

Winterbourne & Frampton *Matters*



October/November 2022

Telephone 01454 300 900

**In times when nothing stood
But worsened, or grew strange,
There was one constant good:
She did not change.**

Philip Larkin

written for the Silver Jubilee in 1977.
Her Majesty was to carry on for another
45 years after these words were written.

**Her Majesty
QUEEN ELIZABETH II
1926-2022**

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A good, decent, discrete woman of
integrity and consistency"*

Giles Brandreth, broadcaster, writer

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

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Dear Residents,

We want to express our profound sadness at the passing of Her Majesty The Queen. We extend our sincerest condolences to His Majesty The King and the whole of the Royal Family on her passing. Whilst I realise this will come through your doors after the State Funeral has taken place, as we write this the new King has just been proclaimed and we very much wanted to acknowledge our sense of loss and also our gratitude for an inspirational and constant presence in all of our lives. To this end we have produced our tribute to the Queen on our centre pages.

We hope you enjoy reading news from Frampton Cotterell Parish Council, they have several events and activities for local people to join in with – from weekly coffee mornings to assisting with the planting of a flower meadow.

Winterbourne Medieval Barn are preparing for their much-loved Harvest Fair on Sunday 9th October. Visitors can enjoy a programme of varied

entertainment throughout the day, plenty of artisan craft and high quality food stalls. There are many other activities taking place at this historic venue so do read their news to find out more.

The Floral Friends of Frampton invite you to attend their Autumn Fair on Saturday 29th October, where you can enjoy refreshments, plant and gift stalls. The winner of the village Scarecrow trail will also be announced at the event.

We also hear from local WI's, St Michael's school, Winterbourne Library, share a Minister's Message, the Village Diary and much more for you to enjoy.

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 12th November.

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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Events at Winterbourne Medieval Barn

Winterbourne Medieval Barn is an amazing survivor of a large raised-cruck barn built in 1342 by lord of the manor Sir Thomas de Bradeston, using green-timber construction methods, the cutting-edge technology of that period. It is now managed by a volunteer-run charitable (WMBT) trust who aim to preserve it and keep it available for community uses.



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Orchard Harvest Day – Sunday 9th

October, 11am–4pm – A fun day out for all ages! Apple-themed activities, ferret-racing, local artisan craft stalls, Flaxland displays, Winterbourne Down Border Morris, Street Dance school, Bygonz minstrels, Frampton Shantymen, various children's activities, great hot and cold food, the Barn bar, cafe and Three Engineers Brewery. Free parking and shuttle bus from Winterbourne Academy or Hunts Ground, Stoke Gifford. Tickets £5 adult, £1 child. Book online to avoid queues on the gate.

Talk: Funerary Monuments in Southern Glos – Wednesday 12th October, 7pm –

A fascinating talk about the amazing Art and History to be found in local funerary monuments, especially in churches and cathedrals in Gloucestershire and Bristol. Tickets online or on the door. Talk also live-streamed on zoom (booking essential).

Wine Tasting – Saturday 22nd October, 7pm –

There are only a few places left for this. Ian Redfearn guides us through the aromas and flavours of a range of festive wines from Spain and Portugal in this informative but fun workshop. Tickets £20. Strictly over 18s only. Booking essential.

Autumn Bird Walk and Breakfast –

Wednesday 26th October, 8am – Join naturalist Ed Drewitt for a guided walk (around 1.5 hours) followed by breakfast at the Barn.

Ed will help us watch and listen for autumn birds as they move around in roving flocks in nearby hedgerows, the church yard, and nature reserve. We may spot some autumn visitors such as Redwings and Fieldfares visiting from Scandinavia and hear some autumn bird song.

Tickets £20. Booking essential. Recommended for ages 12+.

Opera in the Barn, Spooky Special – Saturday 29th October, 7.30pm –

Tessitura Opera presents two short operas, The Medium and The Telephone by Gian-Carlo Menotti, in the atmospheric setting of the Medieval Barn. In a tale for Halloween that will make your spine tingle, The Medium attempts to make contact with those who are no longer alive, and when things go wrong, there is a tragic consequence. The Telephone is completely different, an amusing story where communicating with the living proves to be equally as difficult, but with a happier outcome! Staged by some of the best young singers in the South West and a small orchestra. Tickets £15. Book online or ring 0117 403 1536.



Fused Glass Festive Workshops – Friday 18th or Thursday 24th November, 10am–12pm or 1–3pm –

Make a Christmas tree or your own design, on a pre-cut piece of glass, as a hanging decoration or to go in a wooden stand. Rachael will have lots of ideas to inspire you. Choose a morning or afternoon 2 hour session. No experience is necessary. Suitable for age 16+.

Whittling Workshop – Saturday 19th November, 10am–4pm –

Learn to whittle a sculptural figure or head with a sharp knife from a single piece of wood. All materials will be provided but feel free to bring your own piece of wood, if you have a specific one you would like to work with.

Gaudete! Songs, tunes & carols from Yuletide past – Wednesday 30th

November, 7.30pm – We are delighted to welcome back GreenMatthews with an exclusive Yuletide show for 2022. Gaudete! features an expanded line-up of top class musicians playing new and exciting arrangements of Chris and Sophie's festive repertoire spanning the past 600 years. Enjoy Christmas carols, winter folk songs,



and toe-tapping tunes played on a plethora of weird and wonderful instruments. A riot of sound and colour for the festive season.

Tai Chi – every Wednesday at 10.30am or 11.45am –

Half an hour's gentle exercise with a qualified instructor, plus time to socialise and chat over a cuppa afterwards. Suitable for men and women of all ages. The exercises can be done sitting down if you prefer. The Barn has no steps and is fully accessible. Full information and booking details are on the website or ring 0117 403 1536.

Volunteering – WMBT would welcome more volunteers to help out with Barn maintenance and with community events, either occasionally or on a more regular basis. Contact us via the website or ring 0117 403 1536 to make enquiries (office manned part-time) and join a welcoming team of people who want to be involved in their community.

www.winterbournebarn.org.uk
Facebook @winterbournemedievalbarn

Winterbourne Medieval Barn
Church Lane, Winterbourne, BS36 1SE

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School life at St Michaels Primary School though the eyes of Year 6



The children are back and eager to learn. Year 6 have settled in well to their final year at Primary School. This year will be packed with all of the challenges and activities that are unique to year 6. It is going to be a very busy but exciting year. A special part of being in year 6 is mentoring the reception children. The pupils 'buddy' up and the year 6 children get to read with their buddy. They also help the reception children with reading around the school.

In Geography, our curriculum focus is Global Neighbours. We will be exploring the big question: 'Can people survive in the Amazon?' The children imagine themselves to be a team of EnviroTech engineers returning to the UK from a conference in Brasilia, Brazil. When their plane lands deep in the rainforest, they work in groups to overcome various obstacles in their quest to survive and reach the nearest city as quickly and safely as possible.

