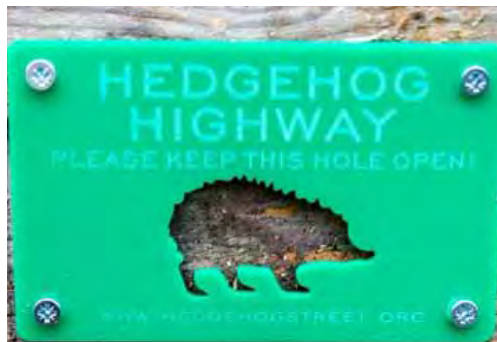


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Dear Residents,

Welcome to the March issue, I am taking a moment as I write this to enjoy the sun streaming through my office window, basking me in warmth, light and hope! I think we are all ready for the joys of spring.

The Floral Friends of Frampton help our community bloom, it is great to see all the seasonal bulbs coming up. You can read what they have planned for the months ahead in their report.

Frampton Cotterell Parish Council share with us news on the many different projects and activities they have underway. As you can see from our front cover, along with other councils, they are championing the campaign to hit a target of 3,000 "Hedgehog Highway Holes" being put in across the region. Nominations are open for their Community Awards too, read more on the centre pages.

Winterbourne Medieval Barn have plenty of events planned for our community across the spring months, choose which ones you would like to attend.

We are pleased to bring you a new column from Avon & Somerset Police and Crime Commissioner, Mark Shelford.

Andy's Man Club is a nationwide, weekly club for any man to attend for free, with no referral needed. Its mission is to support men and let them know it's #Okay to talk. One member shares his positive experiences with the club and invites others to join.

All this and updates from Paul's Place, Minister's Message, local W.I's, Fram Rugby, Winterbourne Library and of course the Village Diary of events.

If you are a business looking to promote your services across the local area do get in touch with us and we will be happy to help. Deadline for the next edition is 15th March 2023.

DON'T FORGET YOU CAN KEEP UP WITH EACH EDITION OF YOUR FAVOURITE COMMUNITY MAGAZINE VIA www.mattermagazines.co.uk

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From left: Geoff, Fran, Jane, Emma, Maggie, Mary and Tina
The Sales Team at Bundy and Bond



Adorno Community Day Centres and Activity Clubs first opened their doors in May 2021 and have been providing essential respite care to primary caregivers, while at the same time offering clients the opportunity to enjoy and participate in different activities each week and to interact with and meet new friends.

Activities which clients can take part in include; visits from therapy pets, Cognitive Stimulation Therapy (CST), intergenerational events, board games, gardening club, ice creams in the sunshine, air hockey, pool, bingo, pottery, chair based exercise, oil painting and much more.

After a difficult few years for everyone, it has been rewarding to see so many people benefit from the opportunity to leave their homes and enjoy hobbies again.

The Day Centres run from 10am to 2pm at the following venues:

Wednesday – Greenfield Centre, Winterbourne

Thursday – Ridgewood Centre, Yate

For full details contact: T: 07398 526024

email: bookings@adornocommunitydaycentre.co.uk

or visit our website at: www.adornocommunitydaycentre.co.uk



Voices Project at Paul's Place helps 21 Disabled adults share their stories and highlight the challenges disabled people face on a daily basis

The voices project raises awareness of the issues that matter to disabled people. Communications Officer Alex is managing the project, sharing, "We believe our members (service users) have a voice, something important to say. At Paul's Place, we are all about providing new experiences and giving disabled people the opportunity to try something new, learn new skills and build their confidence. This project has helped our members find new ways to express themselves creatively."

The charity worked with freelance journalist, Debra Hearne to interview people about the things that matter to them. She has been working with Paul's Place service users to help them share their passions for things like music, or even discuss topics such as, "What can be done to improve accessibility?". And, "How does it differ if you have an invisible disability vs a visible disability?"

Service user Rebecca shares why she is part of the project, "It would help me to know that others are aware of my condition, it will help them understand me better."

Another participant Paul Kendall shares, "I want to help other people know what it's like to have a stroke. It's up to the individual to be positive – otherwise you'll just spiral down. I do feel a little upset thinking about it all but I want people to know they're not the only one going through this. If you can talk about these things – it becomes easier."

They have also been working with a freelance poet.

Poetry is a great way to express yourself and for many of the people the charity supports, this is the first time they have had a chance to write their own poetry. Andy wrote poetry about his experiences of becoming blind and learning to run with Paul's Place at the Athletics track in Yate. "I wanted to show what blind people can do. Most people think you can't do this, can't do that. I'm glad I took part, it just explains what it's like for me and how I cope. Putting people in my shoes. It was exciting to hear my poems back."

"The stories are powerful and hope to educate the public on disability matters, as well as connect with those who have experienced similar things – whether that's the effects of a stroke or becoming visually impaired. These stories will help people feel less alone", Alex shares. The poems and interviews will be shared on the Paul's Place website for you to read and listen to, as well as their social media.

Make sure to follow their Facebook page @ paulsplacecharity or email fundraising@ paulsplace.org.uk to find out more.

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£30 per child

To book or for more information contact the Events Team
on 01454 201090 or email events@aztechotelbristol.co.uk

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St. Michael's School – Festivals of Light



Whilst the daylight hours have been short over the last couple of months, we have been learning about festivals of light and what they represent in our school and communities.

In the lead up to Christmas, our Key Stage 2 children held a Christingle Carol Service at St Michael's Church. Father Malcolm led the service and each of the junior classes took part in presenting what the Christingle candle symbolises. Year 4 explained how Christians believe that Jesus is the Light of the World:

"We looked at the way different light sources can guide, warn and celebrate. By listening to his teaching, we can learn how to avoid dangerous things, just as the lighthouse keeps the ships away from danger. Jesus can guide us – by following his example, we can be better people; just as following the torch stops us falling off the path in the dark. And following Jesus helps us celebrate life and living; just as the candles lit on a birthday cake help us to celebrate. We also considered how cats' eyes reflect light from the car headlights, and wondered how well we reflect the light of Jesus."

Some children created some pastel art of candles to show during the service. We thought about how the light radiates in different colours, spreading light into the darkness in the way that light overcomes dark and shows us the way.

In R.E lessons we looked at other festivals of light celebrated by different communities. The story of Rama and Sita is remembered during the Hindu festival of Diwali, when diva lamps are lit to guide Goddess Lakshmi to their homes to bring luck and good fortune and fireworks are let off to celebrate. Jewish people remember the Miracle of the sacred lamp that burned for 8 days with just one bottle of oil. Every night during the festival of Hanukkah, a candle is lit on a special candle holder called a Hanukkah.

In our "Christmas in a box" workshop, Jo Strange, Father Malcolm and members of St Michael's church came to talk to Year 4 about the shining light that led the shepherd and wise men to the stable where Jesus was born. Children learned the story of the nativity through creating different treasures to keep in their boxes, each of which helping them to recall specific parts of the story in detail. Much of what they had learned was later recalled in our class lessons about the Nativity, showing how engaging the activities had been to help them to remember so much.

