

Winterbourne & Frampton *Matters*



June / July 2023

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Dear Residents,

Welcome to the June issue. We enjoyed attending the annual Winterbourne Down Carnival over the first May bank holiday. Share in some of the day's fun on the centre pages. It was clear a great deal of work went into making the event the huge success that it was and it was wonderful to see the community come together to relax, have fun and raise money for charity.

To celebrate the King's Coronation, Winterbourne evening WI worked with the Parish Council to put up a wonderful display on the green by the George and Dragon. Winterbourne Library invited local people to join in with crown and royal bunting making, topped off with a cream tea! St Michael's School enjoyed a day of patriotic activities. From dressing in red, white and blue to 'Singing to the King'. Read about of these events inside.

On Sunday 11th June, Winterbourne Medieval Barn invite you to join them for their Medieval Fayre. Living history group The Company of Chivalry will

re-enact life as it was in a military encampment during the Hundred Years War in the 1300s when the Barn was built. There will be lots of activities and refreshments to enjoy too. Read about this special day and many other events the Medieval Barn has lined up over the summer months.

Frampton Cotterell Parish Council share news on the success of their annual Bioblitz that took place at the end of April. They are now looking forward to their Hedgehog Heroes launch event on Friday 2nd June, everyone is welcome to attend.

All this and news from many more local groups.

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 June 2023.

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

community@mattersmagazines.co.uk 01454 300900 Jaci & Kerry x



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

Don't forget to mention Winterbourne & Frampton Matters when replying to ads! 3



Nature crafts table



Bioblitzing at Centenary Field



Maya in the den she built as part of our Den-Building activity!

Hedgehog Heroes Launch Event

Join Frampton Cotterell Parish Council at the Bickeridge Centre, 2-4pm on Friday 2nd June for our Hedgehog Heroes Launch Event!

We want to help local people become Hedgehog Heroes so that together we can work towards protecting our endangered hedgehogs in the UK.

Our Hedgehog Heroes launch event will include a talk by Hedgehog Rescue, as well as a hedgehog themed tombola, a hedgehog cake competition (bring your own to enter, prize for the winner!), hedgehog themed arts and crafts, and informational stalls.

Everyone is welcome to come along, and entry to the event will be free – but if you can, please do bring some change for the tombola and stall donations.

If you have any questions, or would like any more information about becoming a Hedgehog Hero, get in touch via the contact info below.

Bioblitz 2023 Look-back

On Saturday 29th April, Frampton Cotterell Parish Council and Frampton Cotterell Nature Group organised and hosted the second annual Frampton Cotterell Bioblitz at Centenary Field.

This event was well attended and well received, it gave people the opportunity to engage with local nature in all kinds of ways. With the help of our fantastic volunteers, we were able to offer activities such as guided nature walks, nature talks, nature crafts, and of course "Bioblitzing" local nature via the iNaturalist app! We were also able to provide braille and BSL provisions for our Bat Workshop as part of our wider inclusive bat project.

The results of the Frampton Cotterell Bioblitz can be viewed at www.inaturalist.org/projects/frampton-cotterell-bioblitz-2023. Here you can see the species

of plants and animals which people recorded in Frampton Cotterell at this year's Bioblitz.

Thank you to everyone who got involved in this year's brilliant Bioblitz, from our volunteers to all the guests who attended.

For more information on our projects do get in touch.

T: 01454 864442

Facebook: @Frampton Cotterell Parish Council

E: office@framptoncotterell-pc.gov.uk

www.framptoncotterell-pc.gov.uk



What's on at Winterbourne library

Staffed opening hours – Tuesday, Wednesday, Friday 10am – 5pm, Saturday 9.30am – 12.30pm.

Coronation celebration – A big thank you to everyone who helped create our community bunting and decorations, for baking cakes, and for coming to our Coronation celebration, and a particular thank you to Winterbourne Flower Club for their magnificent floral display (pictured).

Coming soon... The Travelling Library of the World, 27th June – 14th July. A display celebrating ethnic diversity and showcasing stories from around the world.

Regular children's activities:

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, Saturdays – Next date Saturday 10th June. All children must be accompanied by an adult.

Interested in volunteering? Make a difference this summer at South Gloucestershire Libraries, where we are looking for friendly and enthusiastic volunteers to join the team running **Summer Reading Challenge 2023, Ready, Set, Read!**



Volunteers will spend their time supporting children to do the Summer Reading Challenge, talking with them about the

books they're reading and helping at a range of fun activities in the library. This is a great opportunity to develop skills in communication, team work and creative projects. Volunteers must be aged 14 or over. The closing date for applications is 23 June. For more information ask a member of staff at any South Gloucestershire library or email us.



Library staff
Alison Hugo,
Deb Wright
& Alexandra
Williams



Need help getting online? Want to know how to use your tablet? Set up email? Shop online? Book a 1:1 appointment with our Digital Champion on a Friday, 10am – 12pm. Booking essential.

Use our library 7 days a week – 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 visit our website.

www.southglos.gov.uk/libraries

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News from the Floral Friends of Frampton

Sensory Garden

FFF volunteers spent a morning recently replacing the old wooden planters (which had deteriorated badly) with new ones made from recycled plastic. They also have reservoirs in the bottom which should help with watering.

The new containers will soon be fully planted with a mixture of perennials and summer bedding to bring a colourful and scented display to delight the senses (and the local wildlife!).

Thank you, Frampton Garage, for transporting the new planters from their winter residence to the Sensory Garden. Your help is very much appreciated.

We are also indebted to the family of Brian Tyrer (a local resident who recently passed away) who donated money collected at his funeral, to support the purchase of one of these planters in his memory.

Community Awards – Thank you to the Parish Council for recognising us in the recent Community Awards for our 'work in enhancing the village and organising community events'.