After Christmas the children will be learning all about World War II. In the summer term, they will be packing their bags and heading to Wales for their residential trip. There is so much to look forward to.

As Year 6 enter their final year at St Michael's, they have been thinking about all the wonderful things that make our school special.

"I have all of my friends here and we are like some big family. I also love how we get our reception buddy to play with and read with every week. I honestly can't wait for Fridays, to see who will win the hot chocolate with the head (Mrs Robson). Our school is just magical and amazing. Our teachers are amazing and help us so much. My goal for the year is to try different sports, like football. I am so looking forward to meeting my buddy." Libby

"What I love about St Michaels: my friends, hot chocolate with the head and that we get a reception buddy. I can't wait to watch them grow up. This year, I also can't wait to get our leavers jumpers, go away on camp and get ready for secondary school. I know this year, with the help and support of my friends, family and teachers, I can achieve my very best." Niamh

"St Michael's is special to me because everyone is so welcoming and friendly. I also enjoy most subjects, as the teachers make them so fun. I love spending time with my friends too. I hope that my buddy and I will get on well together and bond perfectly. I also hope that I am ready for secondary school by the end of the year. Listening, learning and concentrating will help me reach my goals this year." Izzy

"I love St Michaels because we get fun opportunities and the teachers are kind. My hopes for the year are that I get to go on camp and have fun with my friends. I am looking forward to meeting my buddy and playing with them. I know that my friends will help me this year and I just can't wait to see what year 6 brings!" Luca

Another important role for year 6 is hosting the St Michael's open morning. Here, the year 6 children take prospective parents on a tour around the school. The children love this role and enjoy sharing their experiences with our visitors.

At the start of this term, we looked at the artist Romeo Britto and his self-portraits. Above are a few fabulous Year 6, self-portraits.

www.stmichaelswinterbourne.co.uk

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Aztec Hotel and Spa WINS 'Best Boutique Spa' in the UK in the Good Spa Awards 2022

The Aztec Hotel and Spa has been announced as the Best Boutique Spa in the UK in the much coveted Good Spa awards 2022 which are shortlisted by the Good Spa Guide and then voted for by the public. Designed as a haven for the senses, the spa is a serene space for those wishing to be transported to an oasis of calm, with the newly opened Relax Lounge adding another level of indulgence. The Spa accommodates those joining for a spa day, an overnight break at the Aztec Hotel, or those booked for a treatment.

The Good Spa Awards judges highlighted the Aztec Hotel Spa's newly refurbished contemporary spa, complete with its spacious relaxation suite, suntrap garden terrace and treatments from vinotherapie brand, Caudalie.

The New Relax Lounge

Aztec spa guests are invited to retire to the comfort of stunning new lounge beds after their treatment, or to enjoy a manicure or pedicure at the new stations, created for maximum relaxation. The Aztec team recommend making sure guests take time out to unwind after their treatments, to ensure they get the maximum benefits from the oils. While in The Relax Lounge, guests can sample herbal teas, infused waters and tasty treats, with cocktails and fizz available for those in search of serious pampering!

The Aztec Spa & Treatments

With a spa journey created to leave each guest feeling special and truly relaxed, guests can enjoy the beautiful sauna, hot tub, steam room and both a spa pool and swimming pool. Robes and slippers are provided on arrival. The treatment menu is comprised of experiences to induce the mind and body into perfect levels of relaxation. There are a number of exquisite Caudalie spa treatments, using natural ingredients from the vines and grapes from the family Caudalie vineyard. New for 2022 is a



wonderful signature treatment menu of Temple Spa treatments dedicated to the body, offering simplified wellness at its very best. There are four treatment rooms designed for maximum relaxation, with a bespoke nail station created to offer the highest comfort. For those who have booked a treatment, an online consultation will be sent to before arrival, helping to guide the therapist when tailoring the treatment so it can be bespoke to the individual's lifestyle, stress levels, any skin issues and previous treatments.

A Taste of Autumn Spa Day

Mon-Fri £90 (£10 supplement Sat-Sun)

Guests can enjoy:

- 3 hours of blissful relaxation in the pool & thermal experiences
- A TEMPLESPA, MY KINDA MASSAGE (Immerse into a 25min Shoulder & Scalp massage, in good spirits massage oil with Ginger & Bergamot will stimulate the body and soul, guaranteed to restore and revive)
- A delicious Afternoon Tea
- Plus guests will receive a FREE calming and relaxing gift to take home – a 200g hand poured candle from Libby Lavender Cotswolds (worth £30) in the warming autumn scent of Gingered Wild Fig

Aztec Hotel & Spa, Aztec West, Almondsbury,
Bristol, BS32 4TS

www.aztechotelbristol.co.uk

For more information call 01454 201019

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

News from the Floral Friends of Frampton



Floral Displays – Our volunteers have continued to water and deadhead the hanging baskets and planters around the village, maintaining the colourful displays. Thanks are due, especially to Steve Drew from the Parish Council who tops up the reservoirs in the planters and hanging baskets for us.

Autumn Fayre – Saturday 29th October

This will be held at the Bickeridge Centre, 10am – 12 noon. Coffee, tea, and cakes will be available together with stalls selling gifts (never too early to start Christmas shopping!), plants, spring bulbs and a raffle. The prize-giving for the Scarecrow Trail (run by the Parish Council) will be held at 11am. We look forward to seeing you there!

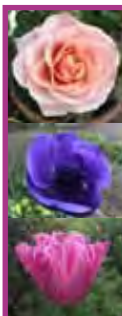
Thank you ... Floral Friends are entirely funded by donations and we would like to thank all who have supported us recently by making donations and perhaps commemorating someone special by doing so. It is very much appreciated. Donations

can be made either in person or on-line. Our bank details are: Floral Friends of Frampton, Lloyds, S/C 30-98-97, A/C 70582363.

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

Email: floralfriendsofframpton@gmail.com.

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



Do you love flowers?

Join us at Winterbourne Flower Club for enjoyable hands on sessions.

Now at WADCA on the second Monday of the month between 2–4pm.

Details from 01454 776753

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

South Gloucestershire Mines Research Group



Wednesday 26th October 2022

"A Mining Miscellany"

by Steve Grudgings and Adrian Crew

in the Miners Institute (aka Coalpit Heath Village Hall)
214 Badminton Road, Coalpit Heath, BS36 2QB

At 7:00pm for 7:30pm **PROMPT** start
(note this is half an hour earlier than usual)

This intriguing talk will cover:

- Key discoveries of new data
- Previously unseen pictures of Shortwood Colliery and Brickworks
- New photographs of Frog Lane colliery and railway
- Sketches of a 1790 engine at Keynsham
- New information on the Kingswood Liberties
- Several other newly found images and maps
- Analysis of water from colliery drainage levels Coalpit Heath and Kingswood
- and more

Non members welcome - £2 each

(Membership is £17.50 per year, includes talks and newsletters)

Winterbourne Musical Theatre presents

28th November – 2nd December

7.30pm

3rd December matinee

2.30pm

at

WADCA

Watleys End Road

Save the date!