Although days are now getting longer as we move into spring, we still think about the symbolism of light. Next month our school will be celebrating Easter with a special Faith Day, when Father Malcolm will talk to us about the significance of the Easter candle, and the comparison of the darkness in church on Good Friday, to the light that fills the church celebrating Jesus' resurrection on Easter Sunday. Our school candle also continues to be lit in assemblies, reminding us of the light that Jesus brings to many Christians' lives. Each day at the end of our assemblies, the flame is extinguished and the message is taken with us with the words "Let the light shine in us today".





News from Frampton Cotterell WI

This year has got off to a great and varied start, with fabulous talks by member Liz Curtis, 'Life at Bristol Zoo', in January and, 'Strictly Dance moves in Zumba', with Karen Davis in February.

On 7th February, we had our annual meal out – this year at the White Horse at Hambrook, where we enjoyed an evening of good company, tasty food and a lovely cosy atmosphere. We all agreed that it was a great night out.

Our next meeting on 28th March is a history talk on 'Norman Hunting Lodges', by local historian, John Winston-Smith, which we're all looking forward to.

Other confirmed events for the coming months are as follows (normally the forth Tuesday of every month):

25th April – Tai Chi with Jenny Smith

23rd May – WI Annual Resolutions Meeting

27th June – Fussels Rapeseed Oil – talk & cookery demo

We have many other events/socials lined up for the coming year, including visits to the theatre, local gardens and other local group trips throughout the coming year.

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 4th Tuesday of the month. There is a charge of £3.50 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 meet separately, including – book club, craft group, gardening group and our skittles and darts teams.

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

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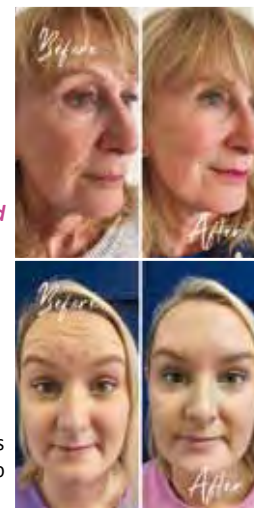
Doctor-led Anti-wrinkle and Aesthetic Treatments in Idyllic Countryside Clinic

There has been a big shift in the aesthetics industry over the last few years. Clients are now seeking a more natural look and to address specific signs of ageing rather than the fake or frozen look that we have seen so much of in the media.

How can aesthetic treatments be used to address ageing whilst maintaining a natural look?

As we age our skin loses stores of hyaluronic acid, collagen and elasticity. This leads to wrinkles forming in the areas where we move our face the most, typically the forehead, frown lines and around the eyes. Anti-wrinkle treatments can be used to target these lines and also prevent them from forming at rest or getting deeper. Anti-wrinkle treatments do reduce movement of the facial muscles but, by tailoring treatments to the individual, we can ensure clients retain enough natural movement to look refreshed and rejuvenated rather than frozen.

Another feature of facial ageing is volume loss from bone and fat pad resorption. This occurs most in the mid face and around the mouth which leads to cheek flattening and downward movement causing jowls. Lips also become thinner and more lined. When dermal fillers are tailored to the clients degree of volume loss it can be incredibly subtle to others yet very effective in restoring a youthful appearance...it is a good sign when no-one else can tell! For example, a little filler to the cheek region will restore natural cheek curvature, soften any 'shelf effect' around the lower eye, as well as lift the lower face. Fillers are made of hyaluronic acid which attracts a large amount of water giving a hydrated effect to the skin above. This is



particularly useful in the lips where using small amounts can give a more youthful, plumper appearance without excessive volume.

Why should I choose Dr Mathewson Aesthetic Medicine?

Your face is important and when considering injectable treatments it is essential to know you are in safe hands. I am a highly experienced GMC registered doctor with over 12 years in the NHS. I trained with Harley Street experts to deliver my range of treatments and only use premium market leading products. Safety and delivering gold standard care are my highest priorities.

During your consultation we can discuss what you are hoping to achieve and what treatment options are most suitable. I will undertake a complete face and skin assessment and am happy to advise on the best skincare regime to meet your goals and optimise treatment outcomes. There is no obligation and I actually recommend clients new to aesthetics have a period of time between consultation and treatment so they can make a considered decision.

I would be delighted to welcome you to my weekly clinic at The Old Rectory in Iron Acton - a beautiful wellness clinic in peaceful countryside surroundings.

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Spring at Winterbourne Medieval Barn

Winterbourne Medieval Barn Trust held an Open Evening on 31st January and was delighted to welcome another ten new volunteers, to join the group running community events and maintaining this important heritage building. If you are interested in helping out, do get in touch via the website or Facebook.

A full and varied programme of events is planned for this year, including Tours, Talks, Craft workshops, Wine-tasting, Wildlife walks, Drama, Music, and activities for children, as well as the annual Medieval Fayre in June and Orchard Harvest Day in October. Further details will be added to the website throughout the year.

All events can be booked online via the Barn website or direct on Ticketsource. For those without internet access we now have a Box Office open at the Barn from 1.30–2.30pm on the first Thursday of each month for in-person ticket sales.

There may be a few tickets available on the door for some talks, tours, or performances, but this cannot be guaranteed. Most activities must be pre-booked.

There is plenty of free on-site parking for most events apart from the big performances like the Jazz night when people who are unable to walk from the High Street will need to reserve a parking space in advance. The Barn is fully accessible for wheelchairs.

Performances

Bristol Male Voice Choir & Frampton Shantymen – Sunday 5th March, 2pm – Light-hearted entertainment from two local "boy bands"! Enjoy music from folk songs and spirituals, to modern musicals and sea-shanties, in the relaxed setting of the magnificent Medieval Barn. Bar available. It will be a lovely laid-back Sunday afternoon.



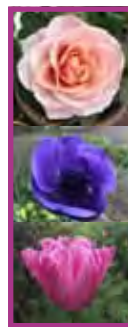
Jazz in the Barn: UWE Big Band – Friday 21st April, 7.30pm – We are delighted to welcome back the UWE Big Band after a gap of four years. Fresh from the band's appearance at the 2023 finals of the National Concert Band Festival, this will be their first public performance back in their home city of Bristol. This show will particularly feature music from Count Basie's epic album 'The Atomic Basie' along with other well-known charts in the mix. Advanced booking is strongly advised.

Talks

Could you Survive in Medieval England?

Tuesday 21st March, 7pm – Conditions were tough for people in the 14th century, but the people themselves were no different and had the same basic needs as us. They lacked our modern technology, scientific knowledge, modern materials and foods, but they still wanted to look good, be comfortable, play and be entertained, and stay well, just as we do today. Do you think you could have survived? Living history re-enactment group, The Company of Chivalry present this entertaining talk on the routines and rigours of life in Medieval England.

Follies – Thursday 27th April, 7pm – Jonathan Holt will talk about the weird bits of architectural fancy with no practical use dotted around our area, some visible to the public on big estates, and some hidden away, built out of passion, eccentricity, or just to show off!



Do you love flowers?

Join us at Winterbourne Flower Club for enjoyable hands on sessions.
Now at WADCA on the second Monday of the month between 2–4pm.
Details from 01454 776753



Nature Walk – Early Bird song Walk & Breakfast – Saturday 22nd April, 8am – Join naturalist Ed Drewitt for a guided bird song walk (approx 1.5 hours), followed by a lovely breakfast back at the Barn and a chance to chat. Ed will help us listen for birds like the Blackbird, Blackcap, Robin, Song Thrush and Chiffchaff, and learn to identify their songs. Recommended for ages 12+.