We are also delighted that one of our most stalwart volunteers (and Treasurer) – Andrew Edgington – was recognised with a Lifetime Achievement Award, for his work in the community over many years, including his involvement in the Good Neighbours scheme, Duke of Edinburgh Awards Scheme, Village Action and with us!

FRAMPTON SINGALONG with The Jays and The Rosettes

2–3.30pm, Crossbow House, School Road

Enjoy a Singalong on Monday 5th June

Please note Singalong takes a break for July to August inclusive.

Sessions resume Monday 4th September 2023 and 1st Monday in the month after that.

£5 / carers free | Refreshments included
All profits to Ukraine Humanitarian Appeal

Contact Hilary on 07515 351813



Local school children go sowing!

Local pupils recently sowed Sunflower, Marigold and Nasturtiums seeds in two large planters at Bridge House. Hopefully, they will grow quickly to give Bridge House residents a colourful floral display to enjoy. Once the seed sowing was completed, children (and adults) enjoyed a train trip around the grounds of Bridge House, courtesy of local volunteers who keep the train running on high days and holidays.

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**.

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

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Wellbeing Matters!

I'm absolutely delighted to be joining the 'Matters' team as your regular Wellbeing contributor.

Blogging, podcasting and LIVE social media form a big part of our education and contribution here at **Tip the Balance Wellbeing**, but I am also driven by 'community' in all its forms. I cannot wait to celebrate the topics we are exploring in our world of Wellbeing over the coming months and support you with your wellbeing after a fascinating few years!

I've lived in Winterbourne for nearly 20 years, taught in local schools, and am blessed to have raised my boys here in our wonderful community. I've built my business from our home since 2011 and have seen it evolve from a home-based, product-led business to the '**Clinic Without Walls**'™ that we now operate, drawing in professional expertise from over 30 different wellbeing referral partners in the area (and beyond) to support our clients with their varied wellbeing needs. I'm excited to showcase some of the brilliantly talented and passionate people I work with and how they might help you too.

As an experienced post-graduate biological scientist, my passion has always been the human body – when it works well and especially when it doesn't! So, we take a very holistic approach to the wellbeing needs of our many clients.

After a global pandemic, we are all much more aware of the value of our own physical, mental and emotional health. Despite initiatives to support mental health in particular, all too often we lack the courage to tap into them or the time to build the relationships and trust that supports and encourages us to ask for the help we might need.

Our Wellbeing Clinic is centred around building those relationships with you, so you feel safe to explore whatever you need to rebalance your sense of wellbeing. This is one of the things I love about working within our community. Many of our clients are people I've known for some time, in other walks of life – parents in the playground, teammates from clubs, former members at



Tip the Balance

slimming group, past pupils and/or their parents, fellow walkers from our local walking groups or referrals from happy clients or family and friends.

The Nutrition Clinic has been running for nearly 6 years and taps into my love of all things food, digestion and performance. Whether it's families or individuals, we support a wide

variety of challenges, so also created a very supportive online community to tap into for both accountability and inspiration.

The Workplace Wellbeing Clinic evolved after a referral from a teammate 5 years ago and now supports the wellbeing of teams in organisations across the country, stretching from the Midlands, down to London and across the South Coast.

As a Nordic Walking Instructor for about 4 years, I've led Tip the Balance Fitness, Wellbeing and Adventure walks in the local area. At Christmas we hatched plans to grow a community-based, social walking group and '**Walk Mates Winterbourne**' was founded on 6th January – a group of locals who meet every Wednesday night, to walk, chat and support each other to 'Move More and Make Friends'. A winter launch did mean we have walked in the pitch dark, howling wind and monsoon-like rain, but we are finally enjoying a few lighter brighter evenings! I'm proud to witness the blossoming friendships developing every time we meet - What 'Community' is all about!

So, see you next time for our first Wellbeing Blog and the latest news from **Tip the Balance – The Clinic Without Walls**™

Becca

Our contact links can be found at www.linktr.ee/tipthebalance or call 07721 907780

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Your Best YOU!

A NEW Menopause Relief Treatment

The Aztec Hotel & Spa is delighted to announce the launch of a NEW Menopause Relief treatment from TEMPLESPA, Your Best You (£98 for 80 minutes, which will be available from 1st June 2023.



Created by luxury British brand TEMPLESPA, the treatment has been carefully designed to help ease the symptoms of those going through menopause or peri-menopause.

Visiting a spa can help alleviate some of these symptoms and provide a relaxing and rejuvenating experience, with a tailored treatment like the 'Your Best You' helping to bring the body back into balance and ease issues such as easing joint pain, clearing brain fog and improving fatigue.

YOUR BEST YOU – Menopause Relief Spa Treatment from TEMPLESPA

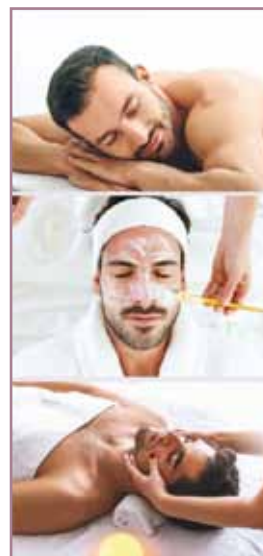
PRICE: £98 (80 minutes)

This unique top-to-toe treatment is bespoke to the individual, supporting them fully during their second spring, no matter the stage they're at. The hour-long treatment will leave guests energised yet nurtured, at ease. Guest can choose from either a warm or cool treatment but can also change their mind during the

This gentle, caring massage uses a combination of the Spa's expert therapist hands and Himalayan Salt stones with TEMPLESPA nurturing skincare. These healing stones produce negative ions to support stress relief, increase energy, and positively boost the mood.

Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. Nutritious oils and TEMPLESPA'S deeply hydrating and comforting body cream, DUVET gives the body the hug it deserves. It also includes a lifting facial massage, hot oil scalp massage and application of the award-winning Truffle products.

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And don't Forget Father's Day - 18th June!

The 35-minute Temple Spa Soul Soother treatment, provides instant relief for tired over-worked muscles caused by the hustle and bustle of everyday life. Starting off with an exfoliation of the lower legs and a cooling, refreshing massage, moving onto the shoulders and neck to remove any deep-set knots and finishing off at the scalp with a deeply relaxing scalp massage, men are left feeling truly soothed and refreshed! RRP: from £59

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Make it into a spa afternoon, from £110!

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



Early Summer at Winterbourne Medieval Barn

Medieval Fayre, Sunday 11th June, 11am–4pm

In 1393 Blanche de Bradeston was granted the right to hold a fair adjacent to Winterbourne church each June and October. In continuing recognition of this, the Medieval Fayre returns to the Barn on Sunday 11th June. Living history group The Company of Chivalry will re-enact life as it was in a military encampment during the Hundred Years War in the 1300s when the Barn was built. So come and wander around the authentic tents and fire pit, chat to the enactors, ask questions, and watch them go about their daily tasks as they would have done them 700 years ago. There will be a full programme of activities throughout the day including talks and demonstrations about many different aspects of medieval life. Plus live music, a wide range of artisan craft stalls in the Barn, activities for children including hands-on craft and dressing-up, and plenty of excellent food and drink stalls. Entry £5 (child £1). Tickets can be pre-booked online to avoid queues on the gate. Free parking at Winterbourne Academy (High Street) with free shuttle buses to and from the Barn all day. No parking on Church Lane. Limited Disabled parking is available at the Barn but it must be reserved in advance, see website.

Barn Dance, Saturday 17th June – What could be better than a proper Barn Dance in a real Barn – especially when that barn is nearly 700 years old? Join excellent local band Sargents Mess for traditional music in the Barn. No dance experience is needed – caller Rob shouts out the moves as you go along. Lots of fun for all ages. The Bar is open from 6.30pm. Tickets £10 (child £7). Free parking on site.

Talks – On **Thursday 22nd June** the incomparable Professor Ronald Hutton returns to the Barn to talk about the **Medieval and Early Modern Witch Hunts, 7pm** and the impact they have had on beliefs and human rights today.

On **Thursday 13th July, 7pm** Chris Bigg talks about the local aircraft industry over the past 100 years in his talk **Wings over Filton**. And while not a sitting down talk, you can also come to the Barn to find out more about bats at an evening **Bat Walk** on **24th August, 7.30pm**, for which numbers are strictly limited and bookings are already being taken.

Craft workshops – There is a **Pottery Taster afternoon on Saturday 17 June** where you can have a go at hand-building a bowl, then add a glaze and 'sgraffito' a pattern into the glaze. And at the start of the school summer holidays there is a **Fused Glass workshop** specifically intended for adult and child pairs to each make a decorative panel. All workshops must be booked well in advance (some sessions are already sold out).

Theatre performances – Ticket are also on sale for the two summer drama performances in the Barn – Shakespeare's wonderful comedy **Twelfth Night**, performed by the excellent Festival Players on **Thursday 20th July, 7pm**, and this year's family drama **Hercules**, another delightfully daft show from IKProductions, perfect for all those young superheroes, on **Sunday 23rd July, 2pm**.

Barnforce – we are looking for some more volunteers to join the Barnforce team, who spend 2–3 hours per month doing general maintenance and tidying up at the Barn. They usually meet on the third Saturday morning of the month at 10am, but this can depend on weather, events at the Barn, bank holidays, etc. The next planned meeting is Saturday 10th June, to prepare for the Medieval Fayre on Sunday 11th. **If you are interested in helping, please contact Stef on stefano@fantini.co.uk**

www.winterbournebarn.org.uk

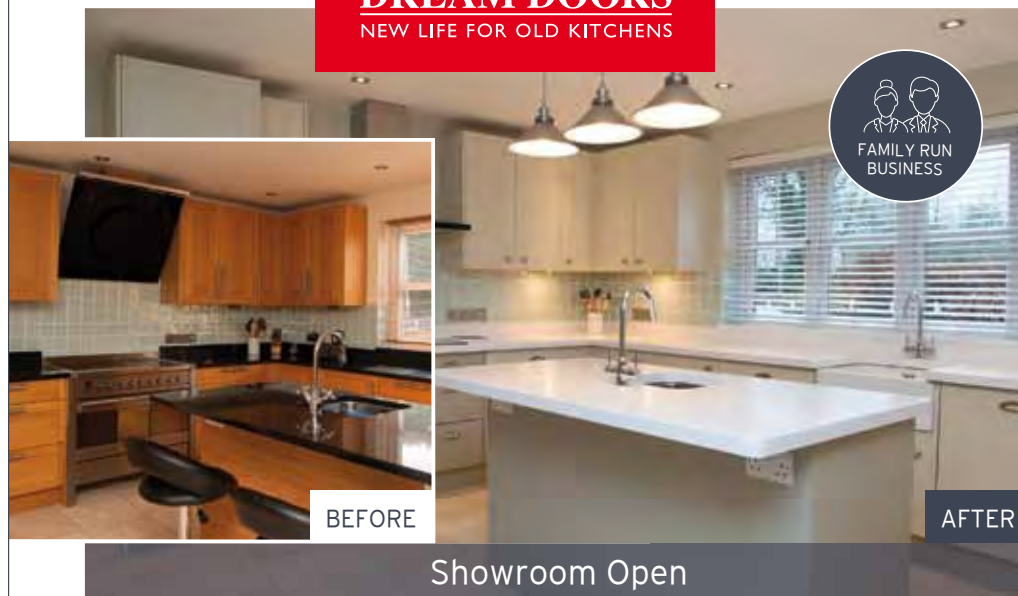
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Students Sarah & John practicing Reflexology

Dawn is an amazing Reiki teacher and practitioner! She made me feel completely at ease from the first moment; outlining all the key principles succinctly and encouraged us to ask questions before getting stuck in. By guiding us through the hands on part we developed our own intuitive feel for the techniques and gained confidence quickly. I feel extremely lucky and grateful to have been taught by such a wonderful master. Thank you!