THE SNOW QUEEN

PANTOMIME

Script by Alan P Frayn based on the story
by Hans Christian Anderson

Severn Counties Foreign & British Bird Society Cage Bird Show

5th November 2022

The Methodist Church Hall, Down Rd, Winterbourne BS26 1BN

Open from 2.30pm

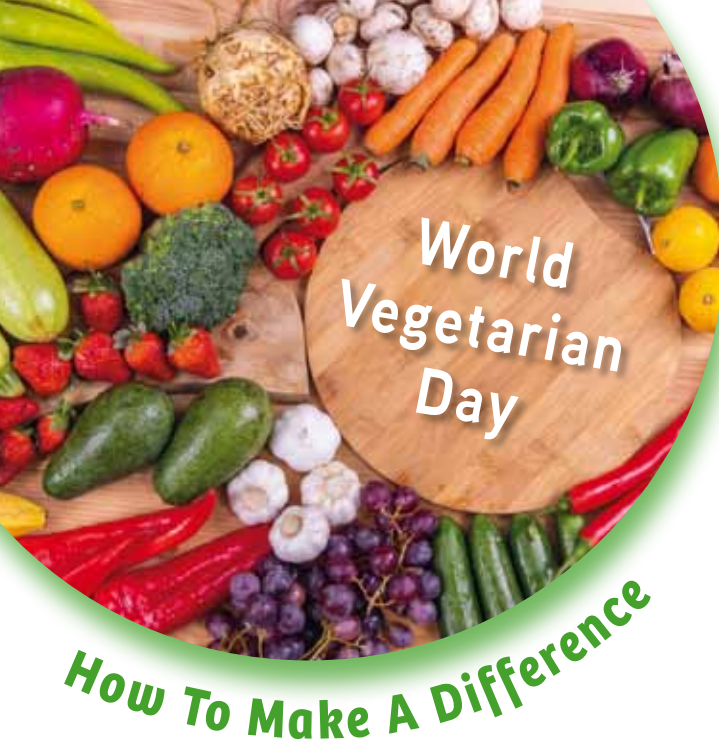
Admission: Adults £1, children free

See a large variety of birds including canaries, finches, parrotlike and others and meet keepers and exhibitors – we will be happy to advise any visitors on birdkeeping.

We also have monthly meetings on the 3rd Thursday of each month at 8PM – All Welcome.

Contact Alan Goldsmith for more information via email - birdsandbutterflies2022@gmail.com





1st October is World Vegetarian Day which also kicks off Vegetarian Awareness Month. World Vegetarian Day is celebrated to emphasise the environmental considerations, animal welfare and rights issues, and personal health benefits to be gained by encouraging people to ditch animal products.

Adopting a vegetarian lifestyle has become more appealing and accessible, thanks to the year-round availability of fresh produce, more vegetarian dining options, and the growing culinary influence of cultures with largely plant-based diets. Traditionally, research into vegetarianism focused mainly on potential nutritional deficiencies, but in recent years opinion has swung the other way. More recent studies are confirming the health benefits of meat-free eating. Nowadays, it's being increasingly recognised as not only nutritionally sufficient but also vital in reducing the risk of many chronic illnesses.

Traditionally we're a meat-loving nation, although the amount of meat we're consuming is falling. In 2021 it was estimated that 10% of the UK population are now vegetarians – that's over 6 million people. No wonder the mainline supermarket chains and fast-food outlets are increasing their plant-based food ranges, that's a lot of spending power.

Could You Go Vegetarian?

If you've been pondering adopting a vegetarian lifestyle, or even just reducing your overall meat consumption, here are a few low-key veggie-based activities to try:

Eat vegetarian for a day: Take one day out of your week and swap your usual meat-based meals and snacks for 100% plant-based meals. Take note of any changes in your energy levels, sleep patterns, or how bloated you are at the end of the day. If you like how you feel, why not make it a regular thing?

Try the meatless option at a restaurant: Are you the type of person who skips over the vegetarian section of the menu without so much as a cursory glance? Next time take the opportunity to explore the veggie offerings and opt for a meatless meal. Who knows? Maybe it'll be more delicious than that steak.

Shop at a local farmer's market: Some of the freshest and most delicious vegetables and fruits can be found at your local farmer's market. With each changing season you're sure to find a diverse offering of meatless foods to appeal to any taste or mood. Plus you'll have the satisfaction of knowing that you're not just reducing food miles but also supporting the local economy.

Why we love World Vegetarian Day

It's good for the environment Did you know it takes 78 calories of fossil fuel to churn out 1 calorie of beef, but just 1 calorie of fossil fuel to produce 1 calorie of soybeans? That's 780% more efficient than meat production!

It's good for your body Vegetarian diets typically involve consuming lots of fibre, folic acid, vitamins C and E, magnesium, unsaturated fat, and tons of phytochemicals. That translates into lower cholesterol, reduced risk of heart disease, lower blood pressure, and a healthier weight.

About the Author: Helen Say is a freelance copywriter and blogger www.cbiservices.co.uk



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News from Fram Rugby

The club held a minutes applause before the 1s and 2s league games on Saturday 3rd September, after receiving the tragic news that former player Euan Thomson had sadly been killed in a road accident.

Euan played many seasons for Fram, before moving back to his homeland in Scotland, where he started a family. Euan was a competitive hooker for the first team, brave tackler and a great sociable team mate – taken too early.

On the field, our 1s lost 33–19 in their opening game against a strong Clifton 2s, and our 2s lost to Old C's first team. Despite the results, the players were all glad to be back out there playing again.

We say a big THANK YOU! To our first match day sponsor – Lloyd of The Globe Pub Frampton Cotterell (pictured centrally in bottom photo).

Would you like to join the Fram team?

Fram are always looking to welcome new players across all age groups. Please get in touch if you would like to train and play. Club Coach, Nigel Smith: 07539175995. Club captains Mike Ashwin: 07971986014 and Mark Smith: 07721748226.



Is your community organisation looking for funding to support a project or service across South Gloucestershire?

The Area Wide Grant scheme is open for applications. South Gloucestershire Council is inviting applications from voluntary, community and social enterprise (VCSE) organisations and town and parish councils, for Round two of Area Wide Grants (AWG).

You can apply for grants to support community projects, activities or services that meet the needs of residents in at least six of the fourteen Community Engagement Forum (CEF) areas in South Gloucestershire.

For further information on the scheme please visit southglos.gov.uk/AWG.

The deadline for applications in Round two is 15th October 2022. Applications received by the deadline will be presented to a sub-group meeting for review. Recommendations from this meeting will be presented to the Executive Member for

Communities and Public Health for a decision to be published in March 2023. Applications should therefore be for projects and services being delivered from April 2023.

All organisations must be registered to the Grants Online System and must be approved before making an application. For more information please see our Registration Guidance.

