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January/February 2023

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Dear Residents,

Warm wishes to you all as we welcome in a New Year! January is often a time for reflection of the year just past and what the next has in store. Some aspects of life we have no control over but there is a good deal we can make happen for ourselves. Small, positive changes can make a big difference. We encourage you to look no further than your local community to assist you with this. Whether you are new to the area or have lived here a lifetime, why not take the opportunity this year, to join or visit one of the many local groups for company, to share skills or to make friends? Volunteering is also a fantastic way to both support a cause and to improve your wellbeing, there are many local organisations that would welcome you.

The churches of 'Together 4 Fromeside' invite you to share a little 'Comfort & Joy' this winter! Your contributions to their annual appeal provide the funds to support many local families in need throughout 2023.

We bring you news from local schools St Michael's and Elm Park, both have enjoyed packed-full terms with exciting learning and shared adventures. Later in 2023 will see the new school at Elm Park completed, and they are inviting pupils past and present to be involved with the celebratory opening of the new building.

Local charity Paul's Place are busy preparing for their annual ball, they would love it for many local people to come and get involved with this special party – to have fun, while raising much needed funds for the charity.

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 10th February.

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

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News from Elm Park Primary School *by Head Teacher Carol Bond*

Inspiring – The first Friday in December saw our PTFA Christmas Fayre. The school felt truly magical with fairy lights glittering in the courtyard and the presence of a very special visitor in a red suite! The school was filled with smiles as families walked around the incredible stalls and games. Dinner of burger, hotdogs, chips and pizza were enjoyed by many families and some even partook in a cheeky glass of wine! By the end of the evening, the sound of change was ringing in the buckets. It took quite a time to count up all that we have raised and it is with great pleasure that I can announce that we made

£1621.15. This is a truly remarkable total and we are so thankful for everyone's contributions!

Enriching – As part of our community project, our team of 'mini-police' went to the Operational Training Centre for Avon and Somerset Police. The children had the opportunity to explore the training facilities and were able to find out more about the different units within the police force. The children learnt about how communication works for the underwater search unit; how the mounted police officers train the horses; the benefits of using drones; the different expertise of the various police dog breeds; and finally the importance of road safety. What a privilege to have been able to experience this day. Thank you to the Avon and Somerset Police for their time.

Year 5 and 6 thoroughly enjoyed visiting The Living Rainforest. The children were able to explore the rainforest, looking at the different plants and animals and finding out about how and why they have adapted to their surroundings. The children's knowledge of our Rainforest topic was fantastic and their questions certainly kept the experts on their toes.

Beech and Willow Class went on an exciting historical hunt around Arncliffe Vale. The children had a wonderful time learning how to be historians and asked a lot of insightful questions.

Over the course of the next few weeks, our Lego Robotics team will take on their first regional competition! Their coding skills have been fine-tuned and they are ready to take on the challenge!

Achieving – The calendar was full of Christmas activities, fundraising and visits. As term 2 progressed, it has seen our youngest children demonstrating their incredible singing and acting skills during their Christmas Nativity. The church was full to the rafters as Acorns class retold the Christmas story. A huge well done to all involved.

We also welcomed a shrew to the school, as Year 1 and 2 performed Prickly Hay. The children were spectacular in their performance. They projected their voices, sang and performed with confidence and brought a tear to many people's eyes. Congratulations to our very talented children.

Finally, we ended term 2 with an incredible bang! The hall was full of twinkling candles as the Elm Park Choir and Musicians all joined together for our Carols by Candlelight concert. Readers young and old joined in to tell the Christmas Story, and mince pies and a hot cuppa helped to make the evening extra special. Thank you to everyone who came and a special well done to all who performed!

Our new home – As we begin a new year, our children are becoming increasingly excited to see our new school grow! At the time of writing this, our roof has been added and the crane, which has been an exciting addition to the Winterbourne landscape has left the site. The school is already looking remarkable and it is with great excitement that I can say we are on track to move into the new school building in September 2023! Nearer the move, we would like to welcome past pupils and their families to come along and say a fond farewell to our much loved school and to take a look around our exciting state of the art new build. Watch the space for more details!

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Submit your CV and a covering letter to: sales@mattersmagazines.co.uk

www.mattersmagazines.co.uk – 17 years in the community

The Co-Op Celebration Day 2022

The Co-Op in Winterbourne enjoyed handing out cheques to three great local causes at the end of November 2022. The local organisations were selected by the Co-Op for the amazing work and difference they make to the local community. The three causes that received their annual cheques were – Kendleshire Kids Foundation (golf therapy for young people), Rivers for Well-being (BART) and St Michaels Community Centre (based on Winterbourne High Street), they are having huge renovations to improve facilities for local groups to restart. Eg babies/dance/older people.



Frampton Cotterell WI – Celebrating 70 years!

The 27th November 2022, was Frampton Cotterell WI's 70th Anniversary!

On Tuesday 29th November, we held a very special birthday party for members and guests!

There was plenty of fun, fizz, good food and of course cake on offer. Local singer Angie McCoy provided our entertainment for the evening, performing a collection of vintage and ever-popular songs across the last seven decades, including classics such as Jolene, Simply The Best, Sweet Caroline and We'll Meet Again – not forgetting Happy Birthday, of course! We all had a great evening, catching up on old memories and having a good sing along with Angie.

Our Christmas Bingo evening was on Tuesday 6th December and our last social event of 2022 – a lovely sociable evening with prizes for winners, as well as drinks and nibbles.

Confirmed 2023 events are as follows (normally the fourth Tuesday of every month)

24th January – Life at the Zoo, with Liz Curtis

7th February 2023 – New Year meal out

28th February – Strictly Karen, with local dance tutor Karen Davis

28th March – Art/Painting Demo with Holly Dunham, local artist

25th April – Tai Chi talk/demo

As well as the above programme we have other events/socials lined up including visits to the theatre, a deli cheese and wine event in January 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 fourth 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 that meet separately including a 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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January is the season for new beginnings, with “eat better” and “drink less” usually topping the New Year’s resolutions chart. Luckily, there’s plenty of support this month for creating healthier habits...