John Seaward

Dawn is a knowledgeable and enthusiastic teacher. I have studied several different topics with her including reflexology. She is able to present the information in a positive and accessible manner.

Student Sarah Cox

News from Crossbow Singers

We are looking forward to our **Summer Concert**. If you have yet to put the dates in your diary, then now's the time! We will as usual, be putting on two performances; **Monday 3rd July and Tuesday 4th July at 7.30pm** and be held at **Crossbow House**. The theme will be **'Songs Fit for a King'** in recognition of the coronation of king Charles III. The programme is an engaging mix of modern songs, musical pieces and traditional numbers, and will feature quite a number where the audience will be able to singalong. A huge thank you to Crossbow volunteers who will be manning the bar so audience and choir can lubricate their vocal chords before and during the concert. There will be more details in next months article to let you know how to order tickets. Alternatively, keep an eye on our Facebook page.

We are also very proud to be taking part in a **Community Concert** at All Saints Church in Winterbourne Down on **Saturday 10th June, 6pm**. Come along and enjoy a social and fundraising event for the church, with strawberries and cream, prosecco and soft drinks.

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Use your savings as a force for good

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

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

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

- Tackle climate change by funding the delivery of pioneering clean energy projects such as rooftop solar panels on community buildings
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- Earn a potential financial return, with a projected 5% in this share offer

BEC's business model of raising funds has proved very successful so far. Since it was set up in 2011, the co-op has raised over £15 million, and developed over 10MWp of solar and battery assets, enough to power roughly 3,250 homes. The organisation is an important contributor of renewable energy in the South West, generating roughly the equivalent of 30% of Bristol's solar energy.



It's not only BEC's members that gain from a return on investment. Over the past 10 years, the cooperative has channelled over £350,000 of community benefit payments into local sustainability initiatives, such as community gardens, education and biodiversity programmes. Also, community spaces such as Easton Community Centre and Knowle West Media Centre have benefitted from cheaper energy rates thanks to the solar installations by BEC, meaning they have more funds to spend on their vital services. In December 2022 BEC completed a 1MW rooftop PV install at the second Bottleyard Film studios (TBY2). This is by far its largest rooftop scheme to date, and BEC believes it's the largest community rooftop solar array in the UK.

The cooperative currently has 1,500 members, and is looking to grow and diversify its membership to help create a just energy transition.

Anyone can invest in BEC's withdrawable shares, from as little as £100. Investors are projected to receive a 5% annual return. The share offer is open until 17th July 2023. For more information please see: <https://bristolenergy.coop/share-offer-2023/>

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Local resident Andy Cunningham has an amazing story to tell! He's been globe-trotting, having lived in several different countries including south and central America, the Caribbean, Papua New Guinea as well as the UK, but he's also spent years on long-haul flights around the world in several previous careers including furniture retail. Now Andy is the proud owner of a travel agency business right here in the Stokes!

At the start of last year Andy, who lives in Little Stoke, decided to set up his own travel shop and is now actively booking more than 50 holidays a month for local people from his base in the Willow Brook Centre, Bradley Stoke.

Why book a holiday through Andy?

"I grew up in a world where the customer is key, as is attention to detail – and when you are arranging someone's holiday, this is what really counts," says Andy, who regularly receives five-star reviews on Trust Pilot (see a few snippets right).

"As a travel agent I have access to 60% more offers than people can access for themselves online - and with me you obviously get full ATOL and ABTA protection and a one-point contact. I look after every aspect of your holiday from travel advice, booking options and insurance, to checking in and issue of boarding passes. My focus is on a very personal service, with the goal of making my clients happy and helping them make the best memories."

"Customers receive a completely different level of service when travelling with me. 'I make sure my customers get the absolute best value for every penny they spend. I regularly speak to and build relationships with the tour operators and suppliers to enable me to source the absolute best seats, rooms, flights and to build bespoke itineraries for everyone.'"

"Excellent service, saving me time, hassle & money!"

"I am so impressed with the dedication and service provided, I can't recommend him highly enough. Will always use Andy from now onwards. He knows he is now my favourite Travel guru."

"Fab Service, Trustworthy and Great Value"

Andy took the time to understand my needs and find packages that were perfect. He's meticulous in his planning and offers great value for money. Can't recommend Andy highly enough!"

Snippets of reviews see more at:

<https://andycunningham.notjusttravel.com/testimonials>



"I am looking to be your travel agent of choice for life and will endeavour to earn that right by giving you exceptional service."

As part of travel giant Hays, Not Just Travel has access to 450 operators with all holidays fully protected by ABTA ensuring his customer's peace of mind. He also has access to exclusive deals with Not Just Travel's key trade partners and is a member of CLIA (Cruise Lines International Association), dealing with every cruise supplier direct.

Andy has so much passion and drive - he loves his job so much he considers it a hobby - and enjoys every minute that he spends creating memorable experiences for customers, tailoring each holiday and providing round-the-clock personal support, if needed.

He has now expanded his team with Stokes resident Lisa Hanley and they are both looking forward to helping more local residents plan your holiday outings - whether it be a bespoke trip of a lifetime, your annual two weeks in the sun, or indeed the ski slopes!



