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October/November 2023

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Dear Residents,

As pictured on the front cover, it is time to get involved with the 2023 Scarecrow Trail, which will be on display during October half-term. This year's theme is 'Book Cover' which gives plenty of artistic scope. The trail is organised by Frampton Cotterell Parish Council, who are also hosting a Local Nature Art Exhibition that is open to everyone to share your nature-themed creations. Staying on the wildlife theme, there will be another fantastic Hedgehog Heroes Event. Both of these events take place at the Bickeridge Centre in October, read more inside.

We know autumn has arrived when it's time for Winterbourne Medieval Barn's Orchard Harvest Day, this year taking place on Sunday 8th October. Enjoy the full programme of varied activities throughout the day with plenty of delicious refreshments thrown in. Find more about this and other Barn activities.

Local charity Paul's Place shares news of their future expansion, to a venue in nearby Yate. The move will enable them to offer more, to more users.

We have reports from local schools, Elm Park Primary and St Michael's, both sharing happy news of positive starts to the academic year.

Frampton Cotterell Male Voice Choir is currently recruiting more members (you might like to join them) and preparing for their festive show on 15th December. The Winterbourne Musical Theatre is also in rehearsals for their show Bah! Humbug! You can book tickets for performances on 29th November to 2nd December, at WADCA,

All this and news from local WI's, Floral Friends, Flower & Veg show, new local author, Fromside Benefice, Winterbourne Library 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 10th November 2023.

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

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



Frampton Cotterell Male Voice Choir continues to grow

Frampton Cotterell Male Voice Choir's latest recruitment evening, on 15 September, was its most successful yet, with six new members joining the choir and a further two

former members deciding to return. Thanks go to *Winterbourne & Frampton Matters* for promoting the event, new people came as a direct result of the last article.

Musical Director, Tim Warren, taught the choir two of his latest arrangements – an old Lead Belly song *Bring Me Little Water, Silvy* and the spiritual *Paul and Silas*. As usual, the rehearsal was followed by a pint or two for those who fancied it, along with some enthusiastic singing of sea shanties.

The repertoire for the coming season is the usual eclectic mix, including pop songs (e.g. The Hollies's

He Ain't Heavy and Carly Simon's *Let The River Run*), show tunes (*Bring Him Home* from *Les Miserables*), folk songs (*The Turtle Dove*) and a smattering of Male Voice classics.

New members are welcome!

Recruitment isn't limited to the Open Rehearsal in September. Men are welcome to come along any time to give it a try. Rehearsals are at Zion United Church, BS36 2HY, 7.30 – 9.00pm, on Friday evenings, from September to May.

For more information go to www.fcmvc.co.uk or contact Russell at, sec.fcmvc@gmail.com

Our Christmas Concert will be at Zion on Friday 15 December at 7.30pm. We will also be singing before Christmas in John Lewis, at the Mall, in aid of the Southmead Hospital Charity – the date will be on our website and Facebook page soon.



News from St. Michael's

It was wonderful to see the children so excited to return to school at the beginning of this new academic year. Each day they are eager to see their friends and teachers and come running into school. We are really excited to build on the positives from last year.

We embarked on an Outdoor Play and Learning Project (OPAL), which we are continuing with this year. It has transformed the children's play opportunities at St Michael's immensely. The children spend about 20% of their school week playing outside in an unstructured environment, so it's important that we get this right to enhance their learning physically and socially. Children across all age groups can be seen playing with water, dancing to music, building dens, riding scooters and bikes, playing team sports, dressing up, playing with small world toys, and chalking the playground, to name but a few.

As staff, we are also looking to continue enhancing our St Michael's Curriculum. The children loved learning about new periods in History, and places in Geography. Teachers have already started to plan their visits with the children this year – our Year 2

children will soon be off on the train to Bristol for a tour of the important landmarks.

Our event calendar is filling up, a couple of favourites that we were able to reinstate this year, which are so popular with the children and adults, are, Grandparents' Day and Bristol Hippodrome Panto visit. We have already planned these and look forward to welcoming grandparents back to share their day in school with the children.

At St Michael's, we make decisions with the children at the very heart, but it was nice earlier in the year to have the work that we do here validated by OFSTED, with a fantastic report. We will continue on our journey and hope to have an even better year this year.

If you know of anyone that has children who are due to start school in September 2024 and would like to join our thriving school, please ask them to come to one of our Open Morning sessions or Reception taster sessions. For more information, please contact the office on, 01454 867105.

Mrs Kirsty Robson – Headteacher
www.stmichaelswinterbourne.co.uk



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News from Coalpit Heath WI

When your baby starts crawling it is always a challenge to ensure they don't get up to anything they shouldn't! Now imagine that with triplets, plus a sibling who's only a year older. We could all picture the scenario being described, where you are changing a nappy of one, another has a toilet emergency and another is banging the TV, which is your priority? And where is child number 4? That was one of the amusing stories we heard from Rob Jones, who found himself in that exact situation having recently retired from a job as a detective in the police force. In the early days, he explained that they were helped out by Norland Nannies in training who were just amazing. We enjoyed Rob's tales and look forward to meeting Rob again for a very different talk next year.