Get plant powered

If you fancy revving up your life this month, why not go plant-based for January? Last year more than 620,000 people took on the Veganuary challenge, with a whopping 49% saying their energy levels improved and 46% enjoying a welcome mood boost. Veganuary is marking its seventh year with loads of free goodies, including a celebrity vegan cookbook with 25 recipes from the likes of Venus Williams, John Bishop, Joanna Lumley and Anthony Mullally – delicious ideas for irresistible breakfasts, mains and puds. There’s also a guide to going vegan on a budget, with most meal ideas under 70p a serving, plus your official Veganuary Starter Kit – packed with tips on how to get started, nutrition facts and great suggestions for eating out in vegan style.

Find out more at veganuary.com/

Take a booze-free cruise into the New Year

Following on from the excesses of the festive period, Dry January comes just at the right time. So what can you expect when you retire your bottle opener for 31 days? Better sleep, lower blood pressure and cholesterol, reduced risk of type 2 diabetes and lower levels of cancer-related proteins in your blood, plus an all-round glow of health for both you and your bank balance – and probably a bit of smug satisfaction, which is never to be sniffed at! Best of all, research shows that six months after taking part in Dry January, over 70% of people who use the Try Dry app are more likely to be drinking more healthily and enjoying better wellbeing too. What’s not to like?

Find out more at alcoholchange.org.uk/help-and-support/

Love your liver Did you know...

- The liver is the biggest solid organ in your body, weighing around 1.3kg (2lb 13oz) in women and 1.8kg (3lb 15oz) in men.
- It’s your body’s detoxifying factory, turning potentially damaging substances into harmless ones.
- Up to a point, your liver can completely repair damage to its tissues and regenerate, Doctor Who style!



- 90% of liver disease is caused by alcohol, excess weight and viral hepatitis – which means 90% of liver disease is entirely preventable.

managing-your-drinking/dry-january

Obviously, if you do Dry January, you’ll be giving your liver a real booze-free treat, but there are other easy changes you can make to help it stay fighting fit, including cutting down on sugary snacks, eating at least five portions of fruit and veg a day, cutting back on processed foods and takeaways, and exercising regularly.

Take the British Liver Trust pledge to love your liver this January and take the liver health screener at britishlivertrust.org.uk/love-your-liver-month/

*About the author: Gill Mullins is a freelance writer and journalist
at www.superhappycontent.com*

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Events at Winterbourne Medieval Barn

Winterbourne Medieval Barn was built in 1342 for Lord of the manor, Thomas de Bradeston, and this nationally important raised-cruck structure survives as a magnificent example of the medieval builders' craft. It is now managed by a volunteer-run charitable (WMBT) trust who aim to preserve it and keep it available for community uses. The Trust raises income to maintain the site and all its buildings, by putting on community events including varied talks, music and drama performances, and heritage craft and skills education.

WMBT is always looking for more volunteers to join the large friendly local team. It's a great way to meet new people and help in the community. No weekly commitment is required and you can choose to do as much or as little as you like. Volunteers can welcome visitors, help on the bar, serve refreshments, set up and clear away at events, help with car parking, or be more involved by helping with organisation and admin tasks throughout the year. The Garden group meets weekly, while the Barnforce maintenance group meets one Saturday a month. The Trust would also be keen to hear from local people who would like to take on more responsibility by joining the team of keyholders who take turns to unlock and lock up the Barn when there is an event. Contact details are on the website, or speak to Ceara on 0117 403 1536 (office manned part-time).

There are normally several community events each month, some during the day, some in the evening, but there are few things held in the Medieval Barn in January or February as it is a bit chilly! Small events can be held in the West Barn throughout the winter as this is heated.

2023 dates for your diary

From 18th Jan – weekly Tai Chi on Wednesday mornings, 10.30am or 11.45am

Fri 27th Jan – Fused Glass Workshops, 10am or 1pm

Thurs 2nd Feb – Tea and Tour, 2pm

Sat 18th Feb – Apple-grafting Workshop, 10am – 4pm

Tues 21st Feb – Talk: Local Place names, 7pm

Fri 27th Jan – Fused Glass Workshops, 10am or 1pm

Sun 5th Mar – Bristol Male Voice Choir & Frampton Shantymen, 2.30pm

Fri 24th Mar – Fused Glass workshops, 10am or 1pm

Fri 21st Apr – Jazz at the Barn, UWE Big Band, 7.30pm

Sat 22nd Apr – Early Birdsong Walk & Breakfast, 8am

Tea and Tour – First Thursday of each month (except January), 2pm

– 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. But who was he? Was he involved with the murder of Edward II at Berkeley Castle? Find out more about this important local medieval figure when you tour the Barn and the Church. The Tour is followed by tea, coffee and biscuits back in the Medieval Barn, with plenty of time to talk further and ask questions.



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Talk: Local Place names – Tuesday 21st

February, 7pm – Prof Richard Coates talks about the history and meaning behind some local and national place names. He is a linguist with special interests in the area where linguistics, history and geography meet, with a particular focus on finding out the origin of English place-names created before about 1500 A.D, although he believes that any place name of any period can be interesting when you look at it in the right way! This talk raises funds for both the Barn and the RNLI. It will also be live-streamed on Zoom.

Booking for all events is online via the Barn website www.winterbournebarn.org.uk or direct on Ticketsource. From February onwards, we also have our Box Office open at the Barn from 1.30–2.30pm on the first Thursday of each month for in-person ticket sales.