Find Andy at Not Just Travel

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Drop in to this super-friendly shop, for a chat and a hot drink and discuss your next holiday adventure with Andy and Lisa.



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News from St Michael's

At St Michael's Primary school, we celebrated the coronation of our King and enjoyed a day of patriotic activities. From dressing in red, white and blue to 'Singing to the King', laughs and excitement could be heard from all classrooms.

Children worked with their parents to design and make regal crowns. Some tall, some replicated from the Royal Family, and some covered in glitter! They were fantastic and creative. To show these off, the children paraded around the playground modelling their creations.

In classes children learnt about Royal monarchs from the past, painted flags and made regal bookmarks. As a school, the children came together to celebrate the day with a collaborative painting of the Union Jack and our new King.

To continue the celebrations, we joined as a school for an afternoon of joyful singing and a tea party in the playground. The children feasted on jam sandwiches and cake – all of which they helped to make themselves.

The day was a wonderful celebration that left everyone with smiles on their faces. If you wish to enjoy the singing from the day, go to our school Facebook page where you will be blown away.

Upcoming Open Events – Are you looking for a school for September 2024? At St Michael's we are hosting open events for you and your children. School tours with our Headteacher are also available. Please call the school office on 01454 867105 to book.

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#Summer Time

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Thursday 3rd August

Join Jack Sparrow and step into the world of pirates at Willowbrook. Get photographed in a pirate setting for free. Try our tin can alley pirate game, walk the plank or balloon modeling. Make your own pirate hat, get a glitter tattoo or meet and be photographed with our captured living mermaid.

Is your skin ready for summer?

Do you want to look glowing for a special event? Achieve skin so healthy you can ditch the make-up? Or turn back the clock on some of the sun-damage from summers past?

If, like me you have skin goals that you want to achieve, it is a good idea to start thinking and planning now so that you can get the results you want in time.



What is medical grade skincare?

Medical grade skincare combines potent active ingredients with formulations that effectively penetrate through the skin's outer layer. Products often feature higher concentrations of active ingredients than you see on the high street and as a doctor I can also offer prescription strength formulas when indicated. This is particularly helpful for skin concerns such as pigmentation, acne and ageing.

Maybe that you have cupboards full of products that have promised great results but failed to deliver? Medical grade skincare is backed by research so you can be confident that you will see real results. Whilst it can feel like an investment, for most a complete regime will cost little more than a takeaway coffee a day and I can recommend stand-alone products for those on a tighter budget.

What is a peel?

A peel uses acids (don't worry, just a stronger version of what is probably in your face wash!) to remove the top

layer of skin. Different strengths penetrate to different depths, to damage and destroy old skin cells. This stimulates the skin to make fresh cells as well as collagen.



Obagi Blue Peel

Radiance is a superficial peel which means it is both well tolerated and has minimal peeling. It can be done as a one-off for brighter tighter skin (pre-wedding perhaps) or as a course of 3 for best results - ideal if you want to tackle a skin concern such as fine lines, acne or pigmentation. There is no downtime and the majority only experience some dryness around day 3-5 rather than peeling. It is suitable for most skin types and colours.

What else do you offer?

I believe that skin health should be a priority for everyone but it may be that you have different concerns you would like to address this summer. Other treatments I offer include:

- Anti-wrinkle treatments
- Sweat reduction treatments
- Dermal fillers to restore volume, contour cheeks and jawlines or improve the appearance of lines
- Lip fillers

Consultations are free and you can now book online (deposit required) via my website drmathewson.co.uk



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Winterbourne Down Village Carnival 2023!

Words failed me when I finally sat down on Monday evening to reflect on the success of this year's May Day, but I realise that's not so good when you have to write an article. I've now had time to take stock of how truly incredible the day was, and on behalf of the Carnival Chair, John Turner and the Committee, we would like to say a huge thank you to each and every one of you who visited the WD Village Carnival 2023.

We were thrilled and humbled by the turn out, clearly word has spread and we had visitors from far and wide this year. We had a jam packed line up with performance after performance all day. Food stalls sold out in record time and people were still browsing the stalls late into the afternoon, after which most of you headed in droves to the Cross Hands for the live music. All in all a thoroughly entertaining family day out.

As you know, our chosen charity this year was St Peter's Hospice. They set up camp on the Methodist green and were overwhelmed by the response. Their volunteers were kept busy all day so we're over the moon to be able to reward the charity with a sizeable donation. Money is still rolling in but at the last count we're looking to have raised in the region of £3,500!

John Turner was, "Thrilled to see our community come together to celebrate May Day and raise so much money for charity", John's already thinking about next year and keen to build on this year's success. At which point I'd like to offer you the opportunity to join us in the planning, if you're keen to get involved follow us on Facebook for details of our next meeting. How about it, same time next year?

Kathryn Hopes, Publicity Officer

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FCRFC Juniors welcome back Paris for the first time in 3 years!

Over the weekend of April 22nd, FCRFC welcomed over 50 children from Paris RFC (based in Franconville, North West Paris). FCRFC has been running this exchange with Paris for over 40 years. This year was particularly important, as it saw the tradition back up and going for the first time since Covid, with the 3 previous visits being cancelled.

The event is quite unique within community rugby, as we are one of only a few, if not the only club, that runs such an exchange, particularly one that has such a long history. On the weekend, there were three well supported matches played throughout the Junior age groups (Under 12s to Under 16s), with FCRFC being victorious in all three. Excellent rugby, sportsmanship, and healthy competition was displayed throughout!

The weekend wouldn't happen without a lot of organisation, host families and Google translate! Thank you to everyone that supported a great weekend. Next year it will be our turn to visit Paris, and the plans have already started!

Bon voyage.