Tea and Tours – First Thursday of April & May, 2pm – Winterbourne Medieval Barn was built in 1342 for Thomas de Bradeston, and this nationally important raised-cruck structure survives as a magnificent example of the medieval builders' craft. Come and see the superb medieval roof timbers, and find out how the Barn was built and why it is so important. The history of the Barn and St. Michael's Church are closely linked due to the Patronage of Thomas de Bradeston. The Tour is followed by tea, coffee and biscuits back in the Medieval Barn, with plenty of time to talk further and ask questions.

Children's Activities – Easter Family Crafts and egg-trail – Monday 3rd April, 10am or 1pm – Get creative in the Barn crafting fun things for Easter, and finish with an Easter trail around the site. Activities are aimed at families with children aged 6–11 but all ages are welcome. Refreshments will be available. Tickets are £3.75 per child. Children need to be accompanied by an adult at all times.



Fused Glass Workshops

Friday 12th May, 10am or 1pm –

Create your own unique glass hanging or lantern in this informal friendly 2-hour workshop.



The primary purpose of these events is to raise money for the Medieval Barn and to support conservation, management, maintenance and improvement of the site.

www.winterbournebarn.org.uk
Facebook @winterbournemedievalbarn

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Meet your PCC – Mark Shelford

Avon & Somerset Police and Crime Commissioner (PCC),
Mark Shelford was elected as Conservative PCC in 2021.

As the Police and Crime Commissioner (PCC) for Avon and Somerset, I am the voice of local people in policing. My role is to hold the Chief Constable to account for delivering policing that is efficient and effective.

I spent over 30 years as an Army Officer, so I understand service life, and the pressures those protecting communities and people face.

One of my responsibilities includes setting the police and crime objectives for the area through the Police and Crime Plan. The Plan is the blueprint for local policing and outlines specific areas to be improved and delivered by the force.

I published my Police and Crime Plan last year and my objectives are: preventing and fighting crime; engaging, supporting and working with communities, victims and partner organisations; leading the police to be efficient and effective; and increasing the legitimacy of, and public confidence in, the police and criminal justice system.

You can read my Police and Crime Plan on my website: www.avonandsomerset-pcc.gov.uk

As part of my role, I'm also responsible for setting the force budget and determining the policing part of the council tax, known as the precept.

I would like to thank those who have recently completed my precept survey and shared their thoughts about my proposal to increase the policing part of the council tax by £15 for the average band D household.

At the start of February, the Police and Crime Panel supported my proposal to increase the precept.

This funding will help reduce the impact of Avon and Somerset Police's funding gap but will still leave a projected deficit of £3.4 million in the year 2023/24.

Inflationary increases combined with limited additional funding from central Government have left a funding gap that, without the precept



increase, would have resulted in significant cuts to police staff and services.

I know that many households are facing difficult financial circumstances. However, as your PCC, it would have been irresponsible for me not to address this issue and help reduce this deficit while I had the opportunity. We will be using the £3.4 million reserve funding to address the shortfall so that the Chief Constable has capacity to develop a sensible savings programme while still delivering an effective, efficient and legitimate service.

I always try to make myself available to those who need to speak with me. Over the past 18 months as PCC, I have regularly engaged with local people, communities, MPs, and councillors.

I have been holding a series of Councillor Forums over the past few months around the Avon and Somerset region and when these come to an end in March, we will be restarting our community engagement days.

If you would be interested in meeting me when I am in your local area, please do get in contact via my website.

Website: www.avonandsomerset-pcc.gov.uk

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News from the Floral Friends of Frampton

First signs of spring

Despite the cold weather, bulbs are beginning to come up around the village. Hopefully they will soon be flowering and will brighten every day.

In the meantime one of our volunteers has been out and about (albeit a little further afield) and found some snowdrops to enjoy!



Spring Fayre & Plant Sale – a date for your diary

Saturday 27th May, 10am – 12 pm. Come along and enjoy a cup of tea or coffee with a cake, browse the stalls and, maybe, buy some plants for your garden. An event not to be missed!

Thank you – Floral Friends are entirely funded by donations and we would like to thank all who have supported us recently by making donations, and perhaps commemorating someone special by doing so. It is very much appreciated. Donations can be made either in person or on-line. Our bank details are: Floral Friends of Frampton, Lloyds, S/C 30-98-97, A/C 70582363.

If you can help in any way, we'd love to hear from you – If you would like to join us, you would be warmly welcomed – you do not need any previous gardening skills – just enthusiasm and a willingness to take part. If you can donate time, money or plants please **Email: floralfriendsofframpton@gmail.com**.

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

Holistic Courses Home & Away

With local holistic expert – Dawn Clode

Dr of Osteomyology, Lic MET Lic CR

Have you always fancied learning more about holistic healing? Are you keen to try and combat minor aches and pains with natural techniques? Would you like to learn a relaxing healing method that you can share with family and friends?

If you answered yes to any of the above, why not make 2023 the year you do something about it? Local holistic practitioner Dawn Clode runs friendly courses both in North Bristol and her holiday home in France.

Dawn understands how many of us would prefer to try natural, holistic practices to sooth discomfort such as stomach or head aches and learn how to calm stress, anxiety and improve sleep.

Dawn offers Holistic Learning Courses in – Acupuncture, Aromatherapy, Homeopathy, Massage, Mindfulness, Reflexology and all levels of Reiki.

From spring 2023, Dawn is delighted to be offering **Holistic Learning Holidays**. Take a trip to her rustic holiday home 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. A learning holiday would incorporate 3 days of learning and 3 days of free time to relax and explore.

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On Saturday 18th March we plan to celebrate St Patricks day with an old Skool evening of dance and merriment!

And the evening is all thanks to the amazing singer/songwriter 'Dave Riley'! If you don't know Dave, let me tell you a bit about him! I met Dave when he first performed at Castell Roc as the singer with 'UK Guns n Roses' in 2016 .

When first meeting the band, I couldn't believe that this quietly spoken, kind, gentle young man, turned into the most amazing 'Axel Rose' when on stage! The transformation is amazing and what a performance it was! They since played Castell Roc many times and each time the band put on an amazing performance and I personally struck up a lifelong friendship with them all.

I went to see Dave perform solo, we had a good catch up, and he revealed to me that his one passion was Irish music, so I answered in saying "Lets put an Irish night on then"..... and here we are!! Appearing at this event we have Dave Riley joined by his brother Mark Riley - The Shaunessy Brothers - The Cider House Collective - solo artists on ocarina, penny whistle etc... Plus the amazing 'Horizon Dance Group' Plus more to be confirmed!

So why not grab yourself a ticket, come along and have some fun!! *And we promise to keep the Guinness flowing!*

Lets celebrate St. Patricks Day
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CASTELL ROC 2023

Held over the last 3 weekends of August each year inside the glorious grounds of Chepstow Castle, Castell Roc really does get bigger every year. And once again what a line this year's event up shaping up to be!

Just when you start to think "This line up is amazing", organizers announce the legendary "Midge Ure" for Friday 18th!

