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate). The courses are aimed at people over 45 years, who have been suffering from chronic knee and hip arthritic pain for three months or more, and need a supervised fitness programme so that they can work toward independent living and mobility. Each session will help participants understand their condition, educate them so that they can go away, and be more independent. Gloria Isaac took part in one of the Escape Pain courses. She said, *"Attending the Escape pain course has benefited me: I was having cortisone injections in my right knee every 6 months, however I have not felt the need for any further treatment. I have seen improvement in my wellbeing mentally and physically as well as improvement in my muscular strength around my knee and other muscles too. I am now continuing with a follow up class for arthritis at the leisure centre, so I benefited from the course a lot."*

Jim Rollo, Head of Lifestyles, said, *"Following the success of our GP Healthy Lifestyle Referral Scheme, Active Centres are proud to receive this commission, and deliver this vital service that has the potential to improve the lifestyle of so many people within our local communities who suffer from chronic knee and hip arthritic pain."* He adds, *"The Escape Pain courses are underway, and participants have already noticed improvements mentally and physically."*

The Escape Pain sessions are free and supported by NHS England. The courses will run up to March 2023. If you think you could benefit from taking part in any of the above sessions, please speak with your local GP practice or Health Care Professional about referral.

Visit <https://activecentres.org/escape-pain> for further details.



Kelly Smith, Healthy Lifestyle Referral Specialist leading Escape Pain session

The Curtain Company

Made to measure Curtains and Blinds

Free Estimates

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Fitting and Hanging Service

All Types of Blinds

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07540 612604

www.thecurtaincompany.co.uk

Severn Counties Foreign & British Bird Society - 50th Anniversary Year!

Although not many in Winterbourne are aware of it, the village is home to one of the longest standing and experienced cage bird societies in the South West. Founded in 1972, Severn Counties members have kept and bred a huge range of birds over the years and this year is our 50th Anniversary year.

There are approximately 1 million pet birds of various species, from canaries, budgerigars and finches through to larger or more exotic species, and any bird keepers or people considering getting a pet bird are very welcome at any of our meetings, which are held at the Methodist Church Hall in Winterbourne on the third Thursday of each month at 8pm. We cater for all ages and levels of experience, and are particularly glad to see younger people interested in the hobby.

Our meetings may include talks by a member or guest speaker on bird keeping, talks on wild birds all over the world, social events (such as an outing to Slimbridge in the above photo) and many more. We have an annual breeding award meeting for the latest results, which this year will be at the 17th March meeting.

In addition to our regular meetings we have a variety of social events planned for the year, and in November we will be finally restarting our bird show which had to be postponed during Covid. For those visiting the Winterbourne Fete in May we will be having a display of our birds for the public, and we will also be putting on displays later in the year at the Portishead Flower Show in July and the Hawkesbury Upton Show in August.

After 2 years of Zoom meetings, I am sure many people will be looking for ways to get out of the house and meet people face to face, and any visitors will be sure of a warm welcome. Our experienced members, several of whom have won prizes at national shows for the birds they have raised, are always available for new keepers in need of advice. The club also has a library of guides to bird keeping covering all sorts of species, from canaries to back garden chickens.

Several of our members give talks to other bird clubs or societies and if anyone is looking for a speaker we may be able to help.

The club can be contacted via our website <http://www.foreign-britishbirds.info/index.html> or email our Secretary Alan Goldsmith at zoovolunteerbristol@gmail.com

Severn Counties Foreign and British Bird Society, Location: Methodist Hall, Down Road, Winterbourne Down, Bristol. BS36 1BN
Time: 8pm, 3rd Thursday of each month



Frampton Cotterell & Coalpit Heath Village Diary

March 2022

Sun 20th February to 1st March – Illuminated Windows Trail round the village, theme 'Hobbies'. Trail maps available from the Village Action website or the Brockridge Centre.

Tues 1st – Friendship & Circle Dance exercise class, Crossbow hall 3–4 pm. £4. BYO drink. Socially distanced. Book: Hilary, T: 07515 351813 | E: hilary.coach@icloud.com.

Weds 2nd – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. www.salemchurch.org.uk.

Weds 2nd – Wellbeing Friends, WADCA 1.30–3.30pm. £3. Group for people with dementia and their carers. Varied activities, a cuppa, cake and chat. T: 07789 662694.