Junior Committee, FCRFC

New Coach to mark 50th Anniversary of Frams – welcoming Olly Slym

Frampton Cotterell RFC celebrates its 50th Anniversary next season, and are pleased to announce the appointment of special forwards coach – Olly Slym, AKA Slimmer – who will support Head Coach Nige Smith, along with extending his support to our junior coaches.

Seniors start preseason training at their School Road training ground (BS36 2DB), on Tuesday 4th July, 7pm. **All new players welcome for any team** – We run 3 senior teams – a Colts and 10 junior ages.

Contact club captains Mark Smith 07721 748226 or Mike Ashwin 07971 986014 for info.



Profile of Olly Slym

Age 37

Played high level until 19 and then injured

Been coaching for last 10 years

Head of Rugby operations at Bristol University

Coach at Bristol University

Coach at Clifton College

Coach at Gordano

Coached U9–U16

Coached ladies

Team Support – Leicester Tigers/England

5 kids – Age 9–19 | Eldest boy in Bears U18s

Fav snack – Pickled Onion Monster Munch

Tipple – Rascal (hope you got it on draft!)

Rugby Hero – Nigel

Holiday of choice – Marrakesh

Fav Band – Venga Boys



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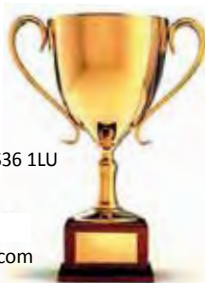
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Winterbourne Evening WI

Not many people know that the WI movement has over 7,000 Institutes with 180,000 members, so it is the largest women's organisation in England and Wales. As well as offering fun, friendship and social activities on a local level, it also campaigns nationally on a wide range of issues. At present the concerns are climate change, ageism, gender based violence and friendship to refugee and asylum seeking women. The sheer weight of numbers makes for effective publicity. This year, our resolution to be put to the Annual Meeting in Cardiff is – Clean Rivers for People and Wildlife.

At our last meeting, David Cheesely, the well-known local historian, gave a talk entitled 'Milk, Coal and Any Old Iron'. He entertained us with a slide show of all the Bristol street sellers over the last hundred years.

There were hand carts selling milk, coal and bread. The horse drawn drays from the brewery and the Hurdy Gurdy men with their barrel organs and maybe a pet monkey! The rag and bone men or the spivs selling nylons, watches and other black market goods. Most sad were the elderly men and women selling newspapers, apples



Image thanks to Winterbourne Down Village Carnival
We were delighted to help the Parish Council put up festive decorations on the green by the George and Dragon

or flowers because there were no pensions to support their retirement. Long gone are the rat catchers, cockle or onion sellers, the lamp-lighters or street entertainers. It was a fascinating memory trip into the past and was greatly enjoyed.

Our next meeting will see us welcome Amy Grimsby, who will give a talk on 'Needle Crafting'. All are welcome to join us on Thursday 8th June, 7.30pm, at St Michael's School, Linden Close, Winterbourne, BS36 1LG.

Margaret Grazebrook



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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



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

News from Frampton Cotterell WI



At our last meeting, Jenny Smith came along to give us a Tai Chi talk and demo – most of us took the opportunity to have a go, and it was great fun!

As we go to press, we're preparing for our May meeting, when members will vote on this year's WI Resolutions campaign –

The Health and Cleanliness of our Rivers. We're also lucky enough to be having a talk from our lovely member, Michelle Armitage (pictured) about the launch of her new book, *Your Design Personality at Home*, which explores the world of interior design from a new and interesting perspective.

Other confirmed events for the coming months are as follows: 27th June – Fussells Rapeseed Oil – talk & cookery demo. Also in June, daytime visits to Acton Court and Bristol Botanical Gardens.

25th July – Crime and the Serial Killer – talk by Rob Jones.

August (date TBC) – Summer Picnic or Afternoon Cream Tea.

We have many other events/socials lined up for the coming year, including visits to the theatre (including the musical Hamilton in 2024), local gardens and other local group trips (eg: Oakham Treasures Museum in the Autumn). We also have a monthly "lunch club", open to all members and held at a different local venue each time.

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 £4.00 for the evening, and any new members can also join by paying a membership fee.

In the meantime, if you're interested in joining us please let us know and get in touch via our Facebook page. Special interest groups that meet separately include – a book club, craft group, gardening group and our skittles and darts teams.

Please search [FramptonCottWI](https://www.facebook.com/FramptonCottWI) to find out more, and to like our page.

News from Coalpit Heath WI

Indoor curling was arranged as an alternative to Briony May Williams, who has rescheduled to our July meeting due to work commitments. The rules to indoor curling were explained by our expert Trixie, and seemed simple. It did take one team longer to understand how to score which might account for the difference in totals at the end of the evening. However, it was great fun and easy for all to take part in. We held our Easter raffle too, to raise some funds for welfare.

In May, it was Coalpit Heath's turn to host a Sodbury Vale group meeting, the first since Covid. It was lovely to get together with the other WI's in our group. We had a talk by Jeanne Long about Healing crystals and Reiki, and then there was a buffet and cake for all the members to enjoy. The group competition to make a 'Twiddlemuff' was won by a member of Hawkesbury and Horton, and all the entries will now be distributed to local care homes.

The book club met up recently too, and discussed 'The Light between Oceans' which proved to be an excellent book for provoking discussion about moral dilemmas and whether grief and loss justify

the actions. Chosen for our next read is 'How to kill your family' by Bella Mackie.

Members of our Day trips and Theatre group, enjoyed the production of Evita at the Redgrave theatre. Coming up for those interested, is a visit to the Wildflower meadow at Highgrove, and wine tasting.

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:

June 7th – Verna, Life as a Blind VIP, July 5th – Briony May Williams, Life after Bake off, August 2nd – Rob Jones, A dad of triplets.