Weddings and Hire – The Medieval Barn makes a fantastic venue for a wedding or big celebration, and you can tailor things very much to your own ideas without being tied into the sort of wedding package normally offered by hotels. The venue is licenced for wedding ceremonies as well as receptions if you do not want a church ceremony, and of course St Michael's church is next-door for those who would like to move easily from one location to another during the day. To arrange to have a look around

or discuss the possibility of hiring the Barn, contact Hazel on 0117 403 1536 or email her via the website. There are currently still some dates available for 2023 and 2024.

Smaller spaces on site are also available to hire, by the hour or by the day. The West Barn seminar room is a fully equipped heated room ideal for meetings and talks at any time of year, while the Cartshed is more suited to school groups and things like craft workshops.

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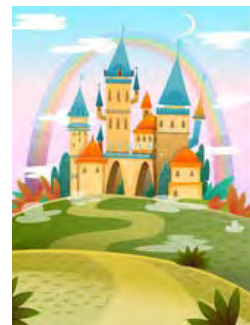
Storytime – Fridays, 9.30 – 10am (term time
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February half Term Activity



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News from St. Michael's School



There is never a 'quiet' day at school. But the days leading up to Christmas are as busy and hectic as they come. From parties to pantomimes, nativities to Christingles, school is an exciting place to be!

At the beginning of December, the Juniors led the Christingle Service at St. Michael's church. There was a magical atmosphere and, with standing room only, it was great to have so many of our families all together to listen and join in with the children's carefully prepared service. If you were lucky enough to be there, I'm sure you'll agree it was a wonderful start to our Christmas celebrations.

Across the country, parents rummaged through storage cupboards searching for tinsel, tea-towels and tattered wings in readiness for young children to act out the Christmas story. Here at St. Michael's it was no different. Our reception children did a brilliant job of bringing the nativity story to life. They gave a wonderful performance which the audience clearly loved. Parents beamed with pride as their little ones took to the stage for the first time.

A 'Miracle came to Town' in our Infant nativity. As always, the children did a superb job of learning the songs and their lines. The impromptu singing in the dining hall and dance moves on the playground were all signs of how much the children enjoyed their nativity. Their smiles made their performance shine!

A favourite tradition at St. Michael's, is our Christmas time trip to the Hippodrome to see the pantomime. After being put on hold for the last two years due to Covid, we were SUPER excited to be going again this year. This year the theatre was staging Cinderella and that proved to be a roaring success with the children. The bus journey back to school was buzzing as children laughed again over their favourite parts.

School term ended on a real high. Naturally, we were all tired after a long term but children and staff alike were in good spirits as they looked forward to the Christmas break. No-one will enjoy hauling themselves out of bed in the early hours of January 3rd. However, the classrooms will soon be buzzing again as the children recount their happy stories of their holidays and the "Enjoy the Present" element of our school aims will be highlighted once more.

We hope you all had an enjoyable and peaceful Christmas. Best wishes for 2023.



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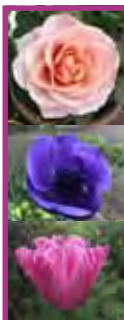
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CASTELL ROC DATES RELEASED FOR 2023

After the fabulous events at Castell Roc 2022, held inside the absolutely beautiful grounds of Chepstow Castle, organiser Carol Mutlow of Hannah's Music is already putting the acts in place for 2023.

Now in its 12th year, the festival continues to grow, and 2022 was no exception, with Chepstow still buzzing from 13 fantastic sold-out events!

"The problem is" Carol told us, "it makes me wonder how I can top that!! But - I will certainly try!"

Running over the last two weeks of August, there are some fantastic events lined up already, some of whom have never been seen before at Castell Roc! As usual there is hopefully something for everyone, no matter what your music taste. This is what makes Castell Roc stand out from other festivals: the variety of music, plus the absolutely breath-taking venue!

Each week one act will be released until all 13 nights have been revealed. In this New Year edition Matters Magazines is able to bring you the first EIGHT events for Castell Roc 2023. It's already looking amazing!!

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



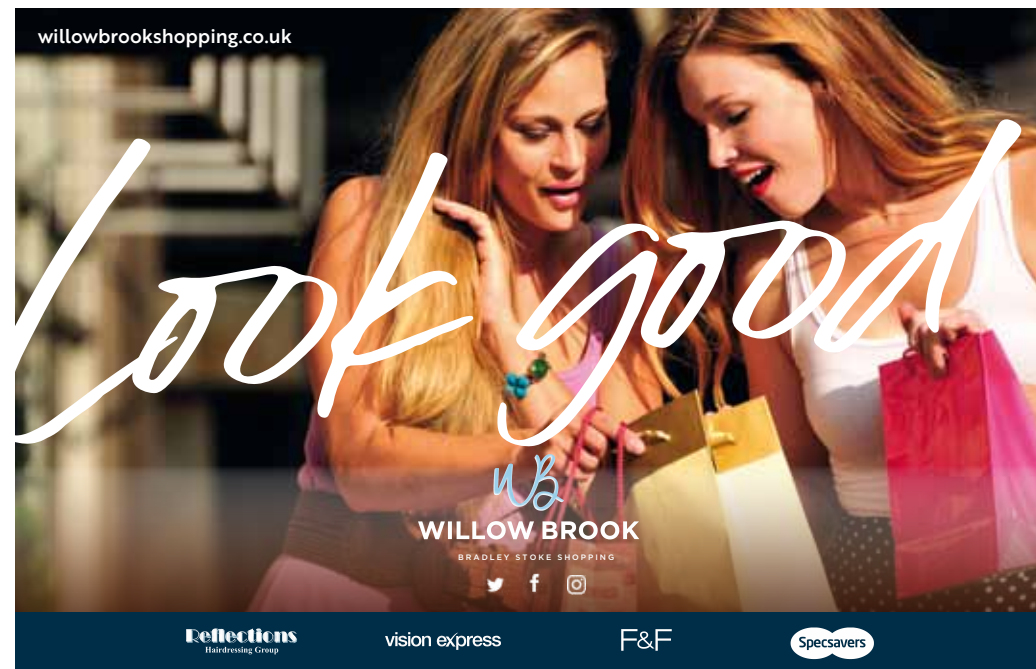
Flash: A Tribute to QUEEN

established in 2001 and bringing together the finest musicians from several Queen Tribute shows to form a 'best of the best' live Tribute to the musical legacy of Freddie Mercury and Queen.

