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**Dear Residents,**

Summer is here hurray! If you have children to occupy over the school summer holidays, there are some great family events taking place at Winterbourne Medieval Barn and Winterbourne Library. Why not give Caddy Gilmore's Adventure Golf a go, (opposite) or book onto an Art Class with Brushstrokes (page 4)?

The warmer months are a great time to get outdoors and be more active, some of you may be tempted to take part in the Watermore 10K this September. This much-loved annual race is celebrating a 10 year anniversary in 2023, so is sure to be special. If you don't fancy running, you are invited to cheer competitors on from the side lines and partake in an ice-cream or join them at the pop-up bar at the finish!

Love live music? Make sure you enter our **Reader Competition to be in with a chance of winning FREE tickets to family-friendly festival – Castell Roc!** There are 13 fabulous shows to enjoy at the 2023 event. See page 6 for full details.

Frampton Cotterell Parish Council share with us a report from this year's Annual Parish Assembly, they are working on lots of exciting projects and everyone is invited to get involved.

We are delighted to share the news that Frampton Cotterell C of E Primary School's Engineering Club has enjoyed their most successful season yet.

We are pleased to bring you articles from The Crossbow Singers, promoting their summer concert, as well as The Frampton Cotterell Male Voice Choir.

All this and so many more reports from local groups and details of numerous local activities taking place.

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 18th July 2023.

DON'T FORGET YOU CAN KEEP UP WITH EACH EDITION OF YOUR FAVOURITE COMMUNITY MAGAZINE VIA [www.mattermagazines.co.uk](http://www.mattermagazines.co.uk)

[community@mattersmagazines.co.uk](mailto: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**



## 10 Reasons to Join Your Local Community Art Class

Looking for a new hobby? Loved art since school? Like to meet your local creative community? Looking for ways to push through artist's block?

If the answer is yes to any of these, then we have put together 10 great reasons to join your local community art class with Brushstrokes Courses.

- 1. Be Inspired to Create** No matter your confidence level with art, we are here to accommodate you. Whether you're a beginner who hasn't picked up a paint brush since school or a more experienced artist looking for fresh ideas, we have differentiated options within our mixed ability classes to inspire you.
- 2. Meet Your Creative Community** Having likeminded people around you whilst you create can help spark off ideas, styles, and help you all set down that inner imposter. Our daytime classes include two tea breaks at the beginning and middle of a class, allowing you time to socialise and meet your creative community.
- 3. Learn From an Experienced Teacher** Paired with Qualified Teacher Status following a PGCE and over 15 years' experience working within communities, our teacher Laura offers a supportive approach, whilst drawing on her knowledge of art history & technique. Teaching assistant Issy will be there to assist you throughout, bringing her own experience both as a practicing artist and in community work.
- 4. Learn Technique** Each class contains differentiated resources to help those itching to learn technique as a beginner, those looking to refine already existing skillsets and those looking for a fresh challenge. Our Step-by-Step visual guides accompany each weekly class, whilst a link to our Video Guides are made available for you to use at home.
- 5. Experiment with Varied Mediums** Art is simply mark making across the blank page. Each course includes varied mediums to help you develop techniques with drawing & painting. Explore everything from pencil, charcoals, pastels, watercolours, inks, acrylics, and oils to help discover your favourite way of mark making.
- 6. Learn Art History** Each week, we look at masters from the past and present to be inspired by different styles, whilst learning the historical context of the subject matter.
- 7. All Inclusive!** Art materials, paper, canvas boards and digital resources are all included within the cost of each course. Our daytime courses include tea,



coffee and biscuits, whilst the evening course has tea making facilities for you to bring your own. Both of our venues have free onsite parking.

- 8. Develop Your Style** Through an exploration of varied subject matter, mediums, and artists, you will have the opportunity to develop your creative style and discover what makes you unique as an artist.
- 9. Expand Your Skillset** Our courses cover a variety of themes and subject matter. Learn how to develop your skillset with everything from: Still Life to Figure Drawing, Landscape to Portraiture, Charcoals to Soft Pastels, Watercolour to Oil Paint.
- 10. Make Time for You** Allow us to carve out time for you to have fun, meet your fellow creatives and create artwork in a relaxed and supportive environment.

Brushstrokes Courses runs art classes online and in/ around the Bristol area. Choose from:

- 12 week daytime courses at Winterbourne Down on Tuesdays and Wednesdays
- 6 week evening courses online Mondays and at The Kingswood Estate, Bristol, BS15 on Thursdays.
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## Watermore 10k 2023!

The popular Watermore 10k race will run on Sunday 17th September 2023, marking 10 years of the local fun-run taking place!

All money raised goes directly to the school to help pay for extra supplies and experiences for the children. Organisers plan to have all the usual activities alongside

the race – games, BBQs, ice cream van and a portable bar! As it's a 10-year anniversary for the race, it's going to be a cake filled celebration!

Please come along and support the event, if it is standing on the street corner cheering on the runners or joining everyone for a celebratory beer after the race has finished.

The famous rainbow run will once again be open for the children, tickets are available online.

Laura Thomas Race Director said,

"We are so excited to be able to organise the Watermore 10k race on Sunday 17th September, we sold over 50% of tickets within the first 24 hours, please be quick to sign up if you would like a place."

[www.watermore10k.co.uk](http://www.watermore10k.co.uk)

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Answers to: [community@mattersmagazines.co.uk](mailto:community@mattersmagazines.co.uk) by 31st July



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The logo that this year's team designed to go on the back of their overalls

## Frampton Frogs Leap to Victory

Now in its fifth year, the Engineering Club at Frampton Cotterell C of E Primary School, has had its most successful season yet.

Throughout the school year, team Frampton Frogs, made up of thirteen Year 6 pupils, has been hard at work building a Greenpower Goblin electric car. All that hard work came to

fruition when they raced their car, named Frog Gear, against other schools at three events.

The first event was a preseason friendly against Horfield Primary and St Michael's Stoke Gifford, which gave all three teams the opportunity to check out their cars before the bigger events later in the year. Then came two official Greenpower events. Against ten other cars at Miskin, near Cardiff, the Frampton Frogs won the *Best Portfolio* award and came third overall. Then against twenty other cars at New Mills, Wotton-under-Edge, they won two awards – *Best Bodywork* and *Spirit of Greenpower*. They are particularly proud to have won, *Spirit of Greenpower* as that was awarded for the way they supported other teams who were having technical difficulties, and illustrated how well they worked as a team.