Search [@WICoalpitHeath](https://www.facebook.com/WICoalpitHeath) on Facebook or [@coalpitheathwi](https://www.instagram.com/coalpitheathwi) on Instagram to find out any further information and updates.



Minister's Message – Summer-time of transition

I find the early summer to be an odd sort of season. We find ourselves in the middle of the year, celebrating the longest day and beginning the season of holidays, for rest and recuperation. At the same time, whilst we are in many senses, 'In the middle of things', it is also a time of endings and transition. I remember all too well from my own youth, and later years within the education sector, that late June brought with it the promise of the end of exam season for one thing, and for many young people that also marks, in practical terms, the end of their secondary, sixth form, or university education.

I myself am currently in one of these times of transitions. At the end of this month I will temporarily leave the Fromeside area, where I have been serving in the Church of England as a deacon this last year, and I won't return until the start of July, when I shall, God-willing, have become a priest also. Whilst the ministry I have performed as a deacon (visiting those who struggle to get to churches, administration, making arrangements for services amongst other things) won't stop, I will be entering a new phase of service, able to perform weddings, bless people, and preside at Holy Communion.

These times of transition can be a cause for celebration. They can also be unsettling, creating anxiety around the uncertainties that lie ahead. Chapter 42 of the prophetic book Isaiah, with its roots in the Jewish faith around 2500 years ago, was written during such a time of unsettling transition. The author writes "Thus says the LORD...Do not fear...When you pass through the waters, I will be with you, and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned." We find a similar notion the words of the Liverpool Football Club anthem, sung by Bryan Terfel and Andrea Bocelli at last month's coronation concert: "You'll never walk alone."

I find these words to be a great comfort, the idea that I am not alone when life is tough. Any person of faith who has encountered life in all its fullness knows that faith and belief doesn't promise an easy ride (quite the opposite in fact). Rather, in the Judeo-Christian tradition we affirm that when there are times which feel like crossing stormy waters, or walking through fire, we are not alone. God is with us, even when we feel abandoned.

Whether you are going through a time of transition this summer, or time of hardship, or a time of joy, may you know that you are not alone, but are joined by someone who knows what it is you're going through, whom cares, and who longs to bring you to the other side.

Fr Ben Thompson

Fr Ben Thompson

www.fromesidechurches.org.uk

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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.



I would like to start with a huge thank you to all the police officers who ensured that The King's Coronation Bank Holiday weekend was enjoyed safely by all across Avon and Somerset, as well as in the capital.

There was also so much good work happening as part of the Big Help Out Coronation celebration that it would be remiss of me not to acknowledge all the community spirit and dedicated citizens across our area who volunteer their time all year round to create safer and better neighbourhoods for everyone.

On that note, I am pleased to inform you all that the Commissioner's Crime Prevention Fund grant has officially opened. This grant, set up by the Office of the Police and Crime Commissioner (OPCC) in partnership with Somerset Community Foundation and Quartet Community Foundation, aims to reduce crime and anti-social behaviour through community projects and activities across the region.

I would like to congratulate and thank all the local community groups and organisations previously awarded this grant. They have delivered some fantastic crime-reducing initiatives and activities.

I implore local organisations and community groups to apply for this worthwhile funding to reduce anti-social behaviour and make our communities safe.

In our most recent Performance and Accountability Board (PAB), the Chief Constable (CC) and I discussed the quarterly performance report, which looks at Avon and Somerset Police's (ASP) performance against the national policing priorities and ASP's Police and Crime Plan.

The data from the quarterly performance report provided an opportunity to reflect on the police's current performance and ask questions regarding what steps are being taken to make necessary improvements for our communities.

If you missed this month's meeting, you can now watch it back via the link on the Avon and Somerset PCC's Facebook page (@AandSPCC), our website and

our YouTube channel.

Our next PAB will take place on 14 June at 10:30 am and be streamed live on our Facebook page.

May 15th marked the start of Operation Sceptre, a national initiative to combat knife crime. This targeted initiative aims to reduce the prevalence of knife-related violence, increase public safety, and engage communities in the fight against this issue.

Proactively tackling knife crime is central to my Police and Crime Plan. I encourage people to safely discard any weapons or knives they may carry in the weapons surrender bins installed by Avon and Somerset Police.

Last month, new surrender bins were installed in areas where we know they are needed to offer people a safe and anonymous way of getting rid of a weapon. If you know someone who carries a weapon, we ask you to encourage them to surrender it. Find your nearest weapon surrender bin on the ASP website under Crime Prevention Advice.

ASP and its partners already carry out a large range of activities to raise awareness of and combat knife crime, and the work of the Violence Reduction Units (VRUs) is at the heart of this. The Police work closely with the VRUs and help to deliver talks to young people in primary and secondary schools, running Blunt Truth workshops in partnership with the NHS and hosting pop-up information stands around various local areas.

While we have seen a reduction in street-based knife crime across Avon and Somerset, more still needs to be done to ensure people feel safe in their communities. Knife crime ruins lives. Let's raise awareness, educate, and stand against knife crime.

www.avonandsomerset-pcc.gov.uk 01278 646188

Avon & Somerset Police and Crime Commissioner, Avon & Somerset Police HQ, Valley Road, Portishead, Bristol, BS20 8JJ

Thurs 1st – Frampton Guitar Club, Brockeridge Centre, 6.45–8.15pm. E: nick.drewitt@yahoo.com

Fri 2nd – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 | E: crossbowhouse@gmail.com

Sun 4th – Frome Valley Growing Project Open Day, Swan Lane Winterbourne, 10am–2pm

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

Mon 5th – Gardening and Social Club, Manor Hall 2–3.30pm. £2.50. All welcome. Info, Mrs G Hale. T: 01454 747279 | www.manorhall.org | T: 07873 747513