This is how the line up looks so far:

Friday Aug 11th - 'WELSH LEGENDS' -

The best tributes stereophonics, Tom Jones plus more.

Saturday Aug 12th - 'MASSIVE WAGONS' -

Welsh rockers with support from - GUN, Scarlet Rebels + Atack

Sunday Aug 13th - 'ABSOLUTE BOWWIE' & 'BOOTLEG BLONDIE' -

Two fab shows for the price of one.

Thursday Aug 17th - 'BACK INTO HELL' -

A classic tribute to the world of Meatloaf & Jim Steinman

Friday Aug 18th - 'MIDGE URE' -

Performing a very special "Under the stars concert."

Saturday Aug 19th - 'JASON DONOVAN' -

TV, pop, music & theatre legend performing his hits live.

Sunday Aug 20th - 'THE BARRICADE BOYS' -

The supergroup, direct from London's West End & Broadway.

Thursday Aug 24th - 'CARDINAL BLACK' -

The highly acclaimed, awesome stars of rock/blues/soul = support

Friday Aug 25th - 'MONSTERS OF ROCK' -

Back by popular demand, 'Hells bells', 'Dizzy Lizzie' & 'Kiss'

Saturday Aug 26th - 'EMILIO SANTORO' -

Reigning World Champion 'Elvis', plus the 'Graceland Band'

Sunday Aug 27th - 'BRONWEN LEWIS' -

Incredible Welsh TikTok sensation, plus 'The Valley Rock Voices'

Monday Aug 28th - 'HAWKWIND' -

A steller show from these absolute rock legends since 1969

And with one more show to announce for **Thursday August 10th** - everyone is wondering who else organizers are going to pull out the bag to complete the line up?

Keep your eyes closely on the webside to find out!

For more information and tickets contact - **www.castellroc.co.uk**

JASON DONOVAN
CHEPSTOW CASTLE
Saturday 19th Aug. 2023
PERFORMING HIS BIGGEST HITS LIVE!
Plus special guests

EMILIO SANTORO AS ELVIS
CHEPSTOW CASTLE
SATURDAY 26 AUGUST 2023

MIDGE URE
UNDER THE STARS
FRIDAY 18 AUGUST 2023
CASTELL ROC
CHEPSTOW CASTLE
CYMRU

HAWKWIND
MONDAY 28 AUGUST 2023
CASTELL ROC
CHEPSTOW CASTLE
CYMRU

BOWIE
Blondie
CHEPSTOW CASTLE
1 AUGUST 2023

News from Frampton Cotterell Parish Council



Frampton Cotterell Parish Council Community Awards

Nominations are open for Frampton Cotterell Parish Council's Community Awards.

Frampton Cotterell Parish Council gives awards to individuals and groups in the community who made an outstanding contribution, performance, or commitment to the Parish during the past year. All awards are to recognise those individuals and groups that have made and are making a positive contribution to Parish life, and who show leadership, initiative, or commitment in the local community.

The Parish Council is keen to recognise the achievements of those people who voluntarily and selflessly work to improve and enhance the lives of local people. In recognising the huge benefit of this kind of work it is hoped that others will be inspired to contribute to make the parish of Frampton Cotterell an even better place to live.

This year's winners will be chosen by a panel of three judges who sit as member of the Events Committee. Our winners will be awarded a certificate and prize, which will be presented at our Volunteers Cream Tea Event in April.

We need our parishioners to tell us who they think deserves an FCPC 2023 Community Award!



To nominate a group or an individual, you need to submit a nomination form. The nomination forms, and our Community Award Criteria, can be found by clicking on this QR code or, on our website – <https://framptoncotterell-pc.gov.uk/frampton-cotterell-parish-councils-community-awards-2023>. The deadline for nomination submissions is 31st March.



Voter ID Requirements

Frampton Cotterell Parish Council would like to remind our parishioners and others in the surrounding area, of the new Voter ID requirements established by the Elections Act 2022. This will come into effect in May 2023.

This Act means that all voters will have to show a valid form of photographic ID at polling stations when they go to vote. Failure to show appropriate ID may mean you aren't permitted to vote!

From May 2023, photographic ID will be required for voting in: Local elections, Police and Crime Commissioner elections, UK parliamentary by-elections and Recall petitions.

Photographic ID will also be required for UK General elections from October 2023.

If you do not have any eligible form of photographic ID you can apply for a Voter Authority Certificate. To apply for one of these certificates, or you'd like to find out more about the introduction of photographic voter ID, please visit the Electoral Commission website – www.electoralcommission.org.uk/i-am-a/voter/voter-id

National Hedgehog Day – and what we're doing for Hedgehogs!

Did you know that February 2nd was National Hedgehog Day? We did! Here at Frampton Cotterell Parish Council, we care a great deal about hedgehogs. That's why we've partnered up with South Gloucestershire Council to become Hedgehog Heroes and help with their campaign to help save rural hedgehogs across the district!

Hedgehogs have been in severe decline over the past 20 years – it has reached such a critical point that the International Union for the Conservation of Nature has now placed hedgehogs on their Red List for vulnerability of extinction.

We need your help to save the hedgehogs!



Scenes from the Hedgehog Rescue Event



South Gloucestershire Council and 15 town and Parish Councils (including Frampton Cotterell Parish Council) are aiming to hit a target of 3,000 'Hedgehog Highway Holes' being put in across the region.

Hedgehog Highways are made up of small holes in fences, which allow our small, spiky neighbours to traverse their feeding grounds unimpeded.

You can pledge to make a Hedgehog Hole in your garden over on the official Hedgehog Street website – <https://bighedgehogmap.org/holes-for-hedgehogs-home/hedgehog-pledge> and once you've got yours put in, you can mark it on their official Big Hedgehog Map!

Hedgehog Rescue Event

As part of our teaming up with South Glos Council, our Nature Officer, Daisy, headed out to a Hedgehog Rescue event with Yate Hedgehog Rescue along with South Gloucestershire Councillors and Yate's town mayor.



Coffee & Cake and Warm Space mornings at The Bickeridge Centre

Frampton Cotterell Parish Council continues to open the Bickeridge Centre every Tuesday and Thursday morning for our Coffee & Cake Mornings and Warm Spaces! Come along on Tuesdays from 11am – 1pm, and on Thursdays 9am – 12pm for a free hot drink and some biscuits, and a warm, friendly place to spend a few hours. Bring along a project to work on, chat with your fellow parishioners, or borrow a book from our mini library – how you spend your time with us is up to you!

If you'd like any more information, contact us at office@framptoncotterell-pc.gov.uk, give us a call on 01454 864442, or come into the Bickeridge Centre during our opening hours.

Climate & Nature Volunteering Opportunities

Once a month, our Climate & Nature volunteers get together to work on our local nature projects. We have all sorts of great projects running throughout the year that YOU can get involved with. Examples of past volunteer activities include:

- Tree-planting
- Pond digging
- Meadow surveys
- Wildflower seeding
- Tree mulching
- Sapling care

For more information or to sign up, head over to our website – <https://framptoncotterell-pc.gov.uk/climate-nature>, or email our Climate & Nature Officer – nature@framptoncotterell-pc.gov.uk

Frampton Cotterell Parish Council currently has a vacancy available for a new Parish Councillor

Do you have ideas, opinions, skills and expertise which could help benefit our parish? Do you care about our community and the people in it? Are you willing to offer some of your time to help improve things for everyone? If you can answer "yes" to any of these questions, you should consider applying to become a parish councillor!