The Frampton Frogs would like to thank the sponsors whose financial support made this season's success possible – Home Instead, Direct Line Group Auto Services, South West Truck & Van, St James's Place, Circus Software Solutions, Netbop and Hion. They would also like to thank Tayz of Winterbourne for printing and embroidering their impressive team kit.



The team with their record haul of trophies



In the paddock at New Mills, ready to race

Greenpower Education Trust ([www.greenpower.co.uk](http://www.greenpower.co.uk)) inspires young people to excel in Science, Technology, Engineering and Maths, through the challenge of designing, building and racing an electric car. If any local primary or secondary schools would like to know more about starting a team, please e-mail: [steve.harrison@greenpower.co.uk](mailto:steve.harrison@greenpower.co.uk).



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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](http://www.linktr.ee/tipthebalance)  
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## News from Crossbow Singers

We have had a very busy few months in Crossbow Singers, with not only rehearsing our usual summer concert, but also performing in a

number of community events. We had the pleasure of singing at a special May Day service at All Saints Church in Winterbourne Down. This was organised by the Winterbourne Down Carnival Committee.

The collection at the service was in aid of St Peter's Hospice and raised £189. In June, we attended All Saints again, this time to sing at a social and fundraising event for the church, with strawberries, cream and Prosecco/soft drinks provided. We very much enjoyed taking part in both occasions.

This year, our concert is focused on all things regal to celebrate the coronation of King Charles III, and is entitled 'Songs Fit for a King'. There will be a mix of traditionally British pieces, songs from the musicals and some specially arranged and composed pieces by our very talented musical director Carolyn Dutton, all centred on the interests of his majesty. There will of course be plenty of audience participation.

**Our concerts will be on Monday 3rd July and Tuesday 4th July from 7.30pm at Crossbow House. Tickets are £8 each, with seating for 80 people each evening.**

**To order tickets for Monday 3rd July, please phone Rose on 01454 772675, or for Tuesday evening tickets, phone Mary on 01454 887885.**

As usual, Rosie Williams will compere, and we have a couple of solos from the choir and the addition of a talented young lady called Ellie Lunt, who performs on the piano. Our chosen charities this year are the Frampton Cotterell and District Community Association (Crossbow House) and the Great Western Air Ambulance.

We would like to thank Bob Brain, a long-standing committee member of 15 years, for all of his hard-work. Bob has decided to stand down from the committee,

but will continue as Librarian and Script writer. Bob will be greatly missed at our meetings. He was responsible for the staging, which is so important for us at our concerts, it was conceived and designed by him. He has helped Carolyn design our concert seating, and concert lighting for the stage. He writes the scripts for our concerts. He has been a great support to Crossbow Singers, and we hope he will continue to be for many years to come.

We were sad to learn that two important past members have passed away. Val Corrick, a member for approximately 20 years, sadly passed away following a battle with ill health. A number of choir members were able to attend her funeral service and boost the singing. Val had requested 'Jerusalem' and this needed a rousing rendition! We did Val proud with the singing and Joanne (her daughter) was very pleased.

Sadly, we have also recently lost another very good friend of Crossbow Singers, Ruth Hunt, who was the choir's first Musical Director. Ruth, who many of us knew as Ruth Mellet, founded the choir in 1975. Ruth conducted the Crossbow Singers and the Frampton Cotterell Male Voice Choir for many years, even meeting her lovely second husband, Godfrey, through music, as he was a chorister in both choirs. Ruth will be sadly missed, but brought much joy to many people over the years thanks to her musical talent.



*Come join us*

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## News from the Floral Friends of Frampton

### Spring Fayre & Plant Sale

Our thanks to all those who donated raffle prizes for this event, and to all those who gave plants and refreshments. These helped to make it a joyful event (the weather was glorious and people were able to sit outside to enjoy their coffee and cake). Altogether we raised nearly £600, this will be used to fund the continued planting and maintenance of the planters around the village.

### Summer's here!

Floral Friends have been busy again planting colourful summer displays around the village. The new planters in the Sensory Garden have also been planted up with a mixture of perennials and summer bedding plants. As the weather is so warm and dry, the planters are being watered on a regular basis to help the plants establish and grow well. The hanging baskets have also arrived and are located around the village. We hope everyone will enjoy the results.



One new planter in the Sensory Garden is very special, as it has been bought and planted in remembrance of local resident Brian Tyrer, whose family kindly donated the funeral collection money to Floral Friends. Some of Brian's favourite plants – lupins – have been planted along with trailing rosemary (for remembrance) and a mixture of colourful bedding plants. A plaque will soon be added to this planter. Members of Brian's family came to our recent Spring Fayre & Plant Sale, and were able to see the planter in situ (pictured above).

**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](mailto:floralfriendsofframpton@gmail.com).

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

### FRAMPTON SINGALONG

with The Jays and The Rosettes

2—3.30pm, Crossbow House, School Road

**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.

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**Dawn is offering a wide range of Holistic Learning Courses** in North Bristol during 2023, and from March 2024, holistic holidays in East Charente, France. Day courses start from £90. Simply select the holistic discipline you are interested in learning about.

**Dawn offers individual or small group courses in the following – Anatomy for Beginners, Aromatherapy, Homeopathy, Kinesiology, Massage, Mindfulness, Reflexology and all levels of Reiki.**

**Get in touch:** For more information and to book onto a course, contact Dawn on, **0795 1099 491** | [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk)

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## Ridings High School Reunion "59 and counting..."

**Former pupils of the Ridings High School, Winterbourne who are about to turn 60 are being invited to a school year reunion.**

In 1995, Suzanne Wembridge, Kate Ackerman (née Counsell) and Jane Cooke (née Wise) organised a "30 Something School Reunion Party" for those who started at The Ridings High School in September 1975. At the time there was no internet, so they sat down with a list of names from the first year school register and a telephone directory to find out if there was still a connection living at the original address. The party was held at the BAWA Leisure Club in Filton and approximately 160 attended.

It's nearly 30 years since that reunion so the three friends are organising another reunion called "59 and counting..." on 2nd September 2023, at Chipping Sodbury Town Hall, with the aim of getting as many people as possible together again from their school year.

