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August/September 2023

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FITNESS
AT AZTEC



Dear Residents,

As illustrated on the front cover, we are pleased to bring you news from Frome Valley Growing Project, based in Winterbourne. This community garden is open to volunteers every Wednesday and welcomes new people. They are also delighted to be offering Stay and Play sessions for children throughout August. See the centre pages for full info.

Winterbourne Library has a series of free activities to entertain kids over the summer holidays. They also share news of a new Coffee Afternoon with board games, puzzles and the opportunity for a good chat, launching on Friday 1st September.

To keep you up to date on local affairs, we bring you reports from MP, Jack Lopresti, PCC, Mark Shelford and West of England Metro Mayor, Dan Norris.

Frampton Cotterell Parish Council share details of their latest projects. If you are interested in wildlife, do sign up for the August Bat Detector Workshop & Walk.

Local Charity Paul's Place are honoured to have recently received funding that will enable them to upskill and build confidence of the disabled

adults they support, through a brand new in-house volunteering programme.

Watermore 10K celebrates running for 10 years this September. Everyone is 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!

Former Ridings School students, are organising a reunion for pupils born between 1st September 1963 and 31st August 1964, if this is you, get in touch via their Facebook page, full details inside.

All this and news from local WI's and schools, Floral Friends, Winterbourne Medieval Barn, Fromeside Benefice and of course the Village Diary!

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

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

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



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

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



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!

Race entries have now closed, but 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.

www.watermore10k.co.uk



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Registered Charity No. 1003314

For more than 30 years, The Childrens Hospice South West (CHSW) has been dedicated to helping local families make the most of short and precious lives.

The charity has three hospices across the south west, supporting more than 500 families; Charlton Farm near Bristol supports more than 200 local children and young people with life-limiting conditions and their families with a range of free services, all available 24 hours-a-day, 365 days-a-year.

Support for the whole family includes short breaks; specialist medical, palliative, emergency and end-of-life care; play and music therapy; activities for siblings; and bereavement support. During the Covid pandemic, the charity adapted its care model to extend support to families' own homes.

When Noa died at Charlton Farm in November 2018, aged three months old, the care, compassion and support the family received from the hospice helped give them the time and space they needed to say goodbye. Here mum, Jo explains why the family will be forever grateful to Charlton Farm for the vital help and support during Noa's life and after she had died.

"Me and my husband, Jim and our daughters Nellie, aged 3 and Ada aged 1 love coming together to visit Charlton Farm and reflect on the memories that we had with Noa. One thing that we love about the support at Charlton Farm is that, despite our girls not being born when Noa was here, members of staff have built lovely relationships with them to help them process and understand grief, having lost their sister they never met. It's incredible how they intentionally want to help support your grief for a long time after, even though our time there was so brief."

"We visit Charlton Farm every year on Noa's anniversary which is really special for us, and maybe that won't be a forever thing, but now, while the girls are small, it's really great getting



to take them somewhere specific where they get attention and we get to mark Noa's anniversary and somewhere she actually was. Our favourite place is the trees in the garden where we take photos, because that was the first place Noa was properly outside in her life."

Jo has recently welcomed her fourth baby girl and the family look forward to continuing to share precious memories made with older sister Noa.

CHSW needs around £11m a year to run its three children's hospices, and around 85 per cent is raised through voluntary donations. Their promise is to 'make the most of short and precious lives across the South West'.

If you have been inspired by this story and would like to support CHSW by perhaps arranging your own fundraisers, or you are a community group that would like a representative from the charity to come and provide a talk, please do get in touch by ringing **01275 866600** or email reception.cf@chsw.org.uk

Check out <https://www.chsw.org.uk/events> to find out in so many ways how you can help.

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News from Coalpit Heath WI

We were delighted to welcome Briony May Williams (pictured) to our July meeting. She already felt like a friend having watched her trials and tribulations in the *Bake Off* tent, and proved to be just as warm and friendly in real life.

She was a very entertaining speaker, giving us some snippets from behind the scenes of *Bake Off*,

to the filming opportunities that she has had since leaving the tent, including – *Food Unwrapped* and *Escape to the Country*. We're keeping our fingers crossed for her *Strictly Come Dancing* dream! Briony very kindly judged our cupcake competition and named the strawberry cupcakes, made by Lucy, as the winners, with Sarah's blueberry and lemon being highly commended.

The Day trips and Theatre group have been out again, this time to a wine tasting at Averys. There were samples of dry whites to fruity reds, accompanied by cheese, pate and crackers. An evening of great wine and great company.

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:

7th September – *Talk on hats* – Alex Stanbrook

4th October – *M.I.F Soap company* – Stephanie Sydney

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

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Wellbeing Matters!



Tip the Balance



**Well it's that time of year again – Summer Holidays!
What does that mean for you?**



Any of these could easily be your truth. For every person who is counting down the days till family time together, there are others who feel it looms with a sense of quiet desperation, financial worries, childcare stresses and sleepless nights wondering how to make it through till the schools go back. It's best we don't slip into judgement of ourselves, or others, either way.

When it comes to our Wellbeing, it is easy to find that changes in routine knock us off course. For some, the certainty of routine provides a stress-free life. For others it is quite the opposite; the constant treadmill of things to remember for school, (from end of year performance costumes to school reports, remembering teacher presents and getting time off work to see your offspring run for a whole 30 seconds in a health and safety-approved sports day) creates more stress than anything else! You might be ready to cast routine out of the window and sit with a large glass of wine in a darkened room!

Maybe you are blessed with Grandchildren and look forward to school holidays because it's a chance to spend more precious time with them and make memories to cherish. Nowadays, it is not uncommon that Grandparents contribute hugely to managing childcare across the long holiday period. Is that something that brings you endless joy or do you feel ready for a holiday yourself by the time September comes?!