Any resident over 18 who meets the eligibility criteria may apply. To find out more, head over to our website, give us a call, or drop us an email via the contact details below.

T: 01454 864442

**E: office@framptoncotterell-pc.gov.uk
www.framptoncotterell-pc.gov.uk**

New Year, New Walk and Talks in Bristol and South Gloucestershire with the Carers Support Centre

Carers Support Centre for Bristol and South Gloucestershire is happy to announce new Walk and Talks for unpaid carers and the people they care for. Walk and Talks are popular, easy walks around local green areas launched last September centre by the Fishponds based charity.

On a Walk and Talk carers get a chance to enjoy a break from their caring responsibilities by being outdoors in the company of other carers.

One of the charity's friendly support workers leads the walk, offering a listening ear and providing information to support walkers in their caring role. The overall aim of Walk and Talk is to improve the health and wellbeing of carers and those they care for.

The groups take place once a week over six weeks, and there are a mixture of groups:

- for carers on their own
- for carers and those they care for
- age-specific, for example, young adult carers

It is free to take part and all carers are welcome, the Carers Support Centre aim is to make the walks as inclusive as possible. So, whatever your background, whatever your walking ability, Carers Support Centre want you to come and join them and your fellow carers on a Walk and Talk.

The new Walk and Talks are scheduled to take place in the new year in Bradley Stoke, Horfield and Winterbourne, with more planned for later in the year.

For more information about Walk and Talk and to take part, contact Stacey Vallis on **0117 939 2562 / 07742 291073**, or email her at **walk@carerssupportcentre.org.uk**

https://www.carerssupportcentre.org.uk/our-services/welcome-to-walk-and-talk/

Horfield For carers Tuesdays 11.00am to 12.30pm	Winterbourne For carers Thursdays 11.00am to 12.30pm	Westbury (North Bristol) For carers & their cared for Wednesdays 1.30 to 3.00pm	Downend For carers & their cared for Thursdays 11.00am to 12.30pm
7 March 2023	2 March 2023		20 April 2023
14 March 2023	9 March 2023	8 March 2023	27 April 2023
21 March 2023	16 March 2023	15 March 2023	4 May 2023
28 March 2023	23 March 2023	22 March 2023	11 May 2023
	30 March 2023	22 March 2023	18 May 2023

Frampton Cotterell Computer Group



Frampton Cotterell Computer Group are continuing to meet at the Brokeridge Centre in Frampton Cotterell offering

help and advice on the use of PCs, laptops and tablets. The group meets on Tuesday, Wednesday and Thursday mornings from 9.30 to 11.30am and new members are always welcome to join on whichever day they prefer.

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 Brokeridge 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 Brokeridge Centre, Woodend Road Frampton Cotterell.

To enquire about future sessions
Tel: 01454 864442
Visit: www.fccomputergroup.uk

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Fram girls bearing the Bristol Bears guard of honour flags



Fram U12s welcome A.J MacGinty



News from Frampton Cotterell RFC

Frampton Girls turn out to support Bristol Bears Women – At the end of 2022, Frampton Girls section came together for a special day spent with Bristol Bears.

The day started off with a morning coaching session ran by Bristol Bears coaches, for the U12s through to U16s. There was a good turnout from each age group, with plenty of new techniques on show, followed by a private Q&A with some of the current players, to understand more of what it takes to play for the Bears.

This was swiftly followed by the Frampton girls bearing the guard of honour flags for their Bears league game against Loughborough Lightning, in which they came through a tough contest winning 31–26, with our girls supporting all the way from the sidelines.

Our thanks of course go to Bristol Bears women and their coaches for accommodating the day.

If you are looking for a girls team to play rugby from aged 5 upwards, please contact Jake Darby on 07900 700245 to discuss.

Sad farewell to Fram legend – It is with great sadness that we report former player, coach and legend Paul 'Charlie' Chaplin (pictured below) passed away just before Christmas.

As well as his playing and coaching input, Charlie was funny, friendly and a legend of the club.



Following retiring from playing, he watched his younger family members from the touchline but more importantly ensured the beer was ready in the Crossbow Clubhouse after the games!

The clubs playing sides held a minutes silences at their games on 6th January. He will be sorely missed by all at Frampton RFC.

Visit from Michael Holden –

Michael returned to Frams at the start of this year to present his England University rugby shirt to coaches, Mike Weaver, Mark Smith and club chairman Dave Ashwin (pictured centrally).

Mike was a junior player for Frampton. He was coached in the early years by Mike Stiles then in later years of junior's and colts by Mike Weaver and Mark Smith.

Mike also had a second passion for Rugby League, and he played semi professional for West Wales Raiders in the summer months.

He then joined Cinderford, who play in the third tier of English Rugby Union, National league 1.

Mike was spotted whilst playing for the West Wales Raiders, and was selected to represent England Universities v Scotland and Ireland, in Galway, Ireland in June 2022, where he contributed in England winning the Student Tri Nations Cup.

A word of thanks to the Simarco Worldwide Logistics teams based in Iron Acton –

Simarco continue to be a supporter of Frampton



Cotterell Juniors, and kindly made a donation to the club which has funded 12 new jackets. The coats will keep the children warm and dry when substitutes

during rugby matches. A big thanks to the Simarco team and Carl Pickett who kindly organised this donation.

Frams welcome special guest A.J MacGinty

– Frampton Cotterell Under 12s had a special guest coach one February evening, in the form of Bristol Bears and USA International rugby player, A.J MacGinty. MacGinty who now lives in the area, after joining the Bears from Sale Sharks last summer, was keen to help out at grass-roots level rugby and the club can only benefit from sessions like this.

4th win for Fram Colts! Frampton Cotterell RFC Colts were delighted to notch up a forth win of their ever-improving season, with a well earned 17–7 victory at home against Broad Plain. Tries came from Max Mumby, Adam Nolan and Dillon Hill. The win was especially enjoyable considering a narrow loss to Broad Plain at their Bedminster home before Christmas. Captain Alfie Wall (pictured above) led the celebrations at the end, expressing huge pride in the team's performance, which included a dogged defence of the try line in the last ten minutes, stopping any ambitions that Broad Plain may have harboured to threaten the result. Well done lads!

www.pitchero.com/clubs/framptoncotterell

[f](#) [t](#) **Frampton Cotterell RFC**

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Volunteer with Carers Support Centre Bristol and South Gloucestershire

We are currently looking for kind, compassionate, reliable and caring volunteers to join our team of 'sitters' to support the Carers Breaks Service in South Gloucestershire.

Unpaid carers look after a family member, often all day, every day, with little or no time for themselves. It's sometimes impossible for carers to leave the person they care for, so if you can give a few hours of your time, they can take a break.

If you can regularly spare 2-3 hours (Monday to Friday) a week or fortnightly during the day, we'd really like to hear from you. The service we provide covers South Gloucestershire, so it would be ideal if you live in or close to this area. No personal care is involved, and previous experience is not required. We provide an excellent package of training and on-going support to all our volunteers.