This time the internet is being used to help trace people and there is a Facebook group for the event. The reunion is only for pupils born between 1st September 1963 and 31st August 1964, as well as teachers who taught during the years 1975 to 1982. Tickets cost £10 and includes a welcome drink.



People will be attending from all over the UK, and someone has intentions to travel from Australia as they haven't seen their school friends for 40 years!

If you are interested in attending, or are in contact with anyone else from this school year who might wish to attend, you can find out more by e-mailing:

[ridingsreunion@gmail.com](mailto:ridingsreunion@gmail.com)

or by joining the Facebook group:

**Ridings High School Reunion for those born September 1963 to August 1964** (or scan the QR code)



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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](mailto:over50it_1@hotmail.co.uk) or visit the Computer Group website [www.fccomputergroup.uk](http://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](http://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](mailto:bookings@adornocommunitydaycentre.co.uk)

or visit our website at: [www.adornocommunitydaycentre.co.uk](http://www.adornocommunitydaycentre.co.uk)

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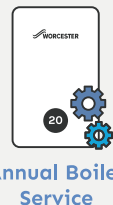
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## News from Coalpit Heath WI

Our May meeting was a discussion of this year's resolution – Clean Rivers for People and Wildlife. This was passed at the WI AGM in Cardiff. Bathing water designation can play a key role in tackling pollution, as it means that water must be tested for

the bacteria that causes illness during the bathing season, water companies have an obligation to tackle pollution in these locations.

Our meeting continued with a blind tasting of three different wines to see if we were able to match their flavour to a description. It was more challenging than we thought.

Verna Clifford (pictured above), was our guest speaker in June. Verna is visually impaired and shared with us some of the gadgets that she uses to help her in everyday life. Many of the gadgets that she used initially, have now been superseded by voice activated software on phones and voice controlled personal assistant devices. We also

learnt that bank notes have a tactile feature, raised dots, to help identify the value of the note. Similarly books of stamps have notches on the side of them that indicate the value of the stamp inside. Many thanks to Verna and her driver Judy, it was a fascinating and entertaining talk.

The Book Club's current read is Mr Macgregor by Alan Titchmarsh, which we will review in July.

We had lovely weather for our afternoon tour of Highrove gardens, and particularly appreciated the wildflower meadow with its beautiful blue Camassia's. We later enjoyed scones in the tea room. Plans are in hand for a return trip at Christmas. A Christmas meal is also being provisionally booked.

**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:**

5th July – Briony May Williams *Life after Bake off* (Briony has agreed to judge a cupcake competition)

2nd August – Rob Jones *A dad of triplets*

7th September – Alex Stanbrook *Talk on hats*

**Search @WICoalpitHeath on Facebook or @coalpitheathwi on Instagram to find out any further information and updates.**

## News from Winterbourne Evening WI

The Resolution 'Clean Rivers for People and Wildlife' was passed at the WI Annual Conference in Cardiff by 4007 votes 'for' and 742 votes 'against' – an outstanding majority in favour. This, plus the recent newspaper reports on the heavy pollution of the River Frome, made us decide to visit the Wessex Water Recycling Centre at Charfield in August. These wetlands are able to absorb microplastics, phosphorus and harmful bacteria, as well as providing a habitat for birds, plants, insects and other wildlife, before releasing clean water into the rivers and sea.

On a lighter note, we enjoyed some needle crafting at this month's meeting. Using carded sheep's wool dyed black, orange, brown, yellow and white, we stabbed it with our needles into an outline traced on fabric, until we all managed to make a most life-like bumble bee, complete with wings and legs. We then we framed our little creatures and mounted them on cards. A big 'thank you' goes to Amy Grimsby for teaching us so expertly.

**Our next meeting on 13th July has Mark Steeds entertaining us with *M. Douglass comes to Town* – 7.30pm at St Michael's School, Linden Close, BS36 1LG. Visitors are always welcome.**

Margaret Grazebrook



## 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

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Twelfth Night production

## Summer at Winterbourne Medieval Barn

The Medieval Fayre was an excellent day on Sunday 11th June – over 600 people came despite the damp weather. We felt like we were almost standing inside a cloud, but it was warm so no-one minded getting a bit wet! We hope you enjoy some of the pictures above from the day.

**Shakespeare's Twelfth Night, Thursday 20th July, 7pm** – "If music be the food of love, play on". The Festival Players return to the Barn with Shakespeare's famous rom-com, a tale of love hampered by disguise, mistaken identity, and a lot of roisterous and hilarious trickery. This top professional touring company brings you male actors playing all the roles, just as was done in Shakespearean times, with all the colourful cross-dressing and affectations that involves, adding to the brilliant comedy.

Directed by Michael Dyer with music by Johnny Coppin. Online booking essential.

### Monthly Talks

**Wings over Filton, Thursday 13th July, 7pm** – Chris Bigg tells the history of aircraft manufacture at Filton since 1910. This fascinating talk includes so many well-known aircraft – Boxkite, Scout, Fighter, Bulldog, Blenheim, Beaufighter, Brabazon, Britannia .... and, of course, Concorde.

**Joan of Arc, Thursday 10th August, 7pm** – We probably all know that Joan of Arc was burnt at the stake during the 100 Years' War and is hugely revered as a martyr in France, but what else do we know about her? The inimitable Prof Ron Hutton returns to the Barn to explore why Joan of Arc became so famous, and why she is both one of history's most spectacular successes and its failures.

**Tea & Tour, Thursday 3rd August, 2pm** – Winterbourne Medieval Barn was built in 1342 for Thomas de Bradeston, and this nationally important raised-cruck structure survives as a magnificent example of the medieval builders' craft. Come and see the superb medieval roof timbers, and find out how the Barn was built and why it is so important. The history of the Barn and St. Michael's Church are closely linked due to the Patronage of Thomas de Bradeston. But who was he? Find out more about this important local medieval figure when you tour the Barn and the Church. The Tour is followed by tea, coffee and biscuits back in the Medieval Barn, with plenty of time to talk further and ask questions.

**Bat Walk with Drink & Nibbles, Thursday 24th August, 7.30pm** – Naturalist Ed Drewitt guides an evening walk of around 1.5 hours around the nature reserve, listening and watching for bats and birds. We return to the Barn afterwards, where your ticket includes a drink from the bar (alcoholic or soft) and nibbles. Not recommended for under 12s. Numbers are strictly limited and booking is essential.