Children often find routine a great stabiliser, so whilst the lure of that 6 weeks of freedom is all that keeps them going through these last few days of July, the novelty can wear off after a couple of weeks and the boredom rise, niggling with siblings increase and you find yourself managing more heated negotiations that you might have been at work!

You might have a fun-packed 6 weeks ahead and already know when you're away, what play dates and day trips you have in store and are counting down the days yourself to a blissful holiday season together.

If you're working towards health and fitness goals, having your children as cheerleaders can really help motivate you through your workouts, accompanying you on your runs/walks, company to walk the dog, extra hands to help prepare meals, the chance to be more active in the park, at the beach...or not. Having them around might disrupt your momentum, halt mid-morning gym sessions or mean a slightly different pool experience to the relaxing swim sessions you had been enjoying in the afternoons.

If you're "struggling to find the time" just challenge yourself to make sure that's the truth and not a convenient excuse to take a break from working on you! As humans, we have a natural instinct to conserve our energy and take the path of least resistance. Harsh words, but always worth checking! Staying on track comes down to your priorities and planning ahead, and flexibility as you progress through the summer period. Working together as a family to maintain your focus and make sure you all have time for you may sound selfish, but if you are topped up and on track, it's amazing how this positive energy ripples out through the family. If it's still a daunting prospect, let's chat and see how we can support you to have a happy, balanced summer!

See you soon for our next Wellbeing update from Tip the Balance – The Clinic Without Walls™

Becca

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



News from St. Michael's

At St. Michael's C of E Primary School, Winterbourne, we have recently enjoyed an Enrichment workshop afternoon.

The premise behind enrichment is to provide a range of exciting opportunities for all children that perhaps would not usually be available within the curriculum. The aim is to enthuse and inspire all children and allow them to experience new and unusual activities, as well as develop skills they may already have. All members of staff were involved in the Enrichment Programme and we also had some volunteers from the community providing activities too.

The children could choose which enrichment workshop they wanted to do. Some of the enrichment workshops that the children recently took part in were: musical theatre, jewellery making,

sand art, football, gymnastics, bunting making, hama beads, marble maze, photography, board games, lego, crotchet, decopatch, cricket and tennis. The children were spoilt for choice and had a fantastic time learning a new, enriching skill or talent.

Could you help enrich our pupils?

We hold an enrichment workshop every year. We know that we have many talented, gifted and skilled parents and friends linked to our school, and would like to invite you to come and support our Enrichment programme next summer. If you have knowledge, skills or an exciting interest or hobby that you are keen to impart, we would love to hear from you!

www.stmichaelswinterbourne.co.uk



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.
- Corporate & Private Events. Private Tuition tailored to fit your personal creative journey, either online, at your home or at The Kingswood Estate.



Get in touch:

07590 809 400

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Local resident and local travel agent Andy Cunningham is celebrating with his close team, 18 months of trading since his travel shop opened in the Willow Brook Centre, Bradley Stoke.



Since launching his travel shop solo, his team has grown with two part-time colleagues. Lisa Hanley joined in August 2022 and has augmented the business very well. In fact, Lisa is now the Willow Brook Travel Shop, resident Disney Holidays Expert, including Disney Cruises.

Ray Jubber joined in March 23 and is learning everything about travel and specialising in Golf and Sports Holidays.

Now in August, John Marchant is joining the team as our Cruise, Winter & European Holidays expert. John is a very established and eminent travel agent and brings immense experience. John is joining as a Director in the business.

Andy and his team offer every type of holiday from European beach and cultural holidays to escorted tours, enabled holidays, bespoke built itineraries and long haul holidays specialising in the Americas and Asia, winter holidays including skiing, Lapland and Northern Lights.

In July, Andy and John launched the Bristol Cruise Centre, which specializes in all cruise types of holidays, river and ocean. This has been a great success with the cruise team booking a minimum of 20 cruise customers a week and it has only been open for three weeks!



Andy, top photo centre with the team; and new Director John Marchant above.

As part of travel giant HAYS the Willow Brook - Not Just Travel has access to 450 operators with all holidays fully protected by ABTA. Holidays are ATOL-protected, ensuring customers' peace of mind.

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

<https://www.facebook.com/bristolcruisecentre>



Find Andy and team at
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Holistic Courses Home & Away

with experienced holistic therapist Dawn Clode

Lic MET Lic CR

Would you like to be empowered with the skills and knowledge to enable you to treat minor ailments at home? Dawn understands how many of us would prefer to try natural, holistic practices to sooth discomfort such as stomach or head aches and learn how to calm stress, anxiety and improve sleep. You can take courses with Dawn, that will equip you with the knowledge to treat yourself, family and friends.

Are you a Therapist looking to add to your portfolio? If you are a professional therapist looking to add to your skill set, Dawn runs courses in Reiki 1, 2 and 3 (Master), that enables you to become a certified practitioner. In fact, if you would like to learn any of the below therapies to a professional level, contact Dawn to find out what base qualifications you need to have in place, before starting.

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

Why not book a holistic learning holiday in picturesque East Charente, France?



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

Student Sarah Cox



Students Sarah & John practicing Reflexology

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Report from Dan Norris,
Metro Mayor of West
of England Mayoral
Combined Authority.

DAN NORRIS
West of England
METRO MAYOR

Many happy returns and singles!

I'm pleased to let readers know about Birthday Buses. Did you know you can apply for a special Birthday bus pass for free bus travel throughout the whole month of your Birthday! **Please do apply at www.birthdaybus.co.uk**

We have ambitious net zero targets in the West of England and 44% of our carbon emissions currently come from transport. This is a plan to encourage people to try the buses and hopefully switch to them, which in turn will mean more fare income and so better buses in the future too. You'll need a digital style passport photo and a local address to apply - and to fill in a couple of quick questions about your travel habits.

Thinking about a green upgrade to your home?

The new "Retrofit West" Advice Line has been launched. Call 0800 038 6733 to find out about measures that could suit your home and get advice on next steps.