If your organisation is already registered you can request an application form; email grants@southglos.gov.uk.

Call the Grants Helpline for advice – 01454 865865.



Enjoy Holistic courses in Little Stoke & En France

Local Osteomyologist Dawn Clode is delighted to be extending her healing to France! From Spring 2023 you will have the option of combining a holiday with taking a course in a holistic treatment.

From her treatment room in Little Stoke, Dawn currently teaches people who are interested in expanding their knowledge on holistic practices, that can soothe discomfort such as – stomach or head aches, stress, anxiety and how to improve sleep. These are for people to use their skills on themselves or family members. In France, the courses will also be open to practitioners who would like to expand the treatments they offer. You can take courses close to home or in Charente, France, in the following treatments – **Acupuncture, Aromatherapy, Homeopathy, Massage, Mindfulness, Reflexology and all levels of Reiki.**

Day courses in North Bristol start at £90. In France, based on a week's stay, full board and two people sharing, holidays incorporating three days of tuition, start from £330 per person. You also have three days of free time to explore the beautiful village of Suris, in the East Charente, a ten minute drive from stunning lakes, beaches and the Vienne river. If you like water sports, fishing, walking, cycling, historic towns and chateaux everything is on your doorstep.

Dawn is just back from overseeing renovations of the large, rustic 200 year old stone building and is excited to be welcoming people from March 2023.

If you would like to book in for an appointment at her treatment room in Little Stoke or information on courses home or away, call: 0795 1099 491 or visit: www.life-and-soul-empowerment.co.uk

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News from Winterbourne Evening WI by Margaret Grazebrook

The report of the death of Queen Elizabeth II came only an hour before the start of our meeting on the 8th September, so it was agreed to hold a one minute silence in memory of Her Majesty. Queen Elizabeth was a lifelong member of the WI and took a keen interest in all its campaigns and activities. We shall greatly miss her support.

Members were anxious to sign a petition to oppose the cuts and withdrawals of bus services from our area. A Harvest Sale Table of produce proved popular and raised funds towards our ever increasing expenses.

The speaker was Jenny Bowen, who gave us a fascinating talk on the Kingdom of Swaziland. This tiny state was renamed Eswatini in 2018. It is only 120 miles north to south and 81 miles east to west but has mountains, woodlands, rivers and dry flat bushland. It borders Mozambique and South Africa but few people know of its abundant wildlife and fertile countryside.



Jenny Bowen and our President, Carol Shield

It is ruled by King Mswati III and the Queen Mother. They both wield power and put on ritual dances and feasts. Most of the people live in beehive thatched huts and keep their cattle in compounds.

Eswatini is a safe and friendly country to visit with nature and game reserves and the money from tourism is ploughed back into their local economy and conservation schemes.

Jenny had some wonderful slides of the birds, animals

and cultural life of the people. We particularly enjoyed her imitations of bird calls and animal noises.

Our next meeting on 13th October will be our 66th birthday meeting, where we will celebrate with cake, punch and Zumba! It will be held at St. Michael's School, Linden Close, Winterbourne, BS36 1LB, at 7.30pm. We welcome new members and guests.

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This month Alex gave us an informative talk about the work of St Mungo's. St Mungo's is the largest provider for the homeless in the South West. They have three main areas of provision. Their emergency outreach teams go out

every night to help those people who are sleeping rough. They also provide 256 spaces every night in accommodation and have a recovery college to help provide links to employment by providing courses in literacy, construction and digital skills.

In 2021 over 2,463 people were helped across all services while 1,515 people were supported by outreach teams in the South West. To help support their work, members brought along lots of donations of items requested by the charity.

Donations also came in for the local Food Bank. These are being taken in to their branch in Yate by one of our members who volunteers there.

Our Vice President, Lynne, braved a head shave in August, in memory of our friend Annie. All money raised is being shared between Paul's Place and Willow Riding for the Disabled. So far Lynne has raised £600 which is amazing!

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.

Future meetings:

October 5th – Robbie Hedges from Junior Bake Off

November 2nd – AGM

December 7th – Christmas Crafts

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

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QUEEN ELIZABETH

1926-2022

Floral Tribute

Evening will come, however determined the late afternoon,
Limes and oaks in their last green flush, pearly in September mist.
I have conjured a lily to light these hours, a token of thanks,
Zones and auras of soft glare framing the brilliant globes.
A promise made and kept for life – that was your gift –
Because of which, here is a gift in return, glovewort to some,
Each shining bonnet guarded by stern lance-like leaves.
The country loaded its whole self into your slender hands,
Hands that can rest, now, relieved of a century's weight.
Evening has come. Rain on the black lochs and dark Munros.
Lily of the Valley, a namesake almost, a favourite flower
Interlaced with your famous bouquets, the restrained
Zeal and forceful grace of its lanterns, each inflorescence
A silent bell disguising a singular voice. A blurred new day
Breaks uncrowned on remote peaks and public parks, and
Everything turns on these luminous petals and deep roots,
This lily that thrives between spire and tree, whose brightness
Holds and glows beyond the life and border of its bloom.

SIMON ARMITAGE
Poet laureate

In Memory of Her Majesty QUEEN ELIZABETH 1926-2022

We very much wanted to acknowledge the passing of Her Majesty the Queen Elizabeth on 8th September and express our gratitude for her inspirational and constant presence in all of our lives.

The sense of loss is enormous. Throughout her long and remarkable life, The Queen gave our country and the Commonwealth untiring service. She represented our country for more than seventy years; ever-present in our lives and a constant reminder of the values of determination, generosity and compassion. 90% of the country has only ever known the Queen as our monarch.

As Queen, she held regular (usually weekly) audiences throughout the terms of 14 British Prime Ministers, from Winston Churchill to Boris Johnson. Just two days before her death, Her Majesty, determined to carry out her duties to the end, appointed Liz Truss as her 15th Prime Minister. She met 7 Popes and her reign also spanned 14 American presidents, from Truman to Joe Biden. She met them all bar one, Lyndon Johnson.

Before she became Queen, she had said, *"There is none of my father's subjects from the oldest to the youngest whom I do not wish to greet."* During her reign, she visited every realm and every region of the UK, returning to some many times over. Initiating the 'Royal Walkabout', it is stated that nearly a third (31%) of the UK population claim to have met or seen the Queen in person (Our Gran has met her twice!).

In total she visited circa 128 different countries and travelled over a million miles. As Head of State she acted as diplomat and hostess making some 300 State visits, and welcoming over 110 Presidents and Prime Ministers to the UK on official visits.

Her Majesty supported and encouraged achievement in many different ways. The UK honours system enabled her to confer titles such as MBEs, OBEs and CBEs on people from all walks of life in public recognition of their merit, service or bravery. *"Some of them are very cleverly discovered,"* she said. *"That's very important, that the system does discover people who do unsung things, that perhaps the local people know about but nobody else does, and that's very satisfactory."* During her reign approximately 400,000 such awards have been made and well over 1 million people have attended garden parties at the Palace.