Every member of the group has been creatively and technically inspired by Queen, each using replica equipment, to add that extra sound characteristic and obvious visual treat to the discerning fan. They take great satisfaction and pride in producing a show that is performed in authentic costumes, bringing back all the magic that made every Queen concert so very special.

Queen has amassed a huge back catalogue of hit records and it's been hard work trying to construct a show that captures their creative history in such a small amount of stage time, but we guarantee the show to be a non-stop juke box of the very best of Queen, hit after hit, anthem after anthem, with audience participation at a high from the very start.

Tickets are £22 (includes booking fee)
Tickets: www.castellroc.co.uk
11th February 2023. Doors open 7pm



News from Frampton Cotterell Parish Council



Carols Around The Tree

On Thursday the 1st of December, Frampton Cotterell Parish Council hosted our annual Carols Around The Tree community Christmas event at the Bockeridge Centre.

We had a fantastic turnout, and the event proved a great opportunity for our parishioners to come together as a community and strengthen neighbourly bonds – whilst having fun!

The evening kicked off with some heart-warming community carol singing lead by the fantastic Crossbow Singers. After singing together, everyone headed indoors for the tombola, local stalls, refreshments, conversation, and a selection of fun craft activities – including making marshmallow snowmen, decorating Christmas cookies, creating Christmas decorations, and designing the official 2022 Frampton Cotterell Parish Council Christmas e-card. Keep an eye out on our website and Facebook page later in the month, to see a gallery of all the brilliant cards illustrated by the talented young artists in our community!

Thanks to everyone who entered our tombola, we were able to raise £196.04 – money which will go towards putting on more community events in the future for everyone in the village to enjoy.

This year's Carols Around The Tree was a wonderful event, and we'd like to thank everyone who supported and attended. Thank you!



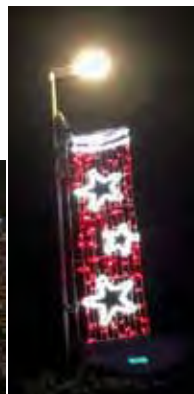
Climate & Nature Volunteering with Frampton Cotterell Parish Council

Every second Saturday of every month, Frampton Cotterell Parish Council hosts practical wildlife activities and projects for our community to get involved with. Previous projects have included wildflower planting, tree planting, sapling care, and more!

If you are interested in taking part in our Climate & Nature volunteer projects, and helping improve the environment in and around our village, or if you'd simply like to find out more, contact our Climate & Nature Officer on nature@framptoncotterell-pc.gov.uk, call us on 01454 864442, or head across to our website at www.framptoncotterell-pc.gov.uk/climate-nature/

Warm Space at The Bockeridge Centre

Frampton Cotterell Parish Council are opening the Bockeridge Centre every Thursday morning (9am – 12pm) as a Warm Space. Any of our parishioners are welcome to come along for a warm place to sit and have a warm drink, have a chat, read a book, and keep warm!



If you'd like any more information, get in touch via the contact details opposite or come into the Bockeridge Centre during our opening hours.

Frampton Cotterell Christmas Lights

Back in 2015, Frampton Cotterell Parish Council decided to put in place a new project at Christmas time to highlight local shops by putting up Christmas lights near them.



Since then, this project has grown year on year, first with more lights being added to Woodend Road, extending into Lower Stone Close and then onto Church Road, and eventually round to Zion Church and to all of the wonderful Christmas lights which can be seen in the village today!

When we started the Christmas Lights project, we also hoped to encourage householders to put up Christmas lights in their homes and windows, as back in 2015 very few houses were decorated. Today, many houses are lit up and decorated for Christmas, helping to boost the seasonal spirit and community feel in the village!

These Christmas Lights in the village are purchased and organised by Frampton Cotterell Parish Council. We pay South Gloucestershire Council to put the



lights up, as the lamp posts onto which the lights are attached are South Gloucestershire Council property; South Gloucestershire Council are also in control of turning the lights on, although the Parish Council advises on when we'd like them to be lit up!

The Parish Council hopes that the village enjoys these Christmas Lights. We'd love feedback from our parishioners on the lights, so please get in touch via the contact details below, or pop into the Bockeridge Centre during our opening hours to have a chat.

 **Frampton Cotterell Parish Council**

T: 01454 864442

E: office@framptoncotterell-pc.gov.uk

www.framptoncotterell-pc.gov.uk



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Paul's Place Grand Ball

Supporting disabled adults to live life to the full

Saturday 11th March 2023

The Village Hotel | Filton

Join us for a night of glamour and fun!

This year's ticket includes a welcome drink, a 3-course meal, live music & comedy, plus the chance to win some fantastic raffle & auction prizes. Tickets can be booked as individuals, small groups or whole tables for £59.95 per person. 7pm - 12:30am.

Joshua Robertson is a brilliant stand-up comedian, actor and writer featured in BBC Three's Amazing Humans series



Scan me for tickets!
Or give us a call on
01454 777 236

More information can be found on our website: www.paulsplace.org.uk/grand-ball-2023



We're looking for event sponsors!

If your business is looking for a new advertising opportunity while supporting a good cause, get in touch by emailing fundraising@paulsplace.org.uk

What's happening at Paul's Place in 2023?

Paul's Place is a charity that enhances life for physically disabled adults. This year the charity has some exciting events and projects on the horizon for their local community to get involved in and even learn something new.