News from Fram Rugby

Frampton Cotterell RFC's 50th season kicked off with a delivery of shirts to Madagascar!

Frampton's newest member of the coaching team, Olly Szym (AKA Slimmer) was part of the

University of Bristol touring team, and he dropped off some Frampton kit to support the local rugby community in Madagascar.

Back at home, pre-season has now begun, and anyone wanting to join one of our three thriving teams are welcome to attend training, 7-8pm at School Road, Frampton Cotterell.

Anyone more interested in the social side of rugby are also welcome. Feel free to reach out to us on social media for more information.

Facebook: Frampton Cotterell RFC



News from the Floral Friends of Frampton

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. We hope you enjoy the pretty hanging baskets located around the village too.

A big thank you to local business, A J Homes, who are generously sponsoring a number of our planters around the village. Thanks also to those who have donated to us online - you know who you are! We very much appreciate your support.

Date for your diary! I know it seems early to be thinking about autumn when it's still sunny and warm but... a date for your diary! Our **Autumn Fayre** will take place on **Saturday 28th October**, at the Bickeridge Centre.

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

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



Summer has arrived and I have an incredible new treatment to offer my patients!

PROPHILO®. It has taken the aesthetics world by storm and gained a cult following in recent years. Loved for its ability to deliver that celebrity glow but also plump up, smooth out and tighten ageing skin.



What is Profhilo?

Is it a skin booster? An injectable moisturiser? A bio-remodelling treatment? Actually it is a unique product with all of these properties.

How does it work?

Profhilo contains one of the highest concentrations of hyaluronic acid available in injectable treatments. It is injected into target sites under the skin where it then spreads out and slowly releases a supply of hyaluronic acid to the skin cells.

Early effects include super hydrated skin creating a smoother appearance and luminous glow. Over time the slow release of hyaluronic acid prompts the skin cells to remodel and produce greater quantities of collagen and elastin. In weeks to months you will see tighter skin and an enhanced anti-ageing effect.

What areas can it treat?

Profhilo is great for areas that are harder to treat with traditional injectable treatments such as botulinum toxin or dermal fillers. The lower face, neck, décolletage and back of hands are popular areas but it can be used on backs of arms, knees, mum-tums or anywhere!

How long does it last?

To start with you will need two treatments a month apart. After this the product continues to benefit the skin for around six months and then a top up treatment is advised to maintain the effect. As an introductory offer I am offering a limited number of initial two treatments for just £300 (usually £400).

What else do you offer?

I'm sure glowing skin is on everyone's wishlist but it may be that you have other concerns you would like to prioritise. Other treatments I offer include:

- Anti-wrinkle treatments
- Sweat reduction treatments
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I focus on natural looking results using the highest quality products. My thirteen years experience as a hospital doctor has allowed me to hone my practical skills meaning my treatments are safe and comfortable.

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Frampton Cotterell Computer Group



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

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

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

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

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

Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk



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

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

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

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

Wednesday – Greenfield Centre, Winterbourne

Thursday – Ridgewood Centre, Yate



For full details contact: T: 07398 526024

email: bookings@adornocommunitydaycentre.co.uk

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

News from Crossbow Singers



Crossbow Singers are now taking their usual and much deserved summer break, following a series of performances culminating in another very successful summer concert.

We were delighted to welcome two very lively audiences, who enjoyed flag waving and singing along to various national pieces, including 'Jerusalem', 'Land of Hope and Glory' and 'We'll Keep a Welcome in the Valleys', to mark the coronation of King Charles III.

The concert was filled with a mix of traditional pieces and some songs from the musicals, all adeptly arranged and conducted by Musical Director Carolyn Dutton and accompanied by pianist Mary Darby. The special highlight of the evening was the guest appearance of an Elvis impersonating Pharaoh, played by Simon Broomsgrove, supported by a hand jiving choir and audience as part of a rendition

of Andrew Lloyd Weber's, 'Pharaoh's Story'. Video extracts of the concert can be viewed on our **Facebook page: Crossbow Singers.**

We would also like to pay tribute to the very sad news of the passing of Ruth Hunt, who was the choir's first Musical Director when we began 40 plus years ago.

Ruth, who we knew as Ruth Mellet, founded the choir in 1975. Initial meetings saw the choir rehearsing in the homes of the first few members, before moving to Crossbow House.

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, and we are so pleased that our choir continues as strong as ever – a testament to her vision for community music making.

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New Local Respite Day Care Centres

Autumn Years Community Care are an experienced and
established team supporting people living with dementia
and those who care for them.



Through an innovative range of services Autumn Years Community Care offers the older generation and their caregivers solutions to the problems that they face when confronted with such a life changing diagnosis. The respite day centres offer a safe and compassionate environment where people can enjoy good company and participate in fun activities with lots of laughter along the way. Activities include: Live music, Arts & Crafts, intergenerational events, Animal Therapy, chair based exercise, gardening, song and dance, pottery, trips out and many more. Recent trips have included a visit to Oakham Treasures and the Bristol Museum and Art Gallery. A recent cheese and wine tasting session was also very much enjoyed.

Autumn Years Director Victoria Irish said, "Our respite centres are a haven for anyone living with dementia or living in isolation. They are a place where someone can enjoy a stimulating and fun filled time while their loved ones take a much needed break."

In May Autumn Years opened their first respite day centre at the Ridgewood Community Centre in Yate, swiftly followed with a second opening at Turnberries in Thornbury. They are now pleased to announce the opening of a third Centre on 8th August at the

St Michael's community centre in Stoke Gifford. Further centres are also planned to open in Winterbourne and Lawrence Weston at the end of August.

The Respite Centres run every week throughout the year and activities are designed around each individual's interests and capabilities to ensure that they make the most of every minute.

Victoria continued, "We are very aware of the impact that loneliness can have on a persons health, so our focus will always be on helping our clients to improve their physical and mental wellbeing, reduce their anxiety and stress levels and maintain their independence and quality of life."