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

Tues 6th – Community Craft Group, Manor Hall, Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. Book Kay, T: 07792 189276 / Sally, T: 07954 419761

Weds 7th – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome

Weds 7th – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: henfieldhall@yahoo.com

Weds 7th – 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 7th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, E: henfieldhall@yahoo.com

Weds 7th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors welcome. T: 07935 071291 | E: carolinemjohnston@hotmail.com or Facebook

Fri 9th – Coffee, Cake, Chat, St Peters church, drop in, 10am–12pm. Info T: 01454 776518

Fri 9th – Frampton Folk Club, Crossbow, 8–11pm. Acoustic music. Play, sing, listen. T: 07974 151437 or Facebook: folkatframptoncotterell

Sun 11th – Medieval Fayre, Winterbourne Medieval Barn, 11am–4pm. £5 adult, £1 child. Full programme of activities through the day. www.winterbournebarn.org.uk

Mon 12th – Winterbourne Flower Club, WADCA, 2–4pm. Bring your own container and plant materials. Info Celia, T: 01454 776753 or text: 07947 487155

Tues 13th – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. Info, Mary Head, T: 01454 887870 | E: mary.head@blueyonder.co.uk

Fri 16th – Coffee, Cake, Chat, St Peters church, drop in, 10am–12pm. Info, T: 01454 776518

Fri 16th – Bingo, Crossbow, 8pm. T: 01454 772947

Sat 17th – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. www.salemchurch.org.uk

Sat 17th – Repair Surgery, All Saints hall, Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group. E: winterbourneenvironmental@gmail.com

Sat 17th – Pottery Taster Afternoon, Winterbourne Medieval Barn, 1pm. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

Sat 17th – St Peter's church Summer Fair, Bridge House, 2–4.30pm

Sat 17th – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome

Sat 17th – Barn Dance, Winterbourne Medieval Barn, 7pm. £10. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

Thurs 22nd – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info, E: David.stone@alzheimers.org.uk

Thurs 22nd – Talk: Witch Hunting, Winterbourne Medieval Barn, 7pm. With Prof Ron Hutton. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

Sat 24th – Frampton Cotterell Nature Volunteering morning, 10am–12pm. Meet by Bridge House. Wear stout footwear

Sat 24th – FCCE School Fete, Rectory Road, 2–5pm. E: fccschool@hotmail.co.uk

Tues 27th – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

Tues 27th – Frampton WI, St Peters Hall 7.45pm. Fussells Rapeseed Oil talk & cookery demo, £3.50. See Facebook: FramptonCottWI | E: Fcwisecretary@outlook.com

Weds 28th – Litter Busters, 10am. More info, E: framcottva@hotmail.co.uk

Weds 28th – Ladies' Circle, Zion, 7.30pm. Varied speakers. Info, E: jeanbradbeer@gmail.com

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.



Community Support Vital in Restoring Local Woodlands

Restoration of the Splatts Abbey Wood and Sims Hill woodlands has only been possible via help from the local communities and University students, and in partnership with South Gloucestershire Council.

Faith Terry-Doyle of the SU at UWE said - *"It has been absolutely fantastic to work with the dedicated volunteers from the woodland committees. Student volunteers from UWE Bristol and the University of Bristol have given hours of their time transforming these local woodlands to enhance biodiversity and wildlife. We have a small group of inspirational Student Project Leaders here at UWE Bristol, who help to run and organise workdays for students to learn practical skills in woodland management, as well as giving them a chance to spend time outdoors and meet like-minded people."*

UWE Student Project leaders Will Bearne; John Hoyos; Stefan Bigsby; Tom Day said: - *"It has been great to see the progress we have made over the academic year. Over the winter period we have been removing the old tree stakes and coppicing the woodland to allow the wildflowers to grow, as well as building a new bog garden, which we have finished just in time for spring. Volunteers have been learning many new skills including tree planting and tree maintenance. As project leaders we greatly appreciate the help UWE and UoB student volunteers provide every workday, without them we wouldn't be able to complete the work we set out at the beginning of each academic year. So far there are close to 50 student volunteers who have come at different workdays to help, it's a big number and shows Conservation Volunteering is of great interest to them, we look forward to welcoming other student volunteers and encourage anyone with an interest to become a conservation volunteer."*

On behalf of the community representatives on the Splatts Abbey Wood committee, (Andy Ward,

Jenny James, David Bell, Isabelle Plummer) - Fred Hillberg said - *"I remember Splatts Abbey Wood when you had to fight your way from one end to the other and was a bit of an adventure playground for the little gang I was in with my schoolmates. There was also an adjoining Woodland which later disappeared. It was therefore of great interest to me when, about twenty years ago, I read that South Gloucestershire Council were looking for volunteers to help manage and renovate and preserve this Ancient Woodland for the benefit of the community. The Woodland is now owned by the MOD and leased to South Glos Council. It was hard work initially for the local volunteers, which included staff from the MOD, to open up the woodland by Coppicing and establishing pathways. Progress was very slow for a number of years, until we were joined by volunteers from the UWE, and this made a tremendous difference. Projects were achieved in months which previously had taken years, and thankfully that partnership continues to flourish today, giving the local community a facility of flora and fauna that we can all enjoy and protect for the future."*

Splatts Abbey Wood Conservation group can be contacted at - splattsabw@gmail.com
Please Follow us on Facebook (Splatts Abbey Wood Conservation Group) and Twitter (@SplattsG) for the latest updates and to get involved.

Sims Hill Community Woodland Group can be contacted at - simshillcw@gmail.com.
Find us on Facebook (Sims Hill Community Woodland).

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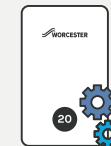
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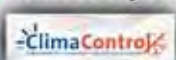
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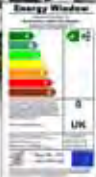


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