To find out more, please contact Marilyn Crump, Volunteer Coordinator on 07840 818 316 or email marilync@carerssupportcentre.org.uk



What's on at Winterbourne library



Staffed opening hours –

Tuesday, Wednesday, Friday 10am – 5pm,
Saturday 9.30am – 12.30pm

Contact us – email: winterbourne.library@southglos.gov.uk or phone: 01454 868006

Welcoming New Staff members –

Come and join your FREE local library, meet our new friendly staff members – Alison, Alexandra and Fliss. Join in our regular activities and discover Open Access, the system that lets you use our library 7 days a week – (see right).

FREE books! Why buy books when you can borrow for FREE? Talking books, eBooks, eMagazines, Jigsaws, FREE WiFi and more, come and join your library for FREE!

Regular activities



Adult Craft group

Saturdays 10am – 12noon. Next sessions, 18th and 25th March. Join a friendly group of crafters to do your own work and chat, refreshments available.

Rhymetime – Wednesdays, 9.30 – 10am most suitable 0 – 18 months.

Storytime – Fridays, 9.30 – 10am (term time only) most suitable 18 months – 4 years.

LEGO CLUB

10 – 11.00am (All adults must be accompanied by a child). Next sessions: Saturday 11th March.



Could you be our 121 Digital Champion Volunteer?

Do you have spare time and are interested in helping others learn how to use a computer, laptop, tablet or other devices? If so, please email us at libraryvolunteers@southglos.gov.uk or collect an application form in the library.



Use our library when staff aren't there

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 then you can let yourself in during Open Access hours, 8.00am – 7.30pm. For further details, speak to staff or see www.southglos.gov.uk/openaccess

Find the latest information on our website

www.southglos.gov.uk/libraries

Facebook page – [sgloslibraries](https://www.facebook.com/sgloslibraries)

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ANDY'S MAN CLUB #IT'S OK TO TALK

Andy's Man Club was set up in Halifax in June 2016 following the tragic death of Andy Roberts, who died by suicide. Andy's mother Elaine and brother-in-law Luke Ambler decided to start a club to reduce the stigma around male mental health issues, and give men the opportunity to talk with their peers about whatever storms they're going through.

The group now has 117 clubs across the UK, as well as an online option for anyone who can't get to one. All meet at 7pm every Monday except Bank Holidays.

There are two Andy's Man Clubs in Bristol. Bristol North meets in the Jessop Suite at the Seat Unique Stadium aka the County Cricket Ground. Bristol South meets at the Knowle West Media Centre. The clubs are run by a team of volunteer facilitators, all of whom originally joined the club to get support for themselves.

Below we are honoured to share with you the experience of a local man, who found the support he needed from Andy's Man Club.



My Name is Andy, AKA Barts.

I'm 42 years old and I started attending Andy's Man Club at the beginning of June 2022. I can honestly say it has changed my life for the better in such a short time.

I have always been

the happy-go-lucky guy. I've spent most of my life brushing things under the carpet or saying "I'm fine" when I wasn't. This would lead to me having meltdowns or kicking off for no apparent reason.

I first walked through the door at the County Cricket Ground in Bristol for Andy's Man Club after the above had become apparent. My whole life I'd been living with anxiety, and then in June I was diagnosed with depression.

The anxiety was so strong that I didn't want to upset people, or I wouldn't speak up as I didn't want the confrontation – the only way to describe it is walking on eggshells my whole life!

Attending Andy's Man Club has made me less anxious by nature. Everyone listens and I get to talk and no judgement is passed. Also you realise you are not alone, others are going through a storm themselves.

No person is the same at Andy's Man Club. However we can all relate to each other, and that's because we all had a reason to walk through that door on our first evening. Even the facilitators!

In November 2022 I became a facilitator and have really enjoyed leading groups. It really is as simple as having a chat over a brew and a biscuit – all provided free of charge.

Andy's Man Club has given me that different outlook I needed. I now use the word "perspective" more than I ever have in my life. I recently did a radio interview on BBC Radio Bristol to talk about what made me join Andy's Man Club and also what Andy's Man Club has done for me!

I'm not here to sell Andy's Man Club to anyone. All I can say is it has changed me for the better, and if you are going through a storm yourself or know somebody who is, Andy's Man Club's doors are open 7–9pm every Monday and it might help lighten that load.

ANDY'S MAN CLUB is a free-to-attend talking group that runs every Monday night at 7pm, excluding bank holidays.

For over a year, the group has operated at a venue in Bishopston – the **Seat Unique Stadium, BS7 9EJ**.

There is now a **Bristol South** group that meet at the **Knowle West Media Centre, BS4 1NL**. Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process.

andysmanclub.co.uk




COMMUNITY CRAFT GROUP

Held the first Tuesday monthly at the Red Brick Annexe, Manor Hall, BS36 2TG from 2-4pm

Bring along your crochet, knitting, sewing, papercraft etc, to enjoy a social afternoon with a group of like-minded crafters

£4 per person including refreshments.

For more details and to book your place contact Kay on 07792 189276 or Sally on 07954 419761

THE RED BRICK ANNEXE, MANOR HALL,
COALPIT HEATH BS36 2TG



Pictured above: WI member Kath Rawlings with her daughter-in-law, Jenny, who introduced us to Shibashi Tai Chi at our meeting

News from Winterbourne Evening WI *by Emilie Smith*

At our February meeting, we had the pleasure of having Jenny Smith speak to us about Shibashi Tai Chi. Shibashi ("18" in Mandarin and pronounced "sher baa sher") is a series of 18 energy-enhancing exercises emphasising movement with breathing and concentration. It is a gentle, beautiful and flowing Tai Chi routine that is deeply relaxing for people of any age.

Shibashi was created in 1979 by Professor Lin Hou Sheng, who today is revered as one of China's Living Treasures. Across China, people of all ages practice Tai Chi daily for good health. This type of Tai Chi is known to be good for reducing blood pressure, improving circulation, boosting stamina and relieving pain and stiffness.

After an interesting introduction about the martial art and Jenny's journey to becoming an instructor, we got a taste of the 18 moves in this gentle style of flowing movement. Some of our members completed the exercises seated, others used chairs for support and the remaining members did the class standing, so it was great for people of all levels of fitness. Jenny teaches locally and many of her classes are almost full now as it is so popular.

Winterbourne Evening WI meets on the second Thursday of the month in St. Michael's school hall, Linden Close, Winterbourne, BS36 1LB at 7.30pm. Guests and prospective members are warmly welcomed. Our next meeting will be on the 9th of March.



Winterbourne Down Village Carnival is well and truly setting its sights on May!

Winter seems to be never ending at this time of year but before we know it spring will making an appearance, and we'll be celebrating May Day. The committee have been meeting regularly through the cold, dark months to plan for an epic 2023 Carnival. We listened to your feedback and we've sought out new food outlets and live music. This year's carnival will see the largest number of attractions ever. If you're interested in joining the packed programme, please get in touch, we'll try our very best to squeeze you in!



Our Carnival is not exempt from feeling the effects of the economic crisis, we have recognised that community funded grants cannot be relied upon, so this year we've had to go out and look for other sources of income, specifically in the form of sponsorship! We'd like to take this opportunity to welcome our 2023 sponsors...