### Activities Specifically for Families and Children:

**Adult-and-Child Fused Glass Workshop, Tuesday 25th July, 10am** – For older children (10+) or teenagers and an adult together. You each make your own decorative fused glass item, such as a Bristol balloon, but the ticket price is reduced for under 16s. A lovely way to share the start the summer holidays, or maybe a post-exam treat.

**Family Drama Hercules, Sunday 23rd July, 2pm** – IKP's unmistakable brand of "delightfully daft" family theatre returns. Travel back to the time of heroes, monsters and myths where Hercules labours for beauty, truth and love! Great fun for all the family. The performance starts in the Barn at 2pm.

**Family Craft Sessions, Tuesday 8th August, 10am or 1pm** – Jasmine returns to the Barn to lead these summer craft activities aimed at families with children aged 6–11. Pre-booking is essential.

**Craft Workshops** – Many of the summer workshops are sold out, but there are more coming up in the autumn. Fused glass and Pottery sessions in September and October are already on sale online.

All events should be booked online via the Barn website or direct on Ticketsource. A Box Office is open at the Barn on 3rd August from 1–2pm for in-person ticket sales.

There is plenty of free on-site parking for most events, apart from the drama performances (Twelfth Night and Hercules), where parking is at Winterbourne Academy. People who are unable to walk down the lane from the High Street will need to reserve a parking space on site in advance. Please do not park in Church Lane as this causes congestion, putting pedestrians, cyclists and riders in danger, and obstructs emergency vehicles.

[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)  
**Facebook @winterbournemedievalbarn**  
 Winterbourne Medieval Barn  
 Church Lane, Winterbourne, BS36 1SE

willowbrookshopping.co.uk

**#SummerTime**  
**WILLOW BROOK**  
 BRADLEY STOKE SHOPPING

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.



## What's on at Winterbourne library



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

**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.



### COMMUNITY CRAFT GROUP

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

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

£4 per person including refreshments.

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

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

### Visit our exhibition & sale of paintings

produced by members of Frome Valley Art Group, on display until 8th July.

**Hi Kids, come and join now... Register for The Summer Reading Challenge** from 8th July to 9th September, at any South Gloucestershire library, during staffed open hours. Pick up your FREE bag of goodies including Ready, Set, Read! Seeds. The challenge is FREE, and all children aged 4–11 are invited to take part. Children read books they enjoy over the summer holiday and collect stickers (including some stinky ones!) to complete their exclusive Ready, Set, Read! Collector card and get a medal and certificate.

**Is your child starting a local school in September?** Come to our stay & play dates at the library and make some new friends!

**Elm Park new starters** – 11th July, 10am–12pm

**St Michael's new starters** – 18th July, 10am–12pm

### Children's FREE Activities

- **8th July**, 10–11am, Lego club
- **1st August**, 10.30–11.25am, Zoolab, booking essential as limited numbers. [eventbrite.co.uk](http://eventbrite.co.uk)
- **5th August**, 10–11am, Lego club
- **11th August**, 10.30–11.30am, Ready, Set, GO! Craft session
- **18th August**, 10.30–11.30am, Ready, Set, MAKE! Craft session
- **25th August**, 10.30–11.30am, Junk Box challenge model making
- **2nd September**, 10–11am, Lego club
- **Every Friday**, 9.30–10am, Rhymetime – most suitable 0–18months

**Adult craft group** – Saturdays 10am–12pm. Next sessions, 15th and 22nd July, 12th and 19th August. Join our friendly group of crafters to do your own work and chat, refreshments available by donation

**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](http://www.southglos.gov.uk/libraries)



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## PUBLIC CONSULTATION EVENT

Bristol & England Properties will be hosting a public consultation event in Frampton Cotterell and invite local residents to attend to review emerging proposals for residential infill development on land to the West of Bristol Road/ South of Perrinpit Road.

**The drop-in event will be held on Wednesday 19th July, 3–6pm, at the Bickeridge Centre, Woodend Rd, Frampton Cotterell, BS36 2LQ.**

The event is intended to aid discussion on the draft proposals for the site, which comprise c.38 new homes, including affordable and self-build plots for parishioners, open space, dual access points, sustainable drainage and biodiversity enhancements.

There will be an opportunity to provide feedback both at the event and subsequently, email: [frampton@pegasusgroup.co.uk](mailto:frampton@pegasusgroup.co.uk) – and we would actively encourage any questions about the proposed development.

Bristol & England Properties are committed to proactive local engagement in promoting the site and hope to meet as many residents as possible at the event.



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# #lunchtime

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# Minister's Message ~ Where is your thin space?



Sometimes, do you, like me, feel a little as if you are constantly on a treadmill? Life can be so busy and we can often feel as if so many demands are made of us by others, or in my case, even by ourselves. I have to admit I often feel like this and it can be physically and mentally draining.

I have just returned from a trip to Scotland to visit my sister and brother in law. Before I went I was feeling very much 'on the treadmill' – I was making so many demands of myself, many of which, as I reflect, were either unachievable, did not matter or something that would be better done in partnership with someone else.

As I reflect back on my trip to Scotland I genuinely feel it was heaven sent! Not only did it give me time with my sister, who I love very much, but it helped me to experience stepping off the treadmill and just 'being'. Sitting by the Lake of Monteith on a beautiful sunny day listening to the bird song, watching the fish rise, Canada geese fly overhead, paddle boarders drifting gently across the calm water and even a glimpse of a fish eagle, plus of course a lovely cup of fresh coffee, was truly awe inspiring but also the catalyst for a deep sense of peace and God's presence with me. A truly 'thin space' i.e. one of those places where one feels very, very close to God, as if you can almost reach out and touch the creator.

In the gospel of Mark, Jesus says to his friends 'Come away and rest a while' (Mark 6:31) clearly Jesus understood the feeling of being on the draining 'treadmill' and recognised the importance of taking time to step off into a 'thin space' and be restored by God. These 'thin spaces' for all of us are, I believe, a wonderful gift from God and to be grasped and experienced deeply when they come our way.

They remind me of the old Heineken advert (other lagers are available!) from 1973, which claimed the beer 'refreshes the parts other beers cannot reach!'. These 'thin space' times help to heal and restore us mentally, they remind us of God's unconditional love for each of us and that He is with us every step of the way, and understands are need for not just physical refreshment but for that deep mental and spiritual refreshment.