The Grand Ball

This is the charity's biggest fundraising event of the year. Last year, their anniversary ball raised a record amount of over £11,000. The charity hopes to repeat that success by bringing back another night of glamour. The grand ball will be on the 11th March 2023, at the Village Hotel in Filton.

Tickets cost £59.95 per person. This year your ticket includes a welcome drink, 3-course meal and entertainment from brilliant writer and disabled comedian Joshua Robertson, plus you can win fantastic prizes in their raffle and auction, and then dance the night away to live music from Goodnight Lois.

Celebrity Football Match and Music Fundraiser

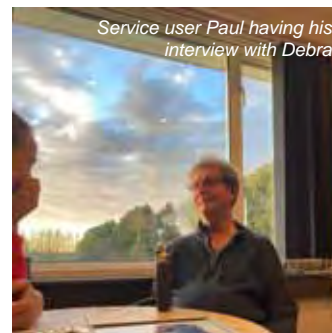
Darren Sims (pictured) is a local musician and all-round brilliant individual hosting charitable events for many causes and individuals. The celebrity football match and music fundraiser is held in aid of Paul's Place and thanks to the charity's patron Louis Carey, him and a team of ex professionals play against members of the public to raise funds.

You can enjoy a day out watching or playing football, enjoying delicious food and taking part in a raffle and auction, as well as music to finish!

This event was originally in November 2022 but was postponed to spring this year. Keep an eye on Paul's Place Facebook page for further information about the new date, or email fundraising@paulsplace.org.uk if you are interested in playing on the football team.



Voices: a project to help raise awareness about disability



Service user Paul having his interview with Debra

The voices project raises awareness of the issues that matter to disabled people. Communications Officer Alex is managing the project, sharing that, "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 will help our members find new ways to express themselves creatively."

The charity is working 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 "How does the experience differ between being born disabled vs becoming disabled later in life?" Each individual shares their unique perspective.

A member (service user) 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."

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. "They've learned a lot and Beth the poet has helped them produce a beautiful series of poems which we hope to create a book with in 2023," Alex shares.

"The stories are powerful and hope to educate the public on disability matters, as well as create more understanding about how we can help disabled people feel more included in our society", 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.**

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/>

Bradley Stoke Wednesdays 1.30pm to 3.00pm	Horfield Tuesdays 11.00am to 12.30pm	Winterbourne Thursdays 11.00am to 12.30pm
11 January 2023	31 January 2023	23 February 2023
18 January 2023	7 February 2023	2 March 2023
25 January 2023	21 February 2023	9 March 2023
1 February 2023	28 February 2023	16 March 2023
8 February 2023	7 March 2023	23 March 2023
22 February 2023	14 March 2023	30 March 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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Minister's Message

Dear Friends

What a year 2022 was, War in Ukraine, Covid still rumbling on and on, a Financial Crisis with a disastrous 'Mini Budget' to increase the pain, inflation and interest rates soaring, families struggling to heat homes and feed their children; and on top of this we as a Nation mourned the death of a beloved Queen.

It may surprise you to know that we are still in the Christmas season, we call this time "Epiphany", in fact Christmas does not officially end until the celebration of Candlemas on 2nd February.

Christians have always believed that Christmas and Epiphany are a time when we remember that the light of God's Love shines in our world even in the darkest moments and shines for everyone. The Prophet Isaiah proclaimed:

'The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned'

And in John's Gospel, that we heard over Christmas:

'The light shines in the darkness, and the darkness has not overcome it.'

For Christians Jesus is 'The Light' and he shows us a better way to live out our lives with each other, based on love for neighbour, peace rather than confrontation, care for those on the margins and generous hospitality to the stranger. If we could all just embrace this our world would be such a healthier and richer place, full of a hope that all people, whatever their faith or none, can place God's gift of love for all, at the centre of their hearts.

In the season of Epiphany, we are reminded, as the Christ child is made known to wise strangers from the east, that this good news from God is truly for everyone. So, take a moment to let the light of 'Christ's Love' touch your heart,

Can I take this opportunity to wish you all a very Happy 2023 and lets all hope and pray that it is a much better year for everyone in our world!

In Malcolm

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

www.fromesidechurches.org.uk

Tel: 01454 776518



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



Share a Little 'Comfort & Joy' this Winter!

This winter, the churches of 'Together 4 Fromeside' will once again seek your help in supporting households across Fromeside in need throughout 2023.

Your contributions to their annual 'Comfort & Joy' appeal provide the funds to support many, many local families. Over the past year, thanks to the generosity of our community, and with the help of our local partners in housing, health and education, 'Together 4 Fromeside' have been able to respond to well over 100 households in need.

When people have been rehomed into properties with no carpets, or been unable to top up their gas meter, or had no food in the cupboard, 'Comfort & Joy' has demonstrated compassion, made a practical difference, and opened a door to community for many.

This winter is set to see financial challenges for many people, and the funds received through 'Comfort & Joy' can help us reach and support our neighbours in need.

Thank you for making this happen.

You can give to Comfort & Joy:

Online at: www.justgiving.com/campaign/comfort-joy-2022

By cash/cheque to: 'Comfort & Joy' c/o Zion Church Office, Woodend Road, Frampton Cotterell, BS36 2HY. Cheques payable to 'Churches Together in Frampton Cotterell and Coalpit Heath (LEP)'.



Feeding Fromeside Food Hub

As the Cost of Living Crisis bites this winter, locals have set up their own 'Food Hub' to help reduce food waste and mitigate food insecurity in Frampton Cotterell, Coalpit Heath, Winterbourne and the wider area. The food hub opens once a week and offers free food parcels, hot drinks and snacks at a community café.

The venture will run on a 'pay as you wish' basis. This means that for those on the breadline, food parcels, hot drinks and snacks will be available for pennies or even for free. For those who can afford to pay more or for those who perhaps don't need assistance but who think the project represents a valuable asset to the community, there will of course be an opportunity to donate much more to help support the project!