"I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

Pledge from the Princess Elizabeth made on her 21st birthday in 1947

"Although that vow was made in my salad days when I was green in judgement, I do not regret nor retract one word of it."

Queen Elizabeth on her Silver Jubilee in 1977

The Coronation Day 1953

A poem by Marlene Elizabeth Anne Ash, then aged 15. She loved the Queen. I can only imagine how exciting the Coronation must have been to a young girl back then.

A young girl of slender frame,
this Queen Elizabeth of our reign
From her shoulders, slim and slight,
Hangs a dress of Royal White

Diamonds are in her ears,
Looking like faultless tears
While on her head a golden crown
Gleams as before the alter she kneels down

On her head King Edward's Crown,
On her body a sateen gown
On her shoulders a long red train
This young girl has now begun her reign

Philip as always by her side,
During her coronation ride
People shout all the while,
And she rewards them with a smile

From the balcony she gives her speech,
All the people in England it will reach.
All the people to the edge of the coast
To the new Queen - A Toast - A Toast!

*In times when nothing stood
But worsened, or grew strange,
There was one constant good:
She did not change.*

Philip Larkin

Written for the Silver Jubilee in 1977. Her Majesty was to carry on for another 45 years after these words were written.

The Queen has sent around 100,000 telegrams to centenarians in the UK and the Commonwealth and more than 280,000 telegrams to couples celebrating their diamond wedding (60 years) anniversary.

Those closest to her often talked about her wicked sense of humour, which became apparent to the rest of us during some big national moments such as the 2012 Olympics opening ceremony featured a skit in which she accompanied Daniel Craig as James Bond from the palace to the Olympic Stadium; her own idea, which she had kept secret from the rest of her family. This year, her Platinum Jubilee celebrations included her playing herself in a short video with a CGI version of Paddington Bear, bonding over a shared love of marmalade sandwiches – finally revealing the secret of what she'd been keeping in her handbag for all those years!

And let us not forget she was also a mother and grandmother, a matriarch as well as a monarch. She was married to Prince Philip for 73 years, had four children, eight grandchildren and 12 great-grandchildren. For them as well as us, she was a symbol of stability, resilience, and wisdom.

God Bless You Ma'am. Thank you for your great service.

"Queen Elizabeth II was the rock on which modern Britain was built ... She has been a personal inspiration to me and to many Britons. Her devotion to duty is an example to us all."

Prime Minister Liz Truss

For Elizabeth by Philippa Atkin

Lay still your tongues and bow your heads, lower the flags, our Queen is dead.

Put down your work, set games aside, silence the songs, our Queen has died.

Stand in the streets, pause in the rush, think of her now, amid the hush;

In the time before the tribute drum, 'til the bugles call and the eulogies come.

Hold back the words, make no speeches today,

Reflect on the debt we may never repay.

A beacon of light, a life lived well, give thanks for our Queen, toll the mourning bell.

Grieve now a while, let the Nations weep for our greatest Queen in her final sleep.

Then raise up your hearts, let her legacy sing, Great Britain unite and stand by our King.

The future is ours in a world made bright, by the strength of her love and eternal light.

News from Frampton Cotterell Parish Council



Scarecrow Trail 2022

Frampton Cotterell Parish Council will once again be hosting our **Annual Scarecrow Trail**, from the **22nd to the 28th of October**. This year's theme is: **Sport Using A Ball**.

Entry Forms for signing up your scarecrow are available at The Brokeridge Centre or on our website at <https://framptoncotterell-pc.gov.uk/frampton-cotterell-scarecrow-trail-2022/>, as well as our Facebook page. **The deadline for signing up your scarecrow is October 7th** – don't miss out!

All Scarecrows will be marked on a trail map, which will be available online and at the Brokeridge Centre nearer the start of the Trail Week. Pick one up and take the tour!

This year's winning Scarecrows will be announced at 11am on Saturday 29th October 2022, at the Floral Friends of Frampton Autumn Sale, at the Brokeridge Centre. First and second place prizes for **Best Scarecrow** will be decided by a public vote.

Our Scarecrow Trail is a fun and popular community event, and proves a great activity for kids during the October half term. Fantastic fun for children, grown-

ups, and the whole community!

Community Crops Swap

Frampton Cotterell Parish Council are currently trialling a **Community Crops Swap stand**.

Do you grow your own fruits or vegetables? Would you like to share your surplus with your neighbours?



Can you help to support your community and encourage people to eat more healthy, locally grown food? With Frampton Cotterell Parish Council's new Community Crops Swap you can share your homegrown crops with your community – and take someone else's home with you!

You can bring your produce along to The Brokeridge Centre during opening hours (Monday to Friday, 9am–2pm), or give us a call on 01454 864442 to arrange for a home collection.

Macmillan Coffee Morning

On Tuesday 6th September, Frampton Cotterell Parish Council hosted a Macmillan Coffee Morning at The Brokeridge Centre to raise money for the charity. We had a great turn out, and between drinks, cakes, raffle tickets, and donations, we were able to raise £252 for Macmillan Cancer Support.



We would like to thank everyone who came along and donated, and everyone who so kindly baked the delicious cakes we sold at the event. We would also like to thank those individuals and businesses who donated this year's fantastic selection of Raffle Prizes – An MOT from Frampton Garage, Massages from Beauty Plus and Leap Valley Massage, £5 Voucher from Daisy Chain Deli, Dog Goodies from Dapper Dogs, A Veg Box from the Mill Lane Allotments and an assortment of other lovely prizes from private individuals.

Wildflower Planting Day at Centenary Field, Saturday 8th October

On **Saturday 8th October at 10am**, Frampton Cotterell Parish Council will be running a Wildflower Planting Day at Centenary Field, and we'd love for you to come along and help out!



We want to turn the Centenary Field into a beautiful, biodiverse wildflower meadow, by planting wildflower plug plants and seeds. The more people we have helping out, the better, so if you'd like to join in, come along with suitable clothes, including gloves and a trowel if you have them. A limited number of spares will be available on the day.

For more information, contact our Climate & Nature Officer, Daisy, email: nature@framptoncotterell-pc.gov.uk or via telephone on 01454 864 442. Don't forget to keep an eye on our website and our Facebook page for any changes or updates.

Pond Plans at Centenary Field

Frampton Cotterell Parish Council's Climate & Nature Committee are making plans to install a small wildlife pond at Centenary Field in 2023. The pond will support all sorts of wildlife, including bats, bugs, mammals, and plants! We also plan to protect the pond with a dead hedge, which will also be great for our local wildlife.

We want to hear what you think about these plans. Get in contact with us via email: nature@framptoncotterell-pc.gov.uk or give us a call on 01454 864442.