Where is your 'thin space'? Maybe it is a piece of music, your garden, a piece of poetry or a beautiful walk – make sure you take time to find it and experience its restorative powers because, as the L'Oréal advert reminds us 'you're worth it', and that is exactly what God believes of you my friends – you're worth it! So, step off that 'treadmill' and take time to receive all that God longs to give you through is love for you.

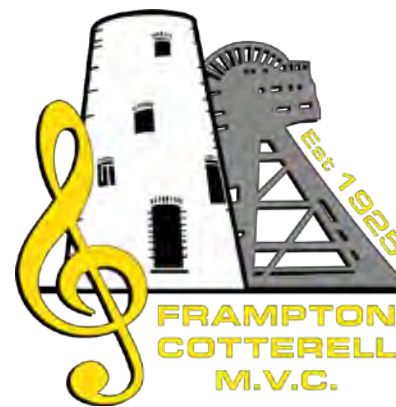
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The Parishes of Coalpit Heath, Frampton Cotterell, Iron Acton, Winterbourne and Winterbourne Down



## Choir gets a new uniform for a new century

There's some debate over the exact date that marks the birth of Frampton Cotterell Male Voice Choir. The choir has been in existence under that name since 1925 but its origins go even further back, to a choir that was formed in 1921, to raise money to support miners during a strike at Coalpit Heath Colliery.

At the end of its first century (give or take a couple of years), the choir is still going strong, and to mark this milestone, the choir decided to launch a new uniform. Chris Fletcher, a member of the working group that came up with the uniform design, says, "We needed something that was smart, distinctive and more consistent than the old "wear a dark suit" rule that we used to apply. A waistcoat embroidered with the choir logo fitted the bill and has met with widespread approval from choir members and audience alike".

Embroidery was by Tayz of Winterbourne, and the uniform was funded with generous support from South Gloucestershire Council and Frampton Cotterell Parish Council.



In 1926 the choir members simply dressed in their Sunday best



The choir in 2023 in its new uniform

Frampton Cotterell Male Voice Choir performs in and around Frampton Cotterell, and has raised over £2,500 for charity in the past year alone. The choir always welcomes new members: it's a friendly choir and all men are welcome – there's no requirement for previous singing experience or musical knowledge and definitely no audition.

**Join us! Rehearsals are on Friday evenings and there will be a special Open Rehearsal on Friday 15 September from 7:30pm in, Zion United Church, BS36 2HY** (followed by a beer or two afterwards) for any men interested in giving it a try.

For more information go to [www.fcmvc.co.uk](http://www.fcmvc.co.uk) or contact Russell, email: [sec.fcmvc@gmail.com](mailto:sec.fcmvc@gmail.com)

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

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

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

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

[andysmanclub.co.uk](http://andysmanclub.co.uk)



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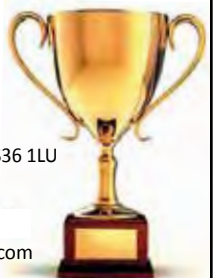
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M: 07881 863408

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# News from Frampton Cotterell Parish Council

## Annual Parish Assembly 2023

On Tuesday the 23rd of May, Frampton Cotterell Parish Council hosted the 2023 Annual Parish Assembly, at the Bickeridge Centre. The event offers the parish the opportunity to come together as a community and to hear updates not only from the Parish Council but also from many other local groups, including sports clubs, volunteer groups, environmental groups, community groups, and more.

All who attended were able to hear news and information from representatives of some wonderful local groups as well as the Parish Council. Following all of the various reports, the floor was opened for questions and discussions. If you were unable to attend, please see The Chair's Report, printed below.

## Frampton Cotterell Parish Council 2023 Annual Chair's Report

We have been fully operational this year, with a few staffing changes and also a change in councillors following co-options and the recent election. We do still have 2 vacancies, but our number has increased from 8 at the last election, to 13, which is great news. Our Staff and councillors work together really well as a team, managing projects and running the 'business' for the benefit of the community, in a fair and transparent way. We are also committed to involving the community in the decision-making process by informing, consulting and welcoming their contribution to our Committees and working groups. We greatly value our parishioners' involvement, because at the end of the day we are all motivated to enhancing the village and making it better for all. There are a few highlights that I would like to draw attention to:

- The Council won substantial grant funding to improve Sports and recreational facilities at the Park. We also plan to further enhance the wildlife areas.
- Two new water fountains were installed at the Centenary field and the Bickeridge centre, linking in to the "refill revolution".
- We made grants available to the community, including a sizable amount made to Beesmoor Road management committee, which funds the insurance of the play equipment and the pavilion. We directly fund the grass cutting, together with the emptying of litter and dog bins.
- We were proud to host the inaugural Frampton Cotterell Parish Volunteers and Community awards earlier this year. This was a celebration of those individuals and groups, expressing appreciation of their efforts by treating them to a lovely cream tea. The atmosphere and whole event was absolutely brilliant.



- The now annual Bioblitz, organised and hosted with Frampton Nature group, was again a huge success, and a new event was hosted by Frome Valley medical centre last Autumn.
- There is now a new page for Youth and Youth clubs on our website, and the website itself has been vastly improved making it easier to use even for technophobes like me!
- We have also seen a welcome return of the police drop sessions at the Bickeridge centre, which are widely appreciated by all.

Looking forward to next year, the council has plans to improve the Ridings Road play area. We have completed the consultation stage of the project and the next phase, which is the design and funding stage, has just commenced.

We will be looking at the carpark at the Park, whether improvements to lighting and security generally are required, together with the carpark's surface – potholes are inescapable wherever you go it would seem!

We have just started improvements to the entrance of the Centenary field to allow larger vehicles onto the field so that, all being well, the Frampton Festival will resume in 2024, which is of course great news.

These are just a few of the projects that we have planned for the next year, along with our normal activities and regular events. I am very excited by all that we have planned going forward, and proud of our achievements over the last 12 months. We are greatly looking forward to continuing to work with the community to make the village a better place, and would offer a heartfelt "thank you" to all those volunteers, professionals, staff and councillors whose sterling efforts make it possible.

## Bickeridge Centre Mini Library

Frampton Cotterell Parish Council has a mini library at The Bickeridge Centre for all local people to make use of. Our bookshelves are very well stocked with many different titles and genres – we have something for everyone to borrow, for free! We welcome book donations that help to provide free entertainment and education for everyone in the village.