The Cross Hands pub, Winterbourne Down and Ben's Reclamation & Demolition. These two local businesses have secured the go-ahead for 2023. Along with their support, they will also bring new attractions (of which we're very excited about!) to the Carnival day itself. We're thrilled to have you on board!

Kathryn Hopes, Publicity Officer

Follow us on Facebook, browse our site
www.winterbournedowncarnival.co.uk
email: winterbournedowncarnival@gmail.com

Arts Appreciation Group

We are a small friendly group who meet monthly at Bradley Stoke Community School to hear talks on many aspects of the arts.

We are not a painting group but love all fine and decorative arts. Talks on paintings by the masters, architecture, theatre, music, antiques needle work, garden design, etc.

Our talks are diverse and of a high standard by professional speakers. We come away enlightened and refreshed after an hour of pure enjoyment, as well as having discovered a new insight into the arts with like minded people. We also arrange group lunches and visits.

Sally, our Chairman, who is passionate about all things beautiful and with the help of her hard working Committee, would love to see many local new members interested in the Arts and would be delighted to welcome you to join us once a month. Why not come along and make new friends?

You will be made very welcome; biscuits and tea/coffee is available on arrival. There is ample parking at the School.

7 for 7.30pm every third Thursday, October until June at Bradley Stoke Community School, Fiddlers Wood Lane BS32 9BS

Next Dates:

Thurs 16th March

Ann Anderson illustrated talk on "Gustav Klimt".

Thurs 20th April

Paul Weaver – "An Artist at Work".

For more details on any of the above please call Sally on 01454 774401.

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Minister's Message

By the time you read this, Lent will have begun, which, for many people, especially for Christians, is a time for self-denial. So why should we do that? In the Bible we find a challenging answer, which is, so that we can fast and pray! But surely nobody likes denying oneself, since it is not a natural human desire. I remember as I was leaving my senior school, our Headmaster said this in his farewell address "The hardest thing in life is to say no when you're longing to say yes!"

Why should God want us to deny ourselves? What benefit can come from it? Surely God knows that it will only make us miserable! But there are other ways of self-denial which are not just about fasting and praying, since it can also mean doing things that perhaps we find difficult – like loving our neighbour as we love ourselves. Some examples of this could be; giving up more of our time and money to help the poor, the needy, the sick, the helpless, the homeless, the starving, the abused etc.

Jesus who is the King, and who will be the judge of all people, makes this quite clear in the Gospel of Matthew 25 in the parable of the 'Sheep and goats'.

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?" Then the King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Self-denial is also about taking up our cross just like Jesus did, so maybe he might be saying to each one of us during this Lententide "Take on me, for my yoke is easy and my burden is light" which is another quote from Matthew's gospel in Chapter 11. What did he mean by that?

In the Old Testament a yoke was often referred to as the law and the people's submission to it, as per the teaching of Scribes and the Pharisees. There were numerous Jewish commandments outlined in the Old Testament. Adherence or conformance to all of them, could become a 'heavy' burden indeed!

But in contrast, the yoke of Jesus can be considered as 'made to measure' which can also mean 'well fitting.'

Legend has it that Jesus as a carpenter made the best fitting yokes in the area. So, what did he mean by his burden would be light? It's not that a burden is easy to carry, but it is laid upon us in love and when we pass on that love it can make even the heaviest burden seem light!

Maybe you remember the song by the Hollies back in the late 80s, 'He ain't heavy, he's my brother.' Here are some of the words, "The road is long, with many a winding turn, that leads us to who knows where, who knows where.

But I am strong, strong enough to carry him. He ain't heavy, he's my brother."

So, on we go, his welfare is of my concern. No burden is he to bear; we'll get there. For I know he would not encumber me. He ain't heavy, he's my brother.

If I'm laden at all; I'm laden with sadness That everyone's heart; Isn't filled with the gladness, of love for one another"

When we have the love of God in our hearts, then we can know that 'our burden' is to love God above all things in return and also all that he has created. Then the burden of self-denial becomes light and can even put a song in our hearts.

With blessings and prayers as you journey through Lent from,

Revd Howard V Smith

Associate Minister of the Fromside Benefice

Rector of St Michael's, All Saints & the Fromside Benefice

www.fromsidechurches.org.uk

Tel: 01454 776518



The Parishes of Coalpit Heath, Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down



News from Coalpit Heath WI

We've already enjoyed two meetings this year – Tim Lewis and Sheila Furneaux visited in January, and provided us a Jack and the Beanstalk themed evening of entertainment. There was plenty of opportunity for us to join in with familiar songs.

Susan Symons made a return visit to us in February, to continue her talk on the life of Queen Victoria, this time we heard about her marriage to Albert. Susan shared snippets from Queen Victoria's diaries and journals and shared some interesting illustrations and paintings.

Alongside our regular meetings we have a variety of other activities for our members to join in with. The Day trips and Theatre group have already made bookings to see My Fair Lady and Evita and have plans for future events too.

The Book club reviewed 'The Tent, the Bucket and me' by Emma Kennedy. It proved to be a bit of a marmite book. However, even those who didn't particularly enjoy reading it found it triggered memories of family holidays. The book chosen for March is, 'The Light between Oceans' by M L Stedman.

The skittles league is back and we had a brilliant evening playing against a lovely team from Doynton and Wick WI. There were many volunteers to play and as we won this match there will be further opportunities to play in the next round.

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.

Our programme for 2023 continues with: March 1st, Ann Fisher – Iced flower demonstration | April 5th, Briony May Williams – Life after Bake off | May 3rd – Resolutions meeting.

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



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For more information contact

Jessica 01454 228666 or Mary 01454 887870

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Warm Space!

EVERYONE WELCOME!

Frampton Cotterell & Coalpit Heath Village Diary 2023

March

Weds 1st – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. salemchurch.org.uk

Weds 1st – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm, E: henfieldhall@yahoo.com

Weds 1st – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info Edna 07789 662694

Weds 1st – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Varied Talks. Visitors always welcome! T: 07935 071291, E: carolinemjohnston@hotmail.com

Thurs 2nd – Feeding Fromside Community Cafe and Pantry, Zion, 12–2.30pm

Thurs 2nd – FC Guitar Club, Broukeridge Centre 6.45–8.15pm. E: nick.drewitt@yahoo.com

Fri 3rd – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info T: 01454 776518

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

Sat 4th – Coffee morning and sale, Zion, 10am–12.30pm. Fairtrade and homemade products, cards, crafts, jams, pickles, cakes, etc. In aid of Transform Trade charity

Sat 4th – Table Top Sale, Coalpit Heath Village Hall, 1–3pm, free. Book tables (£5) T: 07920 145352 | www.cphvh.co.uk | E: coalpitheathvh@gmail.com and Fb

Sat 4th – The Rullettes, Classic Hits from 60s and 70s (Beach Boys, etc), Manor Hall, from 7.15pm. BYO drinks. Tickets £10 incl a ploughman's. T: 07873 747513

Sun 5th – Bristol Male Voice Choir and Frampton Shantymen, Winterbourne Medieval Barn, 2pm. www.winterbournebarn.org.uk or T: 0117 403 1536

Mon 6th – Frampton Singalong, Crossbow House, 2–3.30pm. £5 incl refreshmts. Carers free. Booking Hilary, T: 07515 351813