For full details of the services provided by Autumn Years Community Care visit:

www.autumnyearscommunitycare.com



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What's on at Winterbourne library



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

Hi Kids, come and join now... Register for The Summer Reading Challenge from now until 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. Find out more at www.southglos.gov.uk/summerreadingchallenge.

Children's FREE Activities

- **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
- **1st September**, 9.30am – 10am, Story time begins again (every Friday, term time only)
- **2nd September**, 10–11am, Lego club
- **30th September**, 10–11am, Lego club
- **Every Wednesday**, 9.30–10am, Rhymetime – most suitable 0–18months

Adult craft group – Saturdays 10am–12pm. Next sessions, 12th and 19th August, 9th and 16th September. Join our friendly group of crafters to do your own work and chat.

Coffee Afternoon – Starting Friday 1st September, 2–3pm. Come and join us for a friendly chat and a cuppa, meet old friends, make new friends (board games, puzzles and newspapers available). Everyone welcome!

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, 8am–7.30pm. For further details, speak to staff or visit our website.

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.

www.southglos.gov.uk/libraries



South Gloucestershire Libraries

southgloslibs



Former pupils of Ridings High School Winterbourne, who are about to turn 60, are 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. It's nearly 30 years since that reunion, so the three friends are organising another, called "59 and counting..." on **2nd September 2023, at Chipping Sodbury Town Hall.**

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 include a welcome drink.

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 or by joining the Facebook group: **Ridings High School Reunion for those born September 1963 to August 1964.**



Events at Winterbourne Medieval Barn

Family Craft Sessions – Tuesday 8th August, 10am or 1pm – craft activities aimed at families with children aged 5–11. We'll be creating Insect Fridge Magnets, Flower Fans perfect for the heat, Summer Wreaths to decorate your home, and Ice Lolly Bunting! Pre-booking is essential. The cost is £3.75 per child.

Talks – Tickets for all talks are £7.50. Pre-booking strongly advised. Doors and bar from 6.30pm.

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 also one of its great failures.

Editor's note: We are aware there has been an unfortunate disagreement between Winterbourne Barn (WB) and 3 Engineers Brewery (3EB). We have received a multitude of emails in support of 3EB. We contacted WB in this regard and received the same statement as published on social media, Facebook: Winterbourne Medieval Barn. It is not really our remit to get involved in such disputes and therefore continue to publicise all the great family events that are happening at the barn in the forthcoming weeks.

Orchard Revival in Gloucestershire – Thursday 21st September, 7pm – Tim Andrews will talk about local Orchard Revival and cider production.

Bat Walk with Drink and Nibbles – Thursday 24th August, 7.30pm – Naturalist Ed Drewitt guides a walk of around 1.5 hours- around the nature reserve. He will show how to use a bat detector to 'hear' bats echo-locating, and will provide lots of information about bats, and also birds we hear in the dusk chorus and maybe owls. The walk is followed by a drink from the bar, or tea/coffee, and nibbles, back at the Barn. Pre-booking essential.

Craft Workshops – Fused glass workshops in September and Pottery sessions in October are already booking up fast, but there are currently a few spaces left.

Fused Glass Workshops – Friday 22nd September, 10am or 1pm – Choose a morning to make a decorative glass hanging, or an afternoon to make an ornamental curve to backlight with a candle or sunlight. Places are very limited and pre-booking is essential.

Pottery Taster Sessions – Saturday 14th October, 1pm – Choose a hand-build workshop or a wheel taster at The Pottery Shed.

Heritage Open days – Sat 9th and Sun 10th September, 11am – 4pm – Free access to the Medieval Barn as part of the national Heritage Open Days on a theme of "Creativity Unwrapped." Come and see how medieval craftsmen created this amazing timber roof in 1342. We will have some other examples of Medieval Creativity on display, including artefacts kindly lent to us by the University of Bristol, and some examples recreated by local school children. There will even be a chance to decorate your own illuminated letter or mosaic if you wish. A small selection of drinks and snacks will be available from the pop up café. Neighbouring St Michael's church with its medieval wall paintings will also be open for Heritage Open Days. www.heritageopendays.org.uk

All events can be booked online direct on Ticketsource or via the Barn website

www.winterbournebarn.org.uk
Facebook @winterbournemedievalbarn
 Winterbourne Medieval Barn
 Church Lane, Winterbourne, BS36 1SE

A magical, local Growing Project



Here at The Frome Valley Growing Project our second spring planting is well under way. Second spring planting is a concept that embraces the idea of rejuvenation and renewal. As the name suggests, it encourages us to extend the growing season beyond the traditional springtime and create a "second spring" in our gardens. By planting crops that thrive in cooler temperatures, such as lettuce, carrots, spinach, and kale, during the autumn months, we can enjoy a bountiful harvest long after summer's end. This practice not only provides us with fresh and nutritious produce but also deepens our connection to nature as we witness the cycle of growth and transformation. If you would like to join our project as a member you can enjoy these freshly grown produce as part of your membership benefits.



The magic of community growth extends beyond the soil and reaches into the very fabric of our decision-making processes. As members, we have optional bi-monthly meetings where we use socio-cratc decision making to discuss ideas and make decisions. Socio-cratc decision-making is an approach that promotes inclusivity, collaboration, and empowerment within our community. Unlike traditional top-down methods, socio-cratc decision-making ensures that every voice is heard and valued. Through open dialogue, active listening, and consensus building, we can collectively shape the future of our community project. This approach fosters a sense of ownership, trust, and shared responsibility, resulting in decisions that truly reflect the needs and aspirations of our diverse community.

If you would like to know more about becoming a member you can visit one of our volunteer days on a Wednesday from 10am–2pm or on the first Sunday of every month from 11am–3pm.