Our speaker in September unfortunately didn't make it, so we made the best use of the time by introducing ourselves properly for the benefit of our three new members and a visitor. Then, we followed up with a good discussion on plans for this year's poppy display, as well as gathering suggestions for the half term Scarecrow Trail. We shared plans for an autumn walk with a meal, a carol service and suggested future trips, including Christmas markets and a spring trip out. We also



congratulated our talented members who took part in the local horticultural show. Jenny, Tracy and Deb won cups for their cross stitch, flower arrangements and handicrafts.

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:

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

1st November – AGM

6th December – *Christmas Crafts*

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

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Wellbeing Matters!

Well, we find ourselves at that time of year again. Heading into autumn ... the end of school holidays and the start of a new school year. In the health and wellness industry this is often viewed as a second New Year but what does that actually mean? Well Christmas is coming I suppose!

We seem to live in a social media-fuelled dependence on a dopamine-rich, instant reward hunt: the quick fix; the easy win. Ironically, this also taps into a basic human tendency to take the path of least resistance - a deep-seated evolutionary pattern of animal behaviour!

This can make us tunnel-visioned, whether focusing on diet, exercise or just fitting into the new jeans, the little black dress or party outfit! If we don't get a win now, we lose motivation, we lose the will to carry on, and who really cares if we eat well or bother to exercise?

Sometimes we need to lift our head and zoom out. We need to be prepared to commit for longer, to look at the bigger picture, and this can be where engaging the help of somebody else comes in, be that clubs, talk therapy groups or working with clinics like us and our social media support group. The camaraderie and sense of belonging to something 'bigger than you' helps us feel someone else cares whether you stay on track or not.

Working as a Wellbeing Coach, whether in the nutrition practice or the mental/emotional wellbeing clinic, with individuals, families or organisations within their work culture, *accountability* (helping you to achieve what you want to achieve beyond the point where you stopped if you were doing it by yourself) is often the key to success, but so is patience!

When I think back to some of the biggest changes I've made with my own health, the success came in the *endeavour* - the long game. If I wanted a quick win, I became so head-down focused on the minutiae of what was going on right in front of me, I actually became unhealthily obsessed! I couldn't be flexible, I worried all the time, put unreasonable pressure on myself and if I didn't get instant results, had "failed...again".



The key to making long-term changes with our health comes from patience, consistence, accountability and support - somebody helping to champion us through the darker days. Zooming out and focusing on a longer-term goal is much more realistic for lifelong change, but it pushes against our desire for instant gratification.

It is important to have signposts along the way, keeping us on track, which is one of the key things we do with our clients in the wellness space. But it's also important to keep the bigger picture in mind, to release the obsessive focus. We maximise our flexibility, develop more self-compassion and patience but don't let ourselves off making consistent effort. Leaning into support if motivation is waning really helps.

Joining the **Tip the Balance Wellbeing** community helps many of our clients do exactly this. Our **Tip the Balance Wellbeing Walking** and **Walk Mates Winterbourne Groups** help people to stay motivated with their exercise.



We can get so caught up with our work goals we forget to actually look after ourselves in the workplace, so **Tip the Balance Workplace Wellbeing Sessions**, offer regular check-ins at work, which help people keep their head above water.



Take time to zoom out and see the bigger picture!

If you're ready to think about your health and what comes next for you, what springs to mind when you get your head up and zoom out to your longer term, bigger picture?

With love x **Becca**

Our contact links can be found at
www.linktr.ee/tipthebalance
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Events at Winterbourne Medieval Barn

Orchard Harvest Day – Sunday 8th October, 11am – 4pm – Celebrate our Heritage – the skill of the medieval craftsmen who built the Barn, along with British orchards, crafts, music, dance and entertainment. Enjoy the full programme of varied activities throughout the day, including – Ferret-racing, Winterbourne Down Border Morris, Frampton Shantymen, Bygonz minstrels, 5678 Dance school, Historic River Severn Salmon Fisheries exhibition, Chicken Charmer Farmer walkabout characters, Artisan craft stalls and displays, kids' crafts, face-painting, coconut shy activities, and more. Excellent West Country food available all day including Old Sodbury Lamb, Harcombe Cakes and Savouries, and the Barn Bar and Cafe. A great day out for all ages. Well-behaved dogs welcome on a lead.

Adult £5, child (3–16) £1. Tickets can be booked online in advance to avoid the queues. Free car parking at Winterbourne Academy with a free shuttle bus to and from the Barn all day.

Wine-tasting Evening – Saturday 21st October, 7pm – Wine expert Ian Refearn will guide you through a selection of white and red French country wines, and a dessert wine, with a view to ideas for the approaching festive season. This workshop is both informative and fun. Informal seating around tables of about 6–8 people. Cheese and biscuits provided. Over 18s only. A merry evening guaranteed! Advanced booking essential.