Anyone is welcome to use the food hub and while the food parcels are designed for those who really need help with groceries, no one will be turned away or asked searching questions about whether they need help or why. The café, on the other hand, welcomes everyone, regardless of income and the coordinating team hope that the Food Hub can become a real central point in the village where people can make friends, warm up in the colder months and create a strong sense of community spirit and mutual assistance.

The project has been set up with a grant from Community Brightside which operates under the auspices of South Glos Council. The money has been awarded to the Food Hub team to empower them to work towards reducing health inequalities in the local area.

The Hub will operate out of Zion United Church, Woodend Road in Frampton Cotterell, who have volunteered the use of their accessible building and kitchen so that the whole community can benefit from this project with minimal overheads.

Despite the presence of food insecurity and deprivation in the neighbourhood, most support services (such as food banks) are located several miles away. With local buses cut to the bone this means that many families and individuals struggle to access much needed support.

The Feeding Fromeside Food Hub will endeavour to mitigate some of these difficulties, while reducing food waste in the local area by distributing surplus from local food businesses. Winterbourne Co-op have already begun donating to the Hub and the coordinating team are hoping that other supermarkets and food businesses will soon follow.

The food hub is an ambitious project for a small village and the coordinating team would certainly welcome more volunteers and food donations.

Please contact the lead coordinator Zoe Drew at zoedrew@googlemail.com if you can help.



News from Winterbourne Evening WI *by Emilie Smith*



The Rulettes
Classic Gold Hits

Great Harmony Songs from the 60s/70s
including the Classic Sounds of

The Beach Boys

Here at
Manor Hall - Henfield Rd
on 4th March
Doors open at 7.15 pm
Show starts at 8pm - No Bar B.Y.O

Tickets
£10
Entry includes a Ploughman's Supper



This month we had Robin Burton of www.stroudwassail.com, speak to us about the traditions associated with Christmas. He spoke about traditions old and new and told us about the old English

tradition of wassailing which is having a revival in recent years.

The term wassail goes back to anglo-saxon times and is a form of toast. "Waes Hael" – Be of good health. The reply to this toast is to say "Drinc hael" – Drink healthily. There is a rich collection of wassail songs from the villages around Stroud, where Robin is part of a community group that has re-introduced the practice. The songs reflect a tradition that was widespread in England but is different to the apple wassailing that has become popular in recent times. Close to 12th Night, wassailers would go from door to door, or around the pubs, carrying a wassail bowl and singing a wassailing song. The theme is to wish everyone a prosperous year.

We enjoyed a spread of finger food and Robin also regaled us with some of the traditional folk tunes sung during wassailing.

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.

Butterflies

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

Mondays 10–11.30am in school terms

St. Saviours Church Hall, Beesmoor Road, Coalpit Heath, BS36 2RP

All welcome • £3 per family per session

For more information contact
Jessica 01454 228666 or Mary 01454 887870



Donations have been made, and plans now begin for the 2023 event. Our four chosen charities; MIND, SAFFA, Brace & North Bristol Food Bank, were thrilled with the additional £300 donation this year, on top of the £400 donated in 2021.

The charities all expressed their sincere thanks in what has been a challenging time, many are experiencing an up surge in need due to the current economic climate. So in turn, we would like to say "thank you" to all who visited and bought, a hot dog here and a tomato plant there, all contribute to the huge support we were able to provide for those in need.

Following the AGM in September last year, we welcome two new committee members, expanding upon our 2022 team. We're concentrating our efforts on making next year's Carnival even bigger and better! Thanks to your responses to our feedback survey, we'll be putting on more of what you want.

To help us grow, we're looking for local businesses to sponsor us. We are proposing various levels of sponsorship, so regardless of size, your business can get involved. With our large social media following you won't regret it, so please get in touch if you're keen to know more!

Kathryn Hopes, Publicity Officer

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



News from Fram Rugby

Frampton Cotterell RFC Colts were proud to wear their new kit on 27th November 2022, for the first time, for a home match against North Bristol. Huge thanks go to Timberwise for their generous sponsorship!

Despite a number of injuries to key players, Fram put up a sterling performance but came up short against a sizeable and well-drilled North outfit – final score 19-43. The home team tries were scored by Fin Mills, Rhys Davies and Dillon Hill. Max Mumby converted two of the tries, including one fabulous effort from the touchline.

Head Coach Andy Kempson said "I'm proud of the effort today against such strong opposition. We had a mixed start to the season, but with three wins under our belts, and some players coming back from injury, we're really looking forward to continuing our form into 2023."

www.pitchero.com/clubs/framptoncotterell

f t Frampton Cotterell RFC

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Avon County Scouts receive Queen's Award



Avon County Scouts volunteers have been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Scouting in the Avon area supports young people from all walks of life to reach their full potential and become the best possible citizens of the future, while having fun and learning skills for life. They are fully inclusive and totally embedded within the community, taking part in a plethora of activities and having a profound impact on hundreds of children.

"It is a real honour for our volunteers to receive such fantastic recognition for all their hard work and commitment." County Commissioner, Graham Brant.

Avon County Scouts is one of 244 charities, social enterprises and voluntary groups from across the United Kingdom and Channel Islands to receive the prestigious award this year. The number of nominations and awards has increased year on year since the awards were introduced in 2002, showing that the voluntary sector is thriving and full of innovative ideas to make life better for those around them.

News from Coalpit Heath WI



It has been a busy couple of months for Coalpit Heath WI with lots going on. Our Christmas meeting was spent creating some tree decorations from felt and buttons, giving us plenty of time to chat over mulled wine and nibbles! There were six lucky winners of Christmas hamper items and a further collection was made of items for the Food Bank.

Poems, carols, mulled wine and mince pies were enjoyed at the carol service at St Saviour's. A donation from the collection will be made to Paul's Place in memory of our friend, Annie.