We are delighted that in July, we were able to offer the local community a Willow Weaving Workshop. Willow, grown here in Winterbourne is a versatile and sustainable material. It lends itself to the creation of enchanting baskets, trellises, and sculptures. Although we are novices at weaving ourselves, by learning the art of willow weaving together, we not only unlock our individual creativity but also strengthen the communal bonds that bind us. Through these workshops, we can celebrate the natural world and harness our collective talents to create beautiful woven items.



If you are interested in coming along to another one of these events please do like and follow us on Facebook, to see when our next session will be.

Children are at the centre of our project. When children get outside, something changes. Time in the nature helps them to relax, de-stress, and increase their creativity and problem-solving skills. Activities that involve exploration, observing patterns in nature, and navigating unfamiliar terrain are all part of the experience. We believe that children, in fact all humans, have an innate connection to nature. When we have the opportunity to explore, discover, and take care of our environment, it can have tremendous positive outcomes.



We are delighted that throughout August on Mondays from 10am–1pm, we are offering Stay and Play sessions for children of all ages and their adults to come and join us to dig, play, sing, harvest, plant and learn about the Web of Life. Spaces cost £5 per child (concessions available) and you need to book in advance through Facebook or the email address below.

Kate Macdonald

E: Thegrowingproject123@gmail.com

f Frome Valley Growing Project

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Tockington pupils support homeless in Bristol

Pupils at Tockington Manor School were delighted to be able to hand over a substantial cheque to The Julian Trust at the end of the Summer term. This was the culmination of a full year of fundraising for the charity, which looks after homeless people in Bristol. *"We selected The Julian Trust as our charity for the 2022 school year because we really believe in the good work they are doing. Feeding over 70 people every night is no mean feat and we wanted to support all they do, beyond just providing a hot meal."* Stephen Symonds, Headmaster at Tockington Manor School told us.

The Julian Trust's Vera Sanders visited the school to explain to children during assembly how the charity also provides beds for those who need shelter, a laundry service for the homeless and, importantly, human contact and a listening ear for those who may need it. She accepted a cheque on behalf of The Julian Trust for over £4,000 from student representatives of the school.

Funds were raised through a variety of school events held throughout the year, from mufti days to cake sales and the popular Christmas Jumper Day. A large portion also came from the children's participation in the Knight Frank Schools Triathlon, held at Clifton College in May, which saw 928 children from over 20 schools across the South West participating. TMS had an incredible 88 children take part, raising funds not only for The Julian Trust, but also over £5,000 for Restless Development, the charity behind the triathlon series.

"We are so grateful to receive this donation from Tockington Manor School." Says Joanne Brown, Trustee at The Julian Trust. *"We are privileged and honoured to have had their support – the fruits of their fundraising efforts will go straight to those who really need it."*

Next year, the school has chosen the charity, S.H.E, part of the Catalyst Foundation Programme, as its beneficiary. S.H.E stands for Secure, Hope and Empowered and the charity focuses on removing the barriers preventing young girls in Africa from accessing an education.

Tockington Manor's New Headmistress Calls for Fundraising Dog Show

Ms York, 4, acting as Headmistress For the Day, said the proposal was backed by her deep love of dogs. She also had further suggestions for the school's Board of Governors, put forward during a meeting with the Chair. *"I would like to offer Cross Country to Reception and Year 1"* she proposed. TMS pupils enjoy extensive cross-country trails on their doorstep and achieve remarkable results in the sport with the U13 Girls team having recently clinched the Small Schools title at the National Prep Schools Cross Country Challenge and was only 7 points away from winning the overall national title. With this in mind, the Governors are considering her proposal. Ms York's second suggestion of amending the girls' uniform to include gems on dresses was less likely to bear fruit!

After a day that included greeting children in front of the Manor House in the morning, handing out certificates in assembly and lunch with teachers, York finished off her day by welcoming Year 3 and 4 parents to the annual Shakespeare Festival. Mr Stephen Symonds, who has had a rather longer stint as Headteacher for ten years resumed his duties the following day.



Meet your PCC – Mark Shelford

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

In the summer, Chief Constable Sarah Crew made an announcement regarding institutional racism in Avon and Somerset Police.

This is a challenging issue to face. However, through initiating and continuing these uncomfortable and difficult conversations, the Chief Constable is demonstrating openness, courage and willingness to be held accountable by the communities that she and our police officers and staff serve. I have let the Chief Constable know I support her and have full confidence in her leadership.

Culture change is not something that happens overnight; it takes a minimum of five to 10 years and involves looking at many areas within the service. This includes improving our vetting and selection processes, retention, and progression of staff, how police complaints are handled and, crucially, the training given to the workforce within the wider police family.

We recently discussed the issue of institutional racism in July's Performance and Accountability Board. The meeting, which was broadcast live, allowed me to ask the Chief Constable how she intends to improve police conduct and standards. You can watch the discussion on my website: www.avonandsomerset-pcc.gov.uk

Next, I would like to take this opportunity to highlight the devastating effects of courier fraud. This type of fraud occurs when fraudsters contact victims by telephone pretending to be a police officer or bank official. Victims are asked to cooperate in an 'investigation' by attending their bank and withdrawing money or foreign currency from an exchange or purchasing an expensive item to hand over to a courier for examination who will also be a fraudster. At the time of handover, unsuspecting victims are promised the money they've handed over will be reimbursed but, in reality, there is no further contact and the money is never seen again.

Recent data from the National Fraud Intelligence Bureau shows that individuals aged 70 or older lost over £12.6 million to courier fraud last year. I urge family members to be vigilant and educate their loved

ones about the risks, including unexpected phone calls, couriers, and visitors. Remember, banks and police will never send couriers to collect cash or personal information. If targeted, report to Action Fraud and your bank.

Finally, Avon and Somerset Police joined all five police forces and Police and Crime Commissioners in the South West and the South West Regional Organised Crime Unit (SWROCU) as part of the region's ongoing work to target and disrupt organised crime groups harming our communities through drug supply.