## Crochet & Knit Club

Join the wonderful Lesley and other local crafters every 1st and 3rd Tuesday of each month, from 11am–1pm, at The Bickeridge Centre. Everyone is welcome regardless of your experience or ability. Whatever project you are working on, or hoping to start, bring it along and work on it with the support and friendly conversation of your neighbours.

## Community Produce Share 2023

Our produce share is intended to help local people share the surplus produce they grow with the community – and take home part of other people's surplus for themselves. Produce sharing between neighbours is always a great way to pool community resources and cut down on food waste.

If you have any surplus produce you would like to donate, or if you would like to come and take some that has been donated, visit the Bickeridge Centre, Monday to Friday, 9am–2pm.

## Hedgehog Heroes Event & Frampton Cotterell Hedgehog Cake Bake Off!

On Friday the 2nd of June, in collaboration with Westerleigh Parish Council, Frampton Cotterell Nature Group, and Yate Hedgehog Rescue, Frampton Cotterell Parish Council hosted our Hedgehog Heroes Launch Event.

The event was a great success with people of all ages attending. We were able to host an interesting and informative talk on hedgehogs from Yate Hedgehog Rescue, who also brought along a hedgehog skeleton for exhibition. There was also a hedgehog themed tombola with a lovely selection of hedgehog themed prizes, including some wonderful fabric hedgehogs crafted by our very own Crochet & Knit Club members, and a beautiful painting kindly donated by brilliant local artist, Nicola Stone. Proceeds from the tombola were donated to Frampton Cotterell Nature, and proceeds from refreshments went to Yate Hedgehog Rescue.



We were also excited to present the "Frampton Cotterell Hedgehog Cake Bake Off" – a competition to see who could bake the best hedgehog cake! All of our entries were fantastic, but there could only be one winner, who was crowned our Star Hedgehog Cake Baker and presented with a certificate and grand prize of a hedgehog house for her garden!

This event was designed to launch our "Hedgehog Heroes" project, in collaboration with other parish councils and South Gloucestershire Council. This project aims to help protect endangered local hedgehogs and help educate local people on what we can all do to help hedgehogs!

If you would like to join our Hedgehog Heroes Working Group, or just find out more, please contact us at, [nature@framptoncotterell-pc.gov.uk](mailto:nature@framptoncotterell-pc.gov.uk). If you'd like to help with research into protecting hedgehogs, visit [www.bighedgehogmap.org](http://www.bighedgehogmap.org) to report any hedgehog sightings, and to record whether or not you have installed a hedgehog highway in your garden fence.

## Police Drop In Sessions at The Bickeridge Centre

Local police officer Finbar Simmons will be at the Bickeridge Centre on selected days throughout the year, from 11am–1pm, for resident drop-in sessions. If you have any questions or concerns you'd like to raise with PC Simmons, feel free to drop in on any of the dates: Tuesday 9th May, Tuesday 6th June, Monday 26th June, Tuesday 4th July, Monday 21st August, Tuesday 29th August, Monday 18th September, Tuesday 26th September, Monday 16th October.

For more information on our projects do get in touch.

**T: 01454 864442**

**Facebook: @Frampton Cotterell Parish Council**

**E: [office@framptoncotterell-pc.gov.uk](mailto:office@framptoncotterell-pc.gov.uk)**

**[www.framptoncotterell-pc.gov.uk](http://www.framptoncotterell-pc.gov.uk)**

The Bickeridge Centre Woodend Road  
Frampton Cotterell, BS36 2LQ.



## Shopmobility is Celebrating its Twenty Year Landmark in July 2023

In July 2003 a meeting was called by the late Keith Holloway, from Thornbury, about the possibility of setting up a Shopmobility Scheme in South Gloucestershire. He had seen such a scheme elsewhere and wanted to set one up here. The meeting took place in Dodington Parish Council hall, and the planning started!

It took some time to get the scheme off the ground, and it began operations in 2006, with Sue Gawler as the chair and Sheridan Crew the Project Manager.

**To celebrate Shopmobility South Gloucestershire will be holding a Drop In celebration event at its office at Yate Library in the Yate Shopping Centre on Thursday 20th July from 2pm to 4pm. Please drop in !!**

Shopmobility South Glos Vice Chairman David Bell, who was at the original meeting in 2003 commented: - *"I am so pleased that Shopmobility South Glos is still going strong after all these years. We have been able to help so many people in this time."*

**Shopmobility Trustee Linda Banister told us her story:** *"My name is Linda and I am a Trustee of Shopmobility in Yate Shopping Centre. What an incredible service this is!! I survived bone cancer in 2020/1 and unfortunately had to lose a leg in the process. Whilst recovering, a friend mentioned the Shopmobility service to me as she hired a scooter regularly for her mother in law when she came to visit."*

*"I visited Shopmobility and the lovely Sheridan Crew, was kind and extremely helpful. He patiently showed me how to use the scooter, what to do and what not to do, and how to dismantle it to go in the back of my friends mini!! It enabled me to go on my first holiday. Yippee. What a fabulous experience. Thank you Shopmobility and Sheridan."*

*"This is why I now volunteer as a Trustee for this brilliant South Gloucestershire service. We are always looking for supporters, volunteers, helpers, to keep this excellent service alive. All support is truly welcome."*

*So for people who need a wheelchair or scooter, even just for a short period to take on holiday,*



*go shopping, visit friends, go on a trip, look no further. We are here in Yate Shopping Centre. Thank you "*

Janet Biggin, Chair of Shopmobility South Glos said: *"As Chairman of Shopmobility, I am very proud with the service we provide for people who wish to remain independent, in using our wheelchairs and mobility scooters to go shopping, visit friends, or needing to hire a wheelchair following surgery. At Shopmobility we are aware of the issues with isolation and know that our service helps to overcome this in allowing people to get 'out and about'."*

Shopmobility South Glos is based in Yate Library in Yate Shopping centre. It provides mobility scooter and wheelchair hire on either a daily or longer term basis to help people who have limited mobility retain their independence and use the facilities of the centre and to access other services too. The service helps users from all over South Gloucestershire and beyond!!

Its opening hours are Tuesdays, Thursdays and Fridays - 9.30 am to 4.00pm.