Community Grants

Frampton Cotterell Parish Council helps to **promote an active community** in our village by **supporting local organisations** who work for the benefit of Frampton Cotterell parishioners. This includes local groups and charities who help to improve the range of services and activities available within the parish, or who respond to the **climate and ecological crisis**.

If you would like to make an application to Frampton Cotterell Parish Council for financial assistance for your organisation, please **submit a grant application** to the Council for us to consider.

Our grant application form and our grant policy can be found on our website, at <https://framptoncotterell-pc.gov.uk/community-grants/>

Please send your completed application forms to our Parish Council Clerk either via email at clerk@framptoncotterell-pc.gov.uk or via post to The Brokeridge Centre, Woodend Road, Frampton Cotterell, BS36 2LQ.

Car Emissions: Don't Be Idle

Did you know that cars continue to emit harmful CO2 emissions whenever their engine is on, even if the car is stationary? Leaving your engine on unnecessarily whilst parked is in fact an offence on public roads, and one for which you could be fined!

Frampton Cotterell Parish Council is urging our parishioners to consider the ill-effects of idle emissions. You can help improve the health of your fellow residents and the environment across our village, as well as help to combat CO2 emissions and reduce air pollution simply by switching off your engine!

You can find more information on the dangers of idle emissions on the RAC website – www.rac.co.uk/drive/advice/emissions/idling



Coffee & Cake Mornings

Frampton Cotterell Parish Council runs Coffee & Cake Mornings every Tuesday, 11am–1pm, at The Brokeridge Centre. These coffee mornings are open to absolutely everyone, young and old alike! We invite all of our parishioners to drop in for a cup of tea or coffee, a slice of cake, and a good old chat you're your neighbours.

For more information on our Coffee & Cake Mornings, please contact our office team by emailing: office@framptoncotterell-pc.gov.uk, or give us a call.

Tel: 01454 864442

f Frampton Cotterell Parish Council
www.framptoncotterell-pc.gov.uk



Paul's Place at Home: Tech Borrowing scheme helps blind service user stay connected

Paul's Place at Home was created in response to the lockdowns of 2020 and 2021. Staff members continued to support physically disabled adults at home with telephone befriending and daily Zoom activities.

The lockdowns highlighted a digital skills gap within those the charity supports. As a result, once their day facility reopened, they wanted to make technology more accessible for their members (service users). They held a series of IT training workshops and created the Tech Borrowing Scheme.

The Tech Borrowing Scheme allows service users to borrow a refurbished device from Paul's Place (such as an iPad) and receive 1-1 tuition in how to best use the accessibility features to see if it is suitable.

This scheme helps those who do not have the funds to waste on a device that might not suit their disability, it also helps those who have had a bad experience with smart devices to try something different before investing in one. If the device is suitable, they can then purchase it from Paul's Place, which will then go towards funding another device, which can be used by the next generation of service users.

Andy is the first service user to have successfully learned how to use an iPad, and has chosen to purchase it. He is blind and uses the many accessibility features on his iPad mini. Thanks to some support from staff at Paul's Place, and his own hard work and dedication to learn how to use the device, he is now able to read his own emails, go on Facebook, find information and chat to friends online. He also loves listening to podcasts, his favourite one

being about the latest technological advances for people who are blind or visually impaired.

In his words: "I love it! I feel good about using it. It has made a big difference. I like that I can read my own emails and if there's nothing on TV, I can listen to my podcasts. I also like reading the posts on the Facebook member's page. I am really loving it."

This is a prime example of how we provide social activities that connect people, reduce isolation, improve health and wellbeing, and give people the opportunity to develop new skills, enjoy new experiences and live life to the full.

Paul's Place is a charity that enhances life for physically disabled adults. We do this by providing social activities that connect people, reduce isolation, improve health and wellbeing, and give people the opportunity to develop new skills, enjoy new experiences and live life to the full.

Paul's Place was established in 1995 when a group of physically disabled adults got together to create a social club that they could access. Paul was the name of a founder member who sadly died before the club had its' first meeting. In his memory the other group members decided to call the club Paul's Place.

Over the last 25 years Paul's Place has evolved into a week-day service where support is given to physically disabled adults through a variety of projects. On a weekly basis Paul's Place supports 200 adults and provides over 9,000 support sessions a year for disabled adults.

"It has opened my eyes to the feeling that, as a disabled person, we can, we matter, that we do have a voice. That was and still is probably the most life-changing thing to me" Service User Ben.

"They make him feel – for want of a better word... normal. That he can do things. That he can make what he wants to, talk to who he wants and do what he wants. He's not pressured into doing anything he doesn't want to do. I do think Paul's Place is really positive and there should be more places like it" Carer of a Service User

Paul's Place's vision is a world that embraces disability and includes everyone, ensuring that all people can live their life to the full.

Facebook: @paulsplacecharity

Instagram: @paulsplaceofficial



Frampton Cotterell Computer Group



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

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

Although younger people have grown up with computers, many older people have had limited experience of them in either their working or personal life. FCCG aims to help people to improve their knowledge, confidence and understanding, either through structured exercises which they can work through at their own pace or by answering specific questions which are raised. Because of the informal nature of the group people can also learn from each other as they try different things.

The group would also welcome new volunteers who have some experience of using computers or tablets. You don't need to be an IT expert, as a basic knowledge, an enquiring mind, and a willingness to share, are sufficient to deal with most issues. For more complex questions, experienced people are at hand to offer support to other volunteers.

For the latest information contact the Bickeridge Centre, Tel 01454 864442, Email: over50it_1@hotmail.co.uk or visit the Computer Group website www.fccomputergroup.uk.

Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk

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Frampton resident Toby completes his Bearathon challenge, raising over £20,000 for St Peter's Hospice

Eleven-year-old, Toby Fletcher, completed his Bearathon challenge in style on July 5th 2022 and received a huge welcome from his family, Hospice staff and Bristol rugby. Toby ran his Bearathon in memory of his Nanny Ju.

Toby attends Winterbourne Academy and lives in Frampton Cotterell. His family are all involved with Frampton Cotterell RFC – Toby and his brother Barney have played with the team since they were five, dad Giles coaches at the club and mum Claire volunteers to run the junior kitchen. Rugby is a big part of their lives.

As well as immersing themselves in their local club, the family regularly attend matches to support the Bristol Bears. Toby's Nanny Ju was a huge rugby fan and came to all the matches with them. When his Nanny became ill, Toby decided to take on a challenge that involved the rugby that she loved so much.

Throughout the 21/22 season, Toby vowed to run one kilometre for every point conceded by Bristol, to raise funds for local charity, St Peter's Hospice, who looked after his rugby-mad, Nanny Ju after she was diagnosed with cancer.

Toby's raised more than £20,000 on his Bearathon challenge, which began last Autumn. It's been a big ask, as Bristol Bears haven't had the best of seasons this year and Toby reckons he's run 718km in total – the equivalent of running from Bristol to Germany – sometimes in rain, storms, and hot weather!