Thanks to the action taken, Avon and Somerset Police is the top out of all forces for the number of operations focused on drug supply disruptions, and all five police services in our region are in the top 10 and have been for the past two years.

In Avon and Somerset, officers recently seized over three million pounds worth of cannabis and arrested 20 people in relation to crimes linked to the illegal cultivation of the plant.

This operation continues to go from strength to strength. We collectively continue to make our communities safer by targeting the criminals bringing drugs and violence to our region as well as protecting the vulnerable they seek to exploit as workers or as users of the drugs they supply.

Taking a regional approach really does make a difference; so much so, that the number of county lines in our region is decreasing as criminals are having to change the way they operate.

The message is clear, the South West is no place for drugs or drug dealers.



Update from Jack Lopresti, MP

This month I have focused on 3 issues in our area, our national defence and defence industries, jobs and access to health services.

I was recently part of a roundtable discussion at the National Composites Centre with multiple employers including MBDA, Leonardo, GKN, BAE Systems, Rolls Royce and Babcock. We discussed multiple issues relating to the work the NCC do to support the defence industry in our area and enhance the technology base in our area. The NCC is part of the catapult network, designed to massively progress regional technology investment, encourage cooperation between companies and promote high-value manufacturing in the UK economy to help give British manufacturing a competitive advantage. In the discussion I emphasised the importance of educational engagement by STEM-field companies and the necessity to get young people engaged in science and engineering so that we can maintain excellence in manufacturing and produce the next generation of scientists and engineers.

I was also able to visit Babcock (photo below) and meet with Chief Technology Officer Dr Richard Drake, where I had an interesting discussion about their innovative projects. It was great to see such cutting-edge technology being developed right here in our area such as the Skynet satellite programme. We also discussed the importance of the recent AUKUS agreement. In parliament I also got to meet with apprentices from major Filton employers Airbus and Rolls-Royce to hear about their progress and their future career plans.



Access to health services is one of the most important issues for our area I recently visited Paula and Andy at Almondsbury Surgery to discuss primary healthcare provision. We also talked about their new access model, being introduced in July, which will enable greater access to clinical professionals at the practice through an online system. I also had the opportunity to have



a very informative meeting with Maria Kane, CEO of North Bristol NHS Trust at Southmead Hospital. We discussed the improvements made to cancer care by the trust, as well as domiciliary care and their impressive apprenticeship program with several hundred apprentices currently at the trust. I also heard about the exciting proposals for a new elective care centre with 4 theatres which will be a major boost to their operation.

At the SGS College Employer Conference this month (above photo), it was good to see so many local employers. Very interesting to hear presentations from Principal Sara-Jane and Matt and Chloe from Business West discussing business engagement, and skills development in our area as well as how the college can further develop their relationship with business and provide the skills required by employers in our area. I also visited the Engineering Centre at Abbeywood School to discuss the new University Technical College sleeve concept being introduced with representatives of Olympus Trust, UT Colleges, The Baker Dearing Educational Trust and several employers in our area. The UTC sleeve concept involves an advanced engineering facility located within a wider school framework. This should provide not only Abbeywood students, but students from across the Olympus Academy Trust with the ability to gain practical experience of engineering, and technical education in a first-class environment, it is very encouraging that local students will have access to such a high-quality resource.

Lastly, I should like to quash certain rumours that have been circulated during the recent local elections that I am not local. I was born in Southmead Hospital, and have lived and worked in the Bristol and South Gloucestershire area all my life. I have resided in this constituency since 2006, having lived in Filton, Frenchay and Bradley Stoke. I currently live near Almondsbury.

As always, should you need my help with anything, my office is open from Monday to Friday between 9am and 6pm. Please telephone me on 01454 617783 or email me at: jack.lopresti.mp@parliament.uk if I can be of assistance or to book a surgery.

www.avonandsomerset-pcc.gov.uk 01278 646188

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

News from Frampton Cotterell WI



For our June talk, Tim Fussell from Fussell's Rapeseed oil, based in Somerset, joined us. He told us about his journey from farming

and production processes for the range of oils that they create and produce – through to surviving a pandemic and beyond. This was followed by a product tasting, and members purchasing some of their award-winning oils on the night. Tim (pictured above) is a born entertainer and a good time was certainly had by all!

June's events also included a visit to Acton Court and a trip to the Bristol Botanical Gardens (pictured right). There is no meeting in August, we are however, meeting for a luxury cream tea at Tortworth Court, which we're all looking forward to.

Other confirmed events for the coming months are as follows –

26th September – *Confessions of Lawyer* – talk by Carole Darling

24th October – *Tropic Skincare* – Wendy Howse

28th November – AGM/Quiz Night

We have many other events/socials lined up for the coming year, including visits to the theatre, local gardens, other local group trips (eg: Oakham Treasures Museum in the Autumn), and plans for a Murder Mystery evening on Wednesday 8th November. We also have a monthly "lunch club", open to all members and held at a different local venue each time. Watch this space and our Facebook page for confirmation of future event dates and more details.

Visitors and new members are welcome to our monthly meetings at St Peter's Hall on School Road at 7.45pm, on the fourth Tuesday of the month. There is a charge of £4.00 for the evening and any new members can also join by paying a membership fee.

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



Minister's Message ~ National Friendship Day



The TV series 'Neighbours' promotes friendship 'big time' of how neighbours can become good friends.

Of course, there will be people reading this who will feel isolated, whether by illness, bereavement or other issues. So please pick up the phone and contact our pastoral team at St Michael's (01454 775529) to arrange a visit or just a friendly chat on the phone. Our team love to make new acquaintances.

Friendships are valuable and deserve our applause. So, let's thank God for our friends, even if that is one person that comes to mind. Perhaps each of us can find ways to celebrate that special relationship and become good friends to others.