There is free daily hire with a Concessionary Bus pass. If you want to pre book a scooter or wheelchair please ring or email the scheme on 01454 868718 or 07999574474, or email -shopmobilitysouthglos@yahoo.com

Or simply call into our office at the Yate Library complex.

## Meet your PCC – Mark Shelford

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

**I hope everyone has been enjoying time outside in the sunshine and stayed safe whilst doing so during our recent spell of glorious weather.**

Earlier this month, I put questions relating to knife crime and increased summer demand in police support to Chief Constable Sarah Crew at the latest Performance and Accountability Board (PAB), which livestreams every month on Facebook.

I know that the police get exceptionally busy in the summer, but local people still rightfully expect a high level of service. During PAB I asked the Chief Constable how she will ensure that officers respond in a timely way and improve on what they did last year. I also asked for an update on the week of awareness tackling knife crime – and how officers work with Violence Reduction Units to prevent knife crime. This was particularly important following the tragic death of 16-year-old Mikey Roynon from South Gloucestershire at an incident in Bath on June 10th. Two boys, one aged 15 from Dorset and another aged 16 from Wiltshire, have since been charged with possessing an offensive weapon and murder.

At the PAB we also discussed the amazing work of police volunteers, as well as rape and sexual assaults in hospitals. If you would like to listen in to the conversation, you can view our Facebook live video that was recorded and has been posted to the OPCC Facebook page.

**I would like to take this time to highlight the 159 service, launched by Stop Scams UK.** If you think someone is trying to trick you into handing over money or personal details, I urge you to stop, hang up and call 159. This is a short-code phone service that connects people safely to their bank's fraud prevention service.

This free phone service should be used when either you or someone you know may have provided an unknown person with your bank card or banking information over the phone, allowing you or your

loved one to report financial scams as fraud may be potentially taking place. Individuals should still report any suspicious calls about financial matters to Action Fraud.

I would like to mention the work of Crime Stoppers and The South West: No Place for Drugs campaign. I urge communities to help keep drugs off our streets, by spotting the signs of this activity and reporting it to Crime Stoppers, which is 100% anonymous.

Currently, Crimestoppers is appealing to the public to speak up and report cases of property being used as a grow house or farm to cultivate cannabis.

Organised crime gangs are renting properties in both urban and rural parts of the country and setting up cannabis farms. This illegal activity often brings serious violence, victims of modern slavery, and increased risks of building fires and explosions.

If you are a landlord of either residential or commercial property, I implore you to become aware of the signs of cannabis cultivation. Rented properties can be modified with barricaded windows and doors, unsafe electricity wiring and mould and water damage from hydroponics and irrigation systems.

I urge you to learn the signs to spot for cannabis cultivation and help protect yourself and your community. For more information, please visit the Crime Stoppers website:

[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

**I would like to thank everyone for their continued contribution to keeping our communities safe and wish you all a safe and happy week.**



**[www.avonandsomerset-pcc.gov.uk](http://www.avonandsomerset-pcc.gov.uk) 01278 646188**

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



# Frampton Cotterell & Coalpit Heath Village Diary 2023

## July

**Sat 1st** – Moth Club, Bockeridge Centre Garden, 10am

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

**Mon 3rd** – Crossbow Singers 'Music Fit for a King', Crossbow House, 7.30pm. Light-hearted evening. Bar available. For charity. Tickets £8, Rose, T: 01454 772675

**Tues 4th** – Crossbow Singers 'Music Fit for a King', Crossbow House, 7.30pm. Light-hearted evening. Bar available. For charity. Tickets £8, Mary, T: 01454 887885

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

**Weds 5th** – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: henfieldhall@yahoo.com

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

**Weds 5th** – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For info, E: henfieldhall@yahoo.com

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

**Thurs 6th** – Fromeside Food Hub, Zion, 12–2pm. Free/"Pay as you feel"

**Fri 7th** – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info, T: 01454 776518

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

**Sat 8th** – Frampton Cotterell Nature Volunteering morning, Centenary Field, 10am

**Sat 8th** – Watermore School Summer Festival, 1–4pm. Stalls and entertainment. Free entry. All are welcome!

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

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

**Thurs 13th** – Fromeside Food Hub, Zion, 12–2pm. Free/"Pay as you feel"

**Thurs 13th** – Talk: Wings Over Filton, Winterbourne Medieval Barn, 7pm. The Bristol Aircraft Industry with Chris Bigg. www.winterbournebarn.org.uk or T: 0117 403 1536

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

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

**Sat 15th** – Repair Surgery, All Saints hall, Winterbourne Down, 10.30am–12.00pm. Frome Valley Environmental Group. E: interbourneenvironmental@gmail.com

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

**Thurs 20th** – Coeliac UK Local Café Meet Up, Iron Acton Garden Centre, 10–11.30am. Join us to share experiences of living gluten free. Info, E: volunteering@coeliac.org.uk

**Thurs 20th** – 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

**Thurs 20th** – Shakespeare in the Barn: Twelfth Night, Winterbourne Medieval Barn, 7pm. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

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

**Sat 22nd** – Frampton Cotterell Nature Volunteering morning, 10am–12pm. Meet by Bridge House. Wear stout footwear.

**Sat 22nd** – Elvis Night with Mark Knight, WADCA, 7.30pm. £10–£15. Book on Ticketsource

**Sun 23rd** – Family Drama: Hercules, Winterbourne Medieval Barn, 2pm. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

**Tues 25th** – Fused Glass Workshop for Adult-and-Child, Winterbourne Medieval Barn, 10am. Minimum age 10. Book online: www.winterbournebarn.org.uk

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

**Tues 25th** – Frampton WI, St Peters Hall, 7.45pm. Rob Jones – Crime and the Serial Killer. See Facebook.com/FramptonCottWI | email: Fcwisecretary@outlook.com

**Weds 26th** – Litter Busters, 10am, More info, E: framcottva@hotmail.co.uk

**Weds 26th** – Ladies' Circle, Zion, 7.30pm. Varied speakers. Info, E: jeanbradbeer@gmail.com

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

## August

**Weds 2nd** – Coffee Morning, Henfield Hall, Ram Hill, 10am–12.00pm. E: henfieldhall@yahoo.com

**Weds 2nd** – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome.

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

**Weds 2nd** – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors welcome. T: 07935 071291 | E: carolinemjohnston@hotmail.com or FB