Christmas meals out at Highgrove and the Bell in Sodbury have been appreciated and the ballet trip to see 'Raymonda' at the Hippodrome was described as 'beautiful and wonderful'.

Our book club has now reviewed their second book, the very high scoring 'Where the Crawdads sing'. It may have taken a little while to get into it but we loved the characters and the descriptions of the marsh. We were kept wondering right to the end. Our next meet up will be in January, so plenty of time over Christmas to read, 'The Tent, the bucket and me'.

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 starts with:

January 4th, Tim Lewis – Jack and the Beanstalk | February 1st, Susan Symons – Victoria and Albert March 1st, Ann Fisher – Iced flower demonstration | April 5th, Briony May Williams – Life after Bake off

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



Local classical music group is looking for string players

Do you play classical violin or viola and want a new playing opportunity? Stoke Gifford-based group The Gifford Ensemble is looking for string players to grow its membership and repertoire.

Formed in 2018, the Ensemble has formed a reputation for its friendly, accessible concerts, providing light music and – crucially – home-made cake to appreciative audiences. The COVID pandemic stopped performances but not play – the group still managed to put pieces together online, including a recording of Ronald Binge's Elizabethan Serenade, made with each player recording their part at home with a click track.

Regular rehearsals finally resumed earlier this year and the Ensemble were delighted to present a cheerful summer concert featuring well-known pieces such as Handel's Royal Fireworks and Fauré's Pavane, as well as two new works composed by members of the group.

The group have now started planning their autumn programme, including a Christmas concert to feature a carol singalong and of course more cakes.

Now they are properly back to work, the Ensemble are looking for new members so that they can expand their repertoire. In particular they are looking for string players, especially violins and violas.

Rehearsals take place at 7.15pm on Sunday nights in the Trust Hall, North Road, Stoke Gifford BS34 8PE. Members pay £4 per rehearsal to cover venue hire costs, but the first trial rehearsal is free. There is a friendly and relaxed atmosphere and all players get involved with discussions about the music.

If you play violin or viola and you're interested in joining, you can get in touch with the group via their Facebook page, their website (www.giffordensemble.uk) or by emailing secretary@giffordensemble.uk.



FRAMPTON SINGALONG

with The Jays and The Rosettes

2–3.30pm, Crossbow House, School Road

Enjoy a Singalong in 2023 on the following dates

Monday 2nd January

Monday 6th February

Monday 6th March

Monday 3rd April

Monday 1st May

Monday 5th June

£5 / carers free

Refreshments included

All profits to Ukraine Humanitarian Appeal

Contact Hilary on 07515 351813 for details and to book a place

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Frampton Cotterell & Coalpit Heath Village Diary 2022/23

January

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

Weds 4th – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. www.salemchurch.org.uk

Weds 4th – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: henfieldhall@yahoo.com

Weds 4th – 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 4th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Varied Talks. Visitors always welcome! T: 07935 071291 | E: carolinemjohnston@hotmail.com or Facebook

Thurs 5th – 'Pay as you Feel' Community Cafe & Pantry, Zion, Woodend Road, 12–2.30pm

Thurs 5th – FC Guitar Club, Bockeridge Centre 6.45–8.15pm. E: nick.drewitt@yahoo.com

Fri 6th – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info T: 01454 776518

Fri 6th – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947, E: crossbowhouse@gmail.com

Sat 7th – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Book a table (£5). T: 07920 145352 | www.cphvh.co.uk and Facebook | E: coalpitheathvh@gmail.com

Mon 9th – 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

Mon 9th – 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 10th – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. T: Mary Head 01454 887870 | E: mary.head@blueyonder.co.uk

Fri 13th – Coffee and Chat, St Peters church, 10am–12pm

Fri 13th – Frampton Folk club, Crossbow 8–11pm. Acoustic music. Play, sing, listen. T: 07974 151437 | E: andrew.edgington77@gmail.com or FB/ [folkatframptoncotterell](https://www.facebook.com/folkatframptoncotterell)

Sun 15th – Litter Walk. Friendly group aimed at families with children, meet 10am. Venue tbc. Info: Facebook @framptonlitterwalks or www.villageaction.org.uk

Tues 17th – Frampton Cotterell Parish Council Coffee & Cake morning at Bockeridge Centre, 11am–1pm. Everyone is welcome to attend

Weds 18th – FC & District Local History Society, Zion Hall, 7.30pm. £4 Members free (£15pa). E: secretary_fcdlhs@yahoo.com

Thurs 19th – 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

Fri 20th – Bingo, Crossbow, 8pm. T: 01454 772947

Sat 21st – 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. E: winterbourneenvironmental@gmail.com

Sat 21st – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome

Tues 24th – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

Tues 24th – Frampton WI, St Peters Hall 7.45pm. Life at the Zoo, with Liz Curtis. See Facebook.com/ FramptonCottWI | E: Fwisecretary@outlook.com

Weds 25th – Litter Busters, 10am–12pm. If you would like to get involved see Village Action website or E: framcottva@hotmail.co.uk

Thurs 26th – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info, E: David.stone@alzheimers.org.uk

Fri 27th – Fused Glass workshops, Winterbourne Barn, 10am or 1pm. Book online www.winterbournebarn.org.uk

February

Weds 1st – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. www.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, T: 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 or FB

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

Thurs 2nd – 'Pay as you Feel' Community Cafe & Pantry, Zion, Woodend Road, 12–2.30pm

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

Mon 6th – Frampton Singalong, Crossbow House, 2–3.30pm. £5 incl refreshments. Carers free. All profits to Ukraine Humanitarian Appeal. Booking Hilary, T: 07515 351813

Mon 6th – 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

Mon 6th – 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 7th – Frampton Cotterell Parish Council Coffee & Cake morning at Bockeridge Centre, 11am–1pm. Everyone is welcome to attend

Tues 7th – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. T: Mary Head 01454 887870 | mary.head@blueyonder.co.uk