Every blessing,

Rev Julia Chard

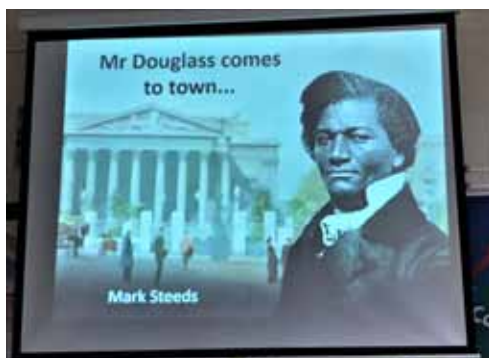
www.fromsidechurches.org.uk

Tel: 01454 776518



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

News from Winterbourne Evening WI



At our July meeting the speaker's talk was listed as *Mr Douglass Comes to Town*. An intriguing title and nobody seemed to know what this was about.

Mark Steeds then explained that, Frederick Douglass was an escaped American slave who

came to Bristol in 1846, to give a lecture to the many local people who were passionate to abolish slavery.

With excellent pictures to illustrate his talk, Mark told us of the Bristol families, and especially the women – Mary Carpenter, Dr Elizabeth Blackwell and Mary Estlin, who were involved in this abolitionist cause. These people, Mark said, deserve to be better known and even have statues erected in their memory. We learnt a lot about this important topic, and realised the Colston debate should be discussed further.

We have no WI meeting in August, but on Thursday 14th September we will hold a Harvest Sales table and Claire Mills will talk on *The Darker Side of the Box Tunnel*. We meet at St Michael's School, Linden Close, Winterbourne, BS36 1LG at 7.30pm. Visitors will be most welcome.

Margaret Grazebrook

One of my friends gave me a plaque during that time that reads; Good friends are like stars – you don't have to see them to know they are there. How special is that! This reminds me of verses from scripture of how Jesus addresses everyone as friends saying;

Come to me all who are weary and burdened, for I am gentle and humble at heart (Matthew 11. 28-30).

We can come to Jesus by prayer and seeking help from others if we are lonely. The first move is to speak to someone else and the conversation begins – if that person doesn't respond speak to someone else!

Friendships are important for young people, formed by a common interest or just simple chatter. And to make friends, we need be a friend. This means taking interest in others. As children are returning back to school, perhaps changing schools, new classes, new friendships and mates will be formed over time, and how special some will become. I speak from experience.

Sarah Howe & Teaghan Jenkins

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News from Frampton Cotterell Parish Council



Ridings Road Play Area c. Autumn 2022

Ridings Road Play Area Improvement Survey – Update

Back in the autumn, Frampton Cotterell Parish Council issued a survey asking what improvements local people would like to see made to the Ridings Road Play Area.

We had a good number of responses to this survey and would like to thank everyone who took the time to share their views.

As a direct result of this feedback, we have been able to base our tender for the play area on the majority opinions of the parishioners who responded to the survey. We plan to make some great improvements at the Ridings Road Play Area in the future. Watch this space!

Our tender for the Ridings Road Play Area is now open, and can be viewed on our website at www.framptoncotterell-pc.gov.uk/tender-for-ridings-road-play-area/

Feedback from our parishioners helps us to make the changes you want. Thank you again to everyone who shared their thoughts, ideas, opinions and suggestions with us.

Dental Recycling Station at The Brokeridge Centre

Frampton Cotterell Parish Council is pleased to let you know that we now have a Dental Care Recycling Point available at the Brokeridge Centre.

At this dental care recycling point, you can recycle:

- Any brand of toothpaste cartons
- Any brand of electric & battery toothbrush heads
- Any brand of plastic toothpaste outer packaging
- Any brand of plastic toothbrushes
- Any brand of floss containers and outer packaging

This recycling point is available for use by all our parishioners during the Brokeridge Centre opening hours, Monday – Friday, 9am – 2pm.

Bat Detector Workshop and Bat Walk

Following the popularity of our July session, Frampton Cotterell Parish Council will be running another Bat Detector Workshop and Bat Walk on August 31st. This session will take place at The Brokeridge Centre starting at 7.15pm, followed by a walk at The Glebeland to listen and look for bats!

Our sessions are intended to be accessible for people with both visual and hearing impairments. Visual & Audio Bat Detectors will be provided, along with Braille provisions and a British Sign Language Interpreter at the workshop.

Anyone is welcome to attend with no prior experience necessary, but booking is required. Our July event was extremely popular and was fully booked very quickly, so if you would like to attend, please book your place as soon as possible to avoid disappointment.

To book your place or to find out more, please contact us on nature@framptoncotterell-pc.gov.uk or call us on the number below.

For more information on our projects do get in touch.

T: 01454 864442

Facebook: @Frampton Cotterell Parish Council

E: office@framptoncotterell-pc.gov.uk

www.framptoncotterell-pc.gov.uk

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



Paul's Place wins funding from Global's Make Some Noise

This local charity aims to upskill the disabled adults they support and build their confidence through a brand new in-house volunteering programme.

Many disabled adults have skills and knowledge that they can use to give back to the community and gain vital work experience through volunteering. Yet, many volunteer opportunities are not fully accessible. This programme is tailored to the people we support, to help those struggling to come to terms with a disability, those experiencing isolation and those wanting to build their self-confidence.

Inspiring the project is current member (service user), Andy Batten, who wanted to do more than socialise at Paul's Place. Andy became disabled later in life. It was difficult having to leave a career he loved, and the uncertainty of what he was able to do as a disabled adult was having a negative effect on his mental health. One of the charity's aims is to empower disabled adults, so when they found out Andy was a builder by trade, they offered him the chance to use those skills around the day facility. Some light maintenance and DIY work helped a former builder, use his skills once again. Andy also runs regular woodwork skill sessions for other members at Paul's Place.

"It's something that keeps me alive. The accident made me feel useless. Paul's Place is a lifeline for me. I now feel useful and enjoy being here. Sometimes people think I'm just another member

on the days I am in. It sometimes surprises them to learn I'm volunteering that day. It's changing people's perceptions."