Weds 2nd – Coalpit Heath WI, St Saviours Church Hall, 19:45pm, T: 07935 071291 | E: carolinemjohnston@hotmail.com. Visitors always welcome!

Thurs 3rd – Tea and Tour, Winterbourne Medieval Barn, 2pm. £5.

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

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

Mon 7th – Gardening and Social Club, Manor Hall 2–3.30pm. £2.50. All welcome. For info contact Mrs

G Hale. T: 01454 774279 | 07873 747513 | www.manorhall.org.

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

Tues 8th – Community Craft Group, Manor Hall Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/crochet/papercraft etc. Booking contact Kay T: 07792 189276.

Weds 9th – Golden Hours Social group for over 50s, The Miners, 2–4pm. £2. Varied activities. For more info contact Susan Bisp, T: 01454 775110.

Weds 9th – Ladies' Circle, Zion, 7.30pm.

Sat 12th – Taster Afternoon at The Pottery Shed, Winterbourne Medieval Barn 1pm. Three hour session. Booking essential. www.winterbournebarn.org.uk.

Sun 13th – Cartoon Circus Live, WADCA, 2pm. One hour family show. Tickets £8.50. Booking T: 07906 854269.

Mon 14th – Winterbourne Flower Club, WADCA, 2–4pm. Theme tbc. Bring your own container and plant materials. Info Celia T: 01454 776753 or text 07947 487155.

Weds 16th – FC & District Local History Society, Zion hall, 7.30pm £4. Members free (£15pa). E: secretary_fcdlhs@yahoo.com.

Thurs 17th – Wellbeing Friends, WADCA 1.30–3.30pm. £3. Group for people with dementia and their carers. Varied activities, cuppa, cake and chat. Contact Edna T: 07789 662694.

Fri 18th – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947.

Tues 22nd – Talk: Hatters and Radical Change, Winterbourne Medieval Barn, 7pm. £5 In person or livestream in Zoom. www.winterbournebarn.org.uk.

Tues 22nd – Frampton WI, St Peters Hall 7.45pm. Paul Green of Green Leaves Nursery. £2.50. See facebook.com/FramptonCottWI.

Weds 23rd – Golden Hours Social group for over 50s, The Miners, 2–4pm. £2. Varied activities. For more info contact Susan Bisp T: 01454 775110.

Sat 26th – Repair Surgery, All Saints hall Winterbourne Down, 10.30am–12noon. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. winterbourneenvironmental@gmail.com.

Tues 29th – The Canterbury Tales, Winterbourne Medieval Barn, 7.30pm. Drama, verse and song bring Chaucer's characters to life in a fast, furious, occasionally filthy and very funny show. Age 12+. Tickets online www.winterbournebarn.org.uk.

Weds 30th – Litter Busters, 10am–12.00. Meet at Gingerbread man. If you would like to get involved please email Village Action E: framcottva@hotmail.co.uk.

April 2022

Fri 1st – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 | E: crossbowhouse@gmail.com.

Sat 2nd – Frampton Globetrot. 8 mile cross country in aid of FCCE school.

Sat 2nd – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Book a table (£5) T: 07920 145352 | E: coalpitheathvh@gmail.com | www.cphvh.co.uk and Facebook

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.



Bristol Male Voice Choir want to hear from you! Come along to see us and find out whether you are tenor, bass or baritone; there is no audition, but if you can hold a tune, our MD will allocate you to a voice section where you will sit in and listen to our rehearsals and practise our wide ranging and varied songs.

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For further info visit www.bristolmvc.org.uk, Facebook, or phone 01179682223 / 07587143220. We are a great social group and we look forward to seeing you.

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The Filtones Choir welcome new members

Rehearsals take place on **Wednesday's, 1.45–3.45pm at St Teresa's Community Centre, 71 Gloucester Road North, BS34 7PL**. New members of all voice ranges are welcome. There are no auditions and for your first four weeks there is no charge.

For more information please ring Dot on 07870 984760 or Janet on 0117 9241534 or email Dot on dorothy.bryant@btinternet.com. You can also visit www.thefiltone.weebly.com. You will be sure of a very warm welcome.

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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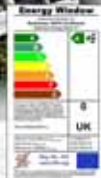
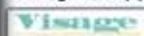


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