**Thurs 3rd** – Tea and Tour, Winterbourne Medieval Barn, 2pm. T: 0117 403 1536 | www.winterbournebarn.org.uk

**Fri 4th** – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info, T: 01454 776518

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

**Sat 5th** – Moth Club, Bockeridge Centre Garden, 10am

**Sun 6th** – Frome Valley Growing Project Open day, Swan Lane, Winterbourne, 10am–2pm

**Tues 8th** – Family Crafts, Winterbourne Medieval Barn, 10am or 1pm. £3.75. Book online

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

**Thurs 10th** – Talk: Joan of Arc, Winterbourne Medieval Barn, 7pm. With Prof Ron Hutton. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

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

**Thurs 17th** – Coeliac UK Local Café Meet Up, Iron Acton Garden Centre, 10–11.30am. Join us to share experiences of living gluten free. Info, E: volunteering@coeliac.org.uk

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

**Fri 18th** – Bingo, Crossbow, 8pm. T: 01454 772947

**Sat 19th** – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. www.salemchurch.org.uk

**Sat 15th** – Repair Surgery, All Saints hall, Winterbourne Down, 10.30am–12.00pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. E: winterbourneenvironmental@gmail.com

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

**Tues 22nd** – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

**Weds 23rd** – Ladies' Circle, Zion, 7.30pm. Varied speakers. Info, E: jeanbradbeer@gmail.com

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

**Thurs 24th** – Bat Walk with Drink and Nibbles, Winterbourne Medieval Barn, 7.30pm. Book online. www.winterbournebarn.org.uk

**Sat 26th** – Frampton Cotterell Nature Volunteering morning, 10am–12pm. Meet by Bridge House. Wear stout footwear

**Weds 30th** – Litter Busters, 10am. E: framcottva@hotmail.co.uk

**See Village Action website for dates for the full year [www.villageaction.org.uk](http://www.villageaction.org.uk)**

**If you have dates to add to the Diary, please email: [louisemharrison@gmail.com](mailto:louisemharrison@gmail.com).**



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# Index of Local Advertisers

## Art / Craft Courses

Brush Strokes 4  
Winterbourne Barn 20,21

## Aerials

A1 Aerials 36  
Dan Grace Aerials 33  
M D Aerials 35

## Bathrooms

Inspired Bathrooms 33

## Bicycle Repair

Rule 4 Cycles 25

## Blinds

Harmony Blinds of Bristol 39

## Builders/Groundwork/Property svcs

Beaufort Property 36  
CWG Design & Build Limited 35  
MW Property Maintenance 36

## Carpet & Upholstery Cleaners

Bonne Fresh Clean 36

## Car / Motorbike- Repair / Valet / MOT

Frampton Garage 37  
LCM Automotive 1

## Central Heating Engineers

AMW Plumbing & Heating 16  
Mayo's Heating & Plumbing 34

## Children's activities

Caddy Gilmore's Adventure Golf Park 3

## Chimney Sweep

Chimney 2 Sweep 35

## Cleaning & Domestic Services

Clover Ovensclean 33

## Community Articles

Andy's Man club 24  
Public Consultation Event 23  
Crossbow singers 10  
Events at Wint Medieval Barn 20,21  
Floral Friends of Frampton 11  
Fram Cott Male Voice choir 25  
Frampton Frogs 7  
Fram RFC ladies 10  
Meet your PCC – Mark Shelford 29  
Minister's Message 24  
News from Coalpit Heath WI 18  
News from Fram Cott PC 26,27  
News from Winterbourne Eve WI 18  
Ridings School Reunion 15

## Community Articles cont

Splatts Abbeywood 28  
Village Diary 30,31  
Watermore 10K 5  
Wint Library News 22

## Community Day Centres

Adorno Community Day Centres & Activity Clubs 17

## Complementary Therapist Courses

Dawn Clode 13

## Computer services: IT – Repair/help

Frampton Cotterell Computer Group 16

## Conveyancing

Sarah Howe & Teaghan Jenkins, Setfords 23

## Doors

DCL Doors & Windows 34  
Dream Doors 11  
Southern Plasticad 40

## Electrical Appliance Repairs

DC-R domestic appliance repairs 34

## Electrician

Gary Smart Electrical 33  
Millard Electrical Services 37

## Engraving

RMG Engraving 25

## Estate Agents / Property Letting

Bundy and Bond Estate Agents 1,3

## Flooring

Phoenix Flooring 32

## Gardens / Garden Maintenance

CJP 36

## Golf

Caddy Gilmore's Adventure Golf Park 2

## Gym / Pools

Aztec Hotel & Spa 8,14

## Hair / Beauty

Aztec Hotel & Spa 8,14  
Beauty Plus 13  
Dr Mathewson Aesthetic Medicine 19  
The Hairdresser 12

## Home Care

My Homecare - Care at Home 17

## Hotels / Restaurant

Aztec Hotel & Spa – The Curious Kitchen 14

## ISO Management Systems

Pontnewydd Consulting Ltd 7

## Kitchen Refurbishment

Dream Doors 11

## Locksmith

Keymaster 35  
Lock Stuck and Barrels 37

## Man & Van

Local Man with a Van 35

## Music / Events

Castell Roc live music events 6  
Crossbow Singers Concert 10

## Opticians

Mike Harbord Opticians 13

## Painter / Decorator / Tiler

MW Property Maintenance 36  
RAW Decorating 34

## Pest Control

Professional Pest Control 37

## Plumbing / Heating Engineers

AK Plumbing 37  
AMW Plumbing & Heating 16  
Low Cost Plumbing 35  
Mayo's Heating & Plumbing 34  
WJM Plumbing 36

## Recruitment

Education People 5

## Roofing

Rooftech 37

## Rubbish Clearance

Bradley Stoke Rubbish Clearance 33  
Local Man with a Van 35

## Security

Technisys - Home Alarm Systems 35

## Shopping Centres

Willow Brook Centre 21,23

## Stairlifts

Thornbury stairlifts 17

## Travel Agents

Not Just Travel 15

## Wellbeing

Aztec Hotel & Spa days 8  
Tip the Balance 9

## Windows/Conservatories & Doors

DCL Doors & Windows 34  
Southern Plasticad 40



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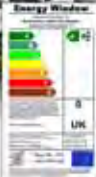
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