The charity quickly saw that many more could benefit from opportunities like this. For many of the people the charity supports, returning to work is not possible but volunteering is a great way to learn new skills and provide a weekly routine and social opportunities. For those who are able to return to work, learning valuable skills with this in-house volunteering programme will give them the right start to hopefully continue to do more outside of Paul's Place.

"We are honoured to have been chosen by Global's Make Some Noise and look forward to being able to share more stories of the disabled adults taking part in the project. We want to show what people are capable of when given the right opportunities and remove preconceptions some may have about what a disabled life could be." Shares Kayley Waller, Fundraising and Communications Manager, Paul's Place.

This project is set to start in April 2024. In the meantime, the charity is focusing on developing an advisory group that acts as a bridge between staff and the members (service users). Cleverly titled the "What Matters?" group, this is a platform for members (service users) to collaborate on a peer-led basis.

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Frampton Cotterell & Coalpit Heath Village Diary 2023

August

Sat 5th – Moth Club, Brokeridge Centre Garden, 10am

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

Mon 7th – Holiday Playspace, St Saviours hall and garden, 10am–12.30pm. All welcome. **Available Mon–Fri until 25 August.** Craft, games, story, songs, snack time, etc.

Tues 8th – Coffee and Cake, Brokeridge Centre, 11am–1pm. All welcome

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

Sat 12th – Frampton Cotterell Nature Volunteering morning, Centenary Field, 10am

Tues 15th – Community Craft Group, Manor Hall Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. Book Kay 07792 189276 / Sally 07954 419761

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–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. E: winterbourneenvironmental@gmail.com

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

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

Sat 19th – Repair Surgery, All Saints hall, Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group. E: winterbourneenvironmental@gmail.com

Sat 19th – 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

Sat 26th – Cream Teas, St Peter's church, 2.30pm

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

Thurs 31st – Bat Detector Workshop at Brokeridge Centre, 7.15pm. Followed by bat walk at the Glebeland. Free but booking required at – E: nature@framptoncotterell-pc.gov.uk or T: 01454 864442. BSL interpreter and Braille booklets available if required.

September

Fri 1st – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info, T: 01454 776518

Fri 1st – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 | E: crossbowhouse@gmail.com

Sat 2nd – Moth Club, Brokeridge Centre Garden, 10am

Sat 2nd – 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

Sun 3rd – Frome Valley Growing Project Open day, Swan Lane Winterbourne, 10am–2pm

Mon 4th – Singalong led by The Jays with Joy, Crossbow House, 2–3.30pm. £5 incl refreshments. Carers free. All profits to UNICEF for children affected by war and other recognised charities. Contact Hilary on 07515 351813 for details and to book a place

Tues 5th – Crotchet & Knit club, Brokeridge Centre, 11am–1pm. Any ability. For more info T: 01454 864442 or E: office@framptoncotterell-pc.gov.uk

Tues 5th – Community Craft Group, Manor Hall Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. To book contact Kay, T: 07792 189276 / Sally 07954 419761

Weds 6th – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome

Weds 6th – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: henfieldhall@yahoo.com

Weds 6th – 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 6th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, E: henfieldhall@yahoo.com

Weds 6th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors welcome. T: 07935 071291, E: carolinemjohnston@hotmail.com or Facebook

Thurs 7th – Fromeside Food Hub, Zion, 12–2.30pm. Free/ 'Pay as you feel'

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

Sat 9th – Heritage Open Day, Winterbourne Medieval Barn, 11am–4pm. Free

Sun 10th – Heritage Open Day, Winterbourne Medieval Barn, 11am–4pm. Free

Mon 11th – Winterbourne Flower Club, WADCA, 2–4pm. Theme TBC. Bring your own container and plant materials. Info contact Celia, T: 01454 776753 or text 07947 487155

Tues 12th – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. Contact Mary Head, T: 01454 887870 | E: mary.head@blueyonder.co.uk

Fri 15th – Bingo, Crossbow, 8pm. T: 01454 772947

Sat 16th – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am

Sat 16th – Repair Surgery, All Saints hall Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. E: winterbourneenvironmental@gmail.com

Sat 16th – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome

Sun 17th – Watermore 10k and Rainbow Run starts Watermore Primary School at 10am. BBQ and bar afterwards. 10th anniversary race. www.watermore10k.co.uk

Weds 20th – Local History Society, Zion hall, 7.30pm. The Matthew – talk by Clive Burlton. £5 incl light refreshments. Members free (£20pa). E: secretary_fcdlhs@yahoo.com

Thurs 21st – Coeliac UK Local Café Meet Up, Iron Acton Garden Centre, 10–11.30am. Join us to share experiences of living gluten free. Info: volunteering@coeliac.org.uk

Thurs 21st – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info contact Edna, T: 07789 662694

Thurs 21st – Talk: Glos Orchard Revival, Winterbourne Medieval Barn, 7pm. With Tim Andrews of Orchard Revival. Book online www.winterbournebarn.org.uk

Fri 22nd – Fused Glass Workshops, Winterbourne Medieval Barn, 10am or 1pm. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

Sat 23rd – Frampton Cotterell Nature Volunteering morning, 10am–12pm. Meet by Bridge House. E: office@framptoncotterell-pc.gov.uk

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

Tues 26th – Frampton WI, St Peters Hall 7.45pm. Confessions of a Lawyer, with Carole Darling. £3.50. See Facebook: FramptonCottWI | E: Fcwisecretary@outlook.com

Weds 27th – Litter Busters, 10am, meet alternately at GingerBread Man cafe and Heather Ave. Facebook or www.villageaction.org.uk | E: framcottva@hotmail.co.uk

Weds 27th – Ladies' Circle, Zion, 7.30pm. Varied speakers. Info, E: jeanbradbeer@gmail.com

Thurs 28th – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info: David.stone@alzheimers.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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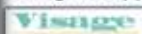
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