Preparing for his final run, Toby arrived at the Hospice in Brentry where he was surprised to be met by Lenny the Hospice mascot, and the nurses and doctors who'd turned out to thank him for his endurance and effort, and wave him off on the last leg of his epic challenge. Toby set off flanked by a Hospice nurse, travelling the 10km from Brentry across the Downs to the Bear's Ashton Gate Stadium.

Arriving to cheers and applause Toby was met by many of the St Peter's Hospice and Ashton Gate team, Bristol Rugby supporters and his hugely proud family.

Pitch side, St Peter's Hospice Chief Executive, Frank Noble presented Toby with a Bristol Blue glass Rugby ball sculpture to mark his achievements and a giant tub of Haribo Tangfastics (his preferred choice of sweets!)

"Toby is one of Frampton Cotterell's juniors and what an inspiration and shining star this young man is.

His commitment and passion to raise £20k for the charity that helped his nan is a remarkable achievement.

The challenge was made even more challenging by Bristol Bears difficult season but Toby was out there come rain or shine. Well done Toby, you have made all members of Frampton Cotterell rugby club feel very proud and we can't wait your for next challenge!"

Mike Weaver, Frams Club Captain

Toby was then surprised by his favourite Bristol Bears player, Fitz Harding with a special cake where he's sat under a goal post in this season's shirt.

As well as the effort, Toby's had fun along the way too. He ran with rugby legend Joe Joyce, was thanked for his efforts by former Scottish International player, Thom Evans on The One Show, he's met all the Bears players in the changing room and run around the pitch at half-time with fans cheering for him.

Now with the challenge coming to an end, Toby says: "I'm excited about finishing my Bearathon but also looking forward to the rest and watching Bristol without worrying about the score!"

Toby's mum Claire has been supporting him every step of the way. Claire said: "As a family we are incredibly proud of what Toby has achieved, not only has he raised an amazing amount of money but he's inspired other young people to take on challenges and go that extra mile.

"There have been so many times he hasn't wanted to run but the support he's received from friends, family and most importantly, the rugby community have given him well needed boosts during the challenge. He has loved the support from the Bristol Bears players and staff and cannot wait to cheer them on next season."

To support Toby's Bearathon challenge visit his Just Giving page:
www.justgiving.com/fundraising/claire-fletcher22



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All good gifts around us are sent from heaven above

We thank you then O Father, for all things bright and good.

The seed time and the harvest, our life, our health, our food.

No gifts have we to offer for all your love imparts, but that which you most welcome, our humble, thankful hearts

Matthias Claudius 1740-1815

At this time of the year we are very aware of the seasons of nature, but we also need to be aware of the seasons of our inner being, that part of us that God only knows – our inner self.

In her book 'Soul's Journey' Margaret Self talks about the seasons of our lives, the harsh and the gentle. As Christians, our endeavours to be aware of knowing that throughout the changes, the seasons of our lives, we are knowingly on a journey that is guided, and those who follow Jesus know that they are in safe hands. How is this so? Well, Jesus promised that he would be with us throughout our earthly life and we only had to allow him to show us the way, by asking for his presence with us. This takes trust and conviction and to acknowledge that often through the changing seasons of our lives it is a mystery in so many ways. So, when things get tough, as they do for all of us, we need to remember that as in nature, the seasons bring about change, God is in the change because he is the source of all life which we depend on without even realising.

If we wait for the right season to begin we will probably never set out. This is true whether the path we take is a change of direction or a deepening experience of our inner being, known as our soul or spirit where, if we allow him to be, God is working his purpose out. It is so easy to find a reason to wait, procrastinate, waiting for the perfect day to arrive; but like in the natural world, often an external event can be the catalyst that gets us moving.

The tradition of living a life based on the stories of Jesus in the Bible give us a starting point to look at who we are; and what we are. That inner soul or spirit whatever you want to call it. Where is God in your life?

The inner being has its seasons. There are times of unquestioning, happy experiences and there are times of disturbing doubt. There are times when everything in the garden of our life is clear and bright, and times when it seems hard and dry. Plus, there are times when we feel alive and in tune with the

world; God's world which makes his presence so vividly clear. God working his purpose out for each of us. A quote from the Bible in John's Gospel chapter 15:4-5. 'Remain in me and I in you. As a branch cannot bear fruit by itself, unless it remains part of the vine, neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in that person, bears fruit in plenty; for apart from me you can do nothing...'

So, we simply have to take the RIGHT ACTION. Love one another. Be humble in all we seek to do and say. In his earthly ministry Jesus was very emphatic about the importance of RIGHT ACTION and apparently much less concerned about RIGHT BELIEF. Its rather ironic that much traditional religious practice reverse this emphasis, so that the demands of orthodoxy can become dominant.

Jesus describes himself as 'the way'. He invites us to follow him if we want to know the way. First, we follow him through his earthly ministry, learning from him 'on the job' as he shows us what it looks like in a human life to respond to the demands of justice and love. And then he invites us to follow him through a dark valley, where we discover the cost of living true to the best we can be. He urges us not to be afraid when we face opposition, that the true life will inevitably provoke the shadow that the light will reveal.

'Stay with me' he urges us and don't be afraid, because I am walking every step with you. Life itself is sometimes hard, with stony stretches, but it leads to the fullness of a life beyond our comprehension. Jesus' repeated invitation is disarmingly simple: follow me. He doesn't say 'worship me', he doesn't say 'go to church', he says follow me, and this means quite simply learning to walk with him at your side.

But to follow him we do need to be part of the body of Jesus' followers and as part of that body we learn from each other and WANT TO WORSHIP TOGETHER.

So, thank the Lord, O thank the Lord, for all his love. Amen

Des Colechin

Licensed Lay Minister

www.fromsidechurches.org.uk

Tel: 01454 776518

Email: office@fromsidechurches.org.uk



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

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Rhymetime

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

Storytime

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



LEGO CLUB

10 – 11.00am (All adults
must be accompanied by a child). Next sessions:
Saturday 22nd October and 19th November.

October Half Term Activities



Celebrate Diwali with our Henna workshop – Tuesday 25th October, 10.30am – 12.30pm. Bookings required, for further details contact the library.

Monster Mash up: Halloween meets Rangoli – create your crafts at our FREE drop in on Friday 28th October, between 10.30 – 11.30am or take your craft bag home. Suitable for 4 – 11 years.