Mon 6th – Gardening and Social Club, Manor Hall 2–3.30pm. £2.50. All welcome. Info via Mrs G Hale. T: 01454 774279 | www.manorhall.org | T: 07873 747513

Tues 7th – Frampton Cotterell Parish Council Coffee & Cake morning at Broukeridge Centre, 11am–1pm. Everyone is welcome to attend

Tues 7th – Community Craft Group, Manor Hall – Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. Book with Kay, 07792 189276 / Sally 07954 419761

Weds 8th – Golden Hours Social group for over 50s, The Miners, 2–4pm. £2. Varied activities. For more info contact Susan Bisp, T: 01454 775110

Fri 10th – Frampton Folk club, Crossbow 8–11pm. Acoustic music. Play, sing, listen. T: 07974 151437 or FB/folkatframptoncotterell

Sun 12th – Litter Walk. Friendly group aimed at families with children, meet 10am. Venue TBC. Info: Facebook: [@framptonlitterwalks](https://www.facebook.com/framptonlitterwalks) or www.villageaction.org.uk

Mon 13th – Winterbourne Flower Club, WADCA, 2–4pm. Theme TBC. Bring your own container and plant materials. Info Celia, T: 01454 776753 or text 07947 487155

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

Weds 15th – FC & District Local History Society, Zion hall, 7.30pm. Talk by Prof Steve Poole. £5. Members free (£15pa). E: secretary_fcdlhs@yahoo.com

Thurs 16th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info Edna 07789 662694

Fri 17th – Bingo, Crossbow, 8pm. T: 01454 772947

Sat 18th – Bacon butties/toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. www.salemchurch.org.uk

Sat 18th – Repair Surgery, All Saints hall, Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. E: winterbourneenvironmental@gmail.com

Sat 18th – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome.

Weds 22nd – Golden Hours Social group for over 50s, The Miners, 2–4pm. £2. Varied activities. For more info contact Susan Bisp, T: 01454 775110

Wed 22nd – Ladies' Circle, Zion, Woodend Road, 7.30pm

Thurs 23rd – Fromside Community Cafe and Pantry, Zion, 12–2.30pm. 'Pay as you feel'.

Thurs 23rd – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info: David, E: stone@alzheimers.org.uk

Thurs 23rd – The Filling Station, Manor Hall, 7.30pm. Monthly informal Christian gathering. Open to all. www.thefillingstation.org.uk/station/south-glos | T: 07552 974981

Sun 26th – Women Alive Support Group, Zion, 3–5pm. Where it's OK not to be OK. Tea, cake, craft. Activities for children. T: 07552 974981 E: zoe@zuchurch.co.uk

Tues 28th – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

Tues 28th – Frampton WI, St Peters Hall 7.45pm. Art/painting demo. E: Fcwisecretary@outlook.com

Weds 29th – Litter Busters, 10am–12pm. See Village Action website or E: framcottva@hotmail.co.uk

Weds 29th – Talk: Medieval Life, Winterbourne Medieval Barn, 7pm. T: 0117 403 1536

April

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

Mon 3rd – Family Crafts and Egg Trail, Winterbourne Medieval Barn, 10am or 1pm, £3.75 per child. Book online. www.winterbournebarn.org.uk

Mon 3rd – Frampton Singalong, Crossbow House, 2–3.30pm. £5 incl refreshments. Carers free. All profits to Ukraine Humanitarian Appeal. Booking Hilary: 07515 351813

Mon 3rd – Gardening and Social Club, Manor Hall 2–3.30pm. £2.50. All welcome. Info, Mrs G Hale. T: 01454 774279 | www.manorhall.org | T: 07873 747513

Tues 4th – Frampton Cotterell Parish Council Coffee & Cake morning at Broukeridge Centre, 11am–1pm. Everyone is welcome to attend

Tues 4th – Community Craft Group, Manor – Hall Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. Book via Kay, T: 07792 189276 / Sally 07954 419761

Weds 5th – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome.

Weds 5th – Coffee Morning, Henfield Hall, Ram Hill, 10am–12.00pm, E: henfieldhall@yahoo.com

Weds 5th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info Edna, T: 07789 662694

Weds 5th – Golden Hours Social group for over 50s, The Miners, 2–4pm. £2. Varied activities. For more info contact Susan Bisp, T: 01454 775110

Weds 5th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Varied Talks. Visitors always welcome! T: 07935 071291 | E: carolinemjohnston@hotmail.com or FB

Thurs 6th – Tea and Tour, Winterbourne Medieval Barn, 2pm. T: 0117 403 1536

Thurs 6th – FC Guitar Club, Broukeridge Centre 6.45–8.15pm. E: nick.drewitt@yahoo.com

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

Fri 14th – Frampton Folk club, Crossbow 8–11pm. Acoustic music. Play, sing, listen. T: 07974 151437 or FB/folkatframptoncotterell

Sat 15th – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. www.salemchurch.org.uk

Sat 15th – Repair Surgery, All Saints hall Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. E: winterbourneenvironmental@gmail.com

Sat 15th – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome.

Weds 19th – Golden Hours Social group for over 50s, The Miners, 2–4pm. £2. Varied activities. For more info contact, Susan Bisp, T: 01454 775110

Weds 19th – FC & District Local History Society, Zion hall, 7.30pm. E: secretary_fcdlhs@yahoo.com

Thurs 20th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info Edna 07789 662694

Fri 21st – Jazz in the Barn, UWE Big Band, Winterbourne Medieval Barn, 8am. www.winterbournebarn.org.uk or T: 0117 403 1536

Fri 21st – Bingo, Crossbow, 8pm. T: 01454 772947

Sat 22nd – Early Birdsong Walk & Breakfast, Winterbourne Medieval Barn, 8am. www.winterbournebarn.org.uk or T: 0117 403 1536

Tues 25th – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

Tues 25th – Frampton WI, St Peters Hall 7.45pm. Tai Chi talk/demo. See Facebook.com/FramptonCottWI | Fcwisecretary@outlook.com

Weds 26th – Litter Busters, 10am–12.00pm. If you would like to get involved see Village Action website or E: framcottva@hotmail.co.uk

Weds 26th – Ladies' Circle, Zion, 7.30pm

Thurs 27th – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info: David, E: stone@alzheimers.org.uk

Thurs 27th – Talk: Follies of Bristol, Winterbourne Medieval Barn, 7pm. Also on Zoom. Book online at www.winterbournebarn.org.uk or T: 0117 403 1536

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.

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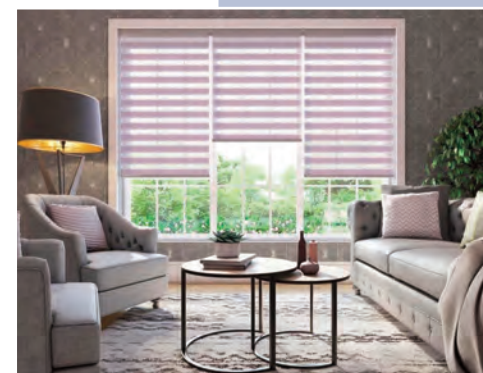
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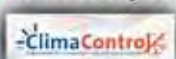
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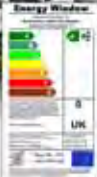


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