Fri 10th – Frampton Folk club, Crossbow 8–11pm. Acoustic music. Play, sing, listen. T: 07974 151437 or FB/ [folkatframptoncotterell](https://www.facebook.com/folkatframptoncotterell)

Weds 15th – FC & District Local History Society, Zion Hall, 7.30pm. £4 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 T: 07789 662694

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

Sat 18th – 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. E: winterbourneenvironmental@gmail.com

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

Tues 21st – Talk: Local Place Names, Winterbourne Medieval Barn, 7pm | www.winterbournebarn.org.uk

Tues 21st – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

Tues 21st – Frampton WI, St Peters Hall 7.45pm. Life at the Zoo, with Liz Curtis. See Facebook.com/ FramptonCottWI | E: Fwisecretary@outlook.com

Weds 22nd – Litter Busters, 10am–12pm. If you would like to get involved see Village Action website or E: framcottva@hotmail.co.uk

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

March

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

Sun 5th – Bristol Male Voice Choir and Frampton Shantymen, Winterbourne Medieval Barn, 2.30pm. www.winterbournebarn.org.uk

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

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

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Index of Local Advertisers

Aerials		Frampton Singalong	29	Locksmith	
A1 Aerials	36	The Rullettes	26	Keymaster	33
Dan Grace Aerials	7,37	Village Diary	30,31	Lock Stuck and Barrels	34
M D Aerials	34	Wint Library News	12	Man & Van	
Bicycle Repair		Computer services: IT – Repair/help		Local Man with a Van	36
Rule 4 Cycles	14	Frampton Cotterell Computer Group	23	Medical / Complementary Therapist	
Blinds		Conveyancing		Osteomyologist – Dawn Clode	15
Harmony Blinds of Bristol	39	Sarah Howe & Teaghan Jenkins, Setfords	4	Music / Events	
Builders/Groundwork/Property svcs		Doors		Castell Roc live music events	16,17
Beaufort Property	33	DCL Doors & Windows	35	Flash a Tribute to Queen	17
CWG Design & Build Limited	34	Dream Doors	13	Paul's Place annual ball	20,21
MW Property Maintenance	33	Garolla Roller Shutter Doors	37	Opticians	
Newmark Construction Group	11	Southern Plasticad	40	Mike Harbord Opticians	15
Carpet & Upholstery Cleaners		Electrical Appliance Repairs		Oven Cleaners	
Bonne Fresh Clean	32	DC-R domestic appliance repairs	33	Oven Gleamers	6
Car / Motorbike- Repair / Valet / MOT		Electrician		Painter / Decorator / Tiler	
Frampton Garage	35	Gary Smart Electrical	37	MW Property Maintenance	33
LCM Automotive	1	Millard Electrical Services	34	RAW Decorating	34
Central Heating Engineers		Engraving		Plumbing / Heating Engineers	
AMW Plumbing & Heating	32	RMG Engraving	27	AK Plumbing	32
Mayo's Heating & Plumbing	35	Estate Agents / Property Letting		AMW Plumbing & Heating	32
Cleaning & Domestic Services		Bundy and Bond Estate Agents	1,3	Low Cost Plumbing	36
Clover Ovenclean	36	Fundraisers		Mayo's Heating & Plumbing	35
Elite Hygiene Services	36	Paul's Place annual ball	20,21	WJM Plumbing	37
Oven Gleamers	6	Gardens / Garden Maintenance		Recruitment	
Community Articles		CJP	36	Sales executive	5
Avon County Scouts	28	Myles the Gardener	32	Roofing	
Comfort & Joy Appeal	24	Gym / Pools		Supreme Roofing	37
Elm Park School	4,5	Aztec Hotel & Spa	2,8	Rooftech	33
Events at Wint Medieval Barn	10,11	Hair / Beauty		Roller Shutter Doors (Garage)	
Feeding Fromside Food Hub	25	Aztec Hotel & Spa	2,8	Garolla Roller Shutter Doors	37
Frampton Cotterell WI	7	Beauty Plus	15	Rubbish Clearance	
Local Classical Music Group	29	The Hairdresser	9	Bradley Stoke Rubbish Clearance	32
Minister's Christmas Message	24	Home Care		Security	
News from Coalpit Heath WI	28	My Homecare - Care at Home	23	Technisys - Home Alarm Systems	33
News from Fram Cott PC	18,19	Hotels / Restaurant		Shopping Centres	
News from Fram Rugby	27	Aztec Hotel & Spa	2,8	Willow Brook Centre	17,19
New Walks & Talks	22	Insulation		Stairlifts	
News from Wint Down Carnival	27	Insulation Network	34	Thornbury stairlifts	23
News from Winterbourne Eve WI	26	ISO Management Systems		Wedding Showcase	
Paul's Place	20,21	Pontnewydd Consulting Ltd	10	Aztec Hotel & Spa	2,8
St Michael's Primary School	14	Kitchen Refurbishment		Windows/Conservatories & Doors	
The Co-Op Celebration Day 2022	6	Dream Doors	13	DCL Doors & Windows	35
Veganuary	9			Southern Plasticad	40
Wint Library News	12				

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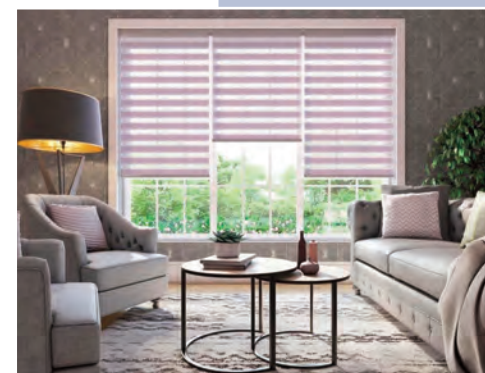
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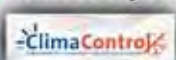
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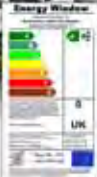


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