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Open Access is our system that lets you visit a library at a time that suits you. Library members complete an induction session to register to use it then you can let yourself in during Open Access hours, 8.00am – 7.30pm. For further details, speak to staff or see www.southglos.gov.uk/openaccess

Find the latest information on our website

www.southglos.gov.uk/libraries

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Email: James.Skuse@Scouts.org.uk

Facebook.com/cotswoldedgescouts

Frampton Cotterell & Coalpit Heath Village Diary 2022

October

Sat 1st – 'Green' Fete, Frome Valley Surgery garden, 10am–12.30

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

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

Mon 3rd – Frampton Singalong, Crossbow House, 2–3.30pm. £5 incl tea/coffee, cake, fruit. All profits to charity. Book with Hilary, T: 07515 351813 | E: jays.music@mac.com

Tues 4th – Macmillan Coffee Morning at The Brokeridge Centre, 11am–1pm. All invited. Donations of cake / raffle prizes to FCPC at Brokeridge Centre, T: 01454 864442

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

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

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

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

Thurs 6th – Tea & Tour, Winterbourne Medieval Barn, 2pm. www.winterbournebarn.org.uk

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

Fri 7th – Coffee, Cake, Chat, St Peters church, drop in 10am–midday. T: 01454 776518

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

Sat 8th – Fromeside churches' Barn Dance, Iron Acton village hall, 7.30pm

Sun 9th – Orchard Harvest Day, Winterbourne Medieval Barn, 11am–4pm. Fun, food, drink, crafts, activities for the whole family. www.winterbournebarn.org.uk

Mon 10th – Winterbourne Flower Club, WADCA, 2–4pm. Theme tbc. Bring your own container and plant materials. For info contact Celia, T: 01454 776753 or text: 07947 487155

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

Tues 11th – Easy Circle Dance for beginners, Crossbow House, 2.45–4pm. £4. Great for body, mind and friendship! Experienced teachers and original music from around the world. To book contact Hilary, T: 07515 351813 | E: hilary.coach@icloud.com

Weds 12th – Talk: Gloucestershire Funerary Monuments, Winterbourne Barn, 7pm. Art & history in memorials! Live-stream also available. www.winterbournebarn.org.uk

Weds 12th – Ladies' Circle, Zion, 7.30pm

Fri 14th – Frampton Folk club, Crossbow 8–11pm. Acoustic music. Play, sing, listen. T: 07974 151437 E: andrew.edgington77@gmail.com or Facebook: folkatframptoncotterell

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

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

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

Sat 15th – The Rulettes, Classic Hits from 60s and 70s (incl the Beach Boys), Manor Hall, 7.15pm. BYO drinks. Tickets £10 incl a ploughman's. T: 07873747513

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

Weds 19th – FC & District Local History Society, Zion hall, 7.30pm. £4 Members free (£15pa). E: secretary_fcdlhs@yahoo.com

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

Fri 21st – Bingo, Crossbow, 8pm. £1 for 5 games and 50p for snowball. T: 01454 772947

Sat 22nd – Wine tasting at Winterbourne Medieval Barn, 7pm. Over 18s only. Wines and ports from Portugal. Book online via www.winterbournebarn.org.uk

22nd–28th – Scarecrow Trail round the village. Theme: Sport using a Ball. Entry forms from Parish Council at Brokeridge Centre, www.framptoncotterell-pc.gov.uk or Facebook

Tues 25th – Easy Circle Dance for beginners, Crossbow House, 2.45–4pm. £4. Great for body, mind and friendship! Experienced teachers and original music from around the world. To book contact Hilary, T: 07515 351813 | E: hilary.coach@icloud.com

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

Tues 25th – Frampton WI, St Peters Hall 7.45pm. £3.50. Craft Evening with demo. See Facebook: FramptonCottWI

Weds 26th – Bird Walk and Breakfast, Winterbourne Medieval Barn, 8–10am. Booking essential. Recommended age 12+. www.winterbournebarn.org.uk

Weds 26th – South Glos Mines Research "A Mining Miscellany", The Miners 7pm for 7.30pm, prompt start. Talk from Steve Grudgings & Adrian Crew. Non-members £2.

Weds 26th – Litter Busters, meet 10am at Gingerbread man. More info on Village Action Facebook page or www.villageaction.org.uk E: framcottva@hotmail.co.uk

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

Sat 29th – Floral Friends Autumn Fayre, Brokeridge Centre, 10am–Midday

Sat 29th – Opera in the Barn Spooky Special, Winterbourne Medieval Barn, 7pm. Tessitura perform two short operas by Menotti The Medium and The Telephone. One spooky, one comedy. Book online www.winterbournebarn.org.uk

November

Weds 2nd – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info contact Edna, T: 07789 662694

Weds 2nd – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Varied Talks. Visitors always welcome! T: 07935 071291, E: carolinemjohnston@hotmail.com or Facebook

Thurs 3rd – Tea & Tour, Winterbourne Medieval Barn, 2pm. www.winterbournebarn.org.uk

Fri 4th – Coffee, Cake, Chat, St Peters church, drop in 10am–midday. For info T: 01454 776518

Mon 7th – Frampton Singalong, Crossbow House, 2–3.30pm. £5 incl tea/coffee, cake, fruit. All profits to charity. Book with Hilary, T: 07515 351813 | E: jays.music@mac.com

Weds 9th – Parish Council Climate & Nature Group online meeting, 6pm. Zoom link on PC website: www.framptoncotterell-pc.gov.uk/climate-nature/

Sat 12th – St Peter's church Winter Fayre

Sun 13th – Litter Walk. Friendly group aimed at families with children, meet 10am. Venue tbc. Info on Facebook: @framptonlitterwalks or www.villageaction.org.uk

Tues 15th – Easy Circle Dance for beginners, Crossbow House, 2.45–4pm. £4. Great for body, mind and friendship! Experienced teachers and original music from around the world. To book contact Hilary, T: 07515 351813 | E: hilary.coach@icloud.com

Thurs 17th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info contact Edna, T: 07789 662694

Fri 18th – Fused Glass Christmas Trees workshop, Winterbourne Barn 10am and 1pm. Book online www.winterbournebarn.org.uk

Sat 19th – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome.

Thurs 24th – Fused Glass Christmas Trees workshop, Winterbourne Barn 10am and 1pm. Book online www.winterbournebarn.org.uk

Thurs 24th – Memory cafe, Greenfield Centre, 2–3.30pm. Chat, refreshments, socialising, advice, varied speakers. Free. For more info E: David.stone@alzheimers.org.uk

Tues 22nd – Frampton WI, St Peters Hall 7.45pm. £3.50. AGM/quiz. WI's 70th birthday. See Facebook: FramptonCottWI

Tues 29th – Easy Circle Dance for beginners, Crossbow House, 2.45–4pm. £4. Great for body, mind and friendship! Experienced teachers and original music from around the world. To book contact Hilary, T: 07515 351813 | E: hilary.coach@icloud.com

Tues 29th – Frampton WI's 70th birthday. See Facebook: FramptonCottWI

Weds 30th – Litter Busters, meet 10am at Heather Ave. More info on Village Action Facebook page or www.villageaction.org.uk | E: framcottva@hotmail.co.uk

Weds 30th – Gaudete! Winterbourne Medieval Barn, 7.30pm. Yuletide music of the past 600 years with the wonderful GreenMatthews. 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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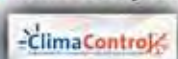


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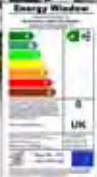
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