Craft Workshops

Places are very limited for workshops and pre-booking is essential. Full details online.



Pottery Taster Afternoon – Saturday 14th October, 1–4pm – Join Brenda at The Pottery Shed to hand-build a bowl which you will glaze and scraffito.

Festive Fused Glass Workshops – Thursday 23rd November, 10am or 1.30pm – Make fused glass Christmas trees as hangings or to go in a stand.

Christmas Wreath Workshops – Saturday 2nd December, 10.30am or 2pm – Join florist Deb, from Courtyard Flowers, for these festive workshops to create a beautiful natural wreath to adorn your front door or table. Mulled wine and mice pies included!

Family Halloween Craft Sessions – Monday 23

October, 10am or 1pm – Start the half-term holidays getting ready for Halloween. We'll be making some Super Spooky Slime, Lanterns to help you see in the dark, Spiders' Webs, and Haunted House Decorations. All you need for a spooktacular time! Aimed at families with children aged 5–11. Booking essential.

Family Festive Crafts on Sunday 3rd December – available for booking online now.

Dates for your diary – Carols in the Barn – Saturday 9th & Sunday 10th December

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



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

Your Own Personal Cruise & Holiday Centre

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.

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Reader recommendation – Holistic Courses with Dawn Clode

Holistic therapist Dawn Clode (pictured) has been promoting her skills as a therapist in Matters Magazines for several years. Both editors of this publication – Jaci and myself, have enjoyed treatments from this talented therapist. Dawn is now retiring from treating patients but she is still passionate about the practice of holistic treatments and is dedicating her time to expanding her teaching courses.

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

Courses can be tailored to people who are interested in learning skills for their personal use, to professional therapists looking to add to their portfolio and people who are looking to embark on a career as a therapist.

Local resident Ellen Weeks, heard about Dawn's courses through Matters Magazines, and got in touch with her to find out more about learning the practice of Reflexology. Ellen shared, "Dawn was very friendly and informative on what the course entailed. It was easy to book in for the course and I was sent pre course information via email.

Dawn is lovely, friendly and a very knowledgeable lady, but also down to earth, which makes the course very pleasurable and relaxed. She provided lunch and refreshments for both me and my model. She was very happy to answer any questions and is also very good at helping with any questions that may occur after the course is complete.

I would recommend Dawn, and I would be very happy to do further courses with her in the future.

Dawn is offering a wide range of Holistic Learning Courses in North Bristol during 2023, and from March 2024, also holistic holidays in East Charente, France. Day courses start from £125.

Get in touch: For more information and to book onto a course, please contact Dawn on, **0795 1099 491 | dawn@life-and-soul-empowerment.co.uk**



News from Elm Park

Welcome back... It is always an absolute delight to open our school gates at the start of September to welcome all of our children and families back to Elm

Park. This year has seen our reception numbers continue to flourish and it has been wonderful to see how quickly they have settled in.

Our year 6 children are wearing their leavers' hoodies with pride and are rising to the challenge of their additional responsibilities. They are looking forward to their residential camp at the end of term one, when they travel to PGL Liddington to enjoy team building activities. Today, they are really excited to be meeting their reception buddies for the first time.

Throughout the school, we have already welcomed 13 new children within year 1–6 and we look forward to welcoming more as the year progresses. If you are looking for a school place for your child, please do get in touch with us and we would be delighted to show you around.

Reception Open Events – Is your child due to start school next September? We would love to welcome you to Elm Park Primary School. Come along and enjoy a guided tour led by our Head Teacher and Reception Class Teacher. See our wonderful school and let us show off the amazing learning opportunities we provide. Please contact us by phone 01454 866750 or email elparkprimary@sgmail.org.uk to book a place for one of our open mornings or to join us at our open afternoons (4–5pm).

Our Curriculum – We continue to feel very proud of our Connected Curriculum. This is our lessons, which includes humanities, science and technology and the arts. Our children really enjoy learning through a thematic approach. Pupils are set a key question at the start of the term and learn knowledge and skills that help them to answer the question. This term our children are focusing on:

How did people travel in the past? Year 1 and 2.
How has farming changed the way we live? Year 3 and 4. What was it like to be a child in World War 2? Year 5 and 6

School trips are in the process of being planned to enrich the children's learning experience. These include: Year 5 and 6 going to Bath Literature Festival, Year 3 and 4 visiting a local small holding, our reception, year 1 and year 2 classes going to Winterbourne Library to visit an author.

I am really looking forward to updating you further as the year progresses.



Finally, Our new home... We are really excited to see our new build change over time. Although our move in date has been slightly delayed, we still continue to be eager to see how the building has changed. As I write this, wooden cladding is being added to the external walls, which looks truly beautiful.

Whilst we are really thrilled to be moving into our new home, it is mixed with sadness at leaving behind our current building. Anyone that has been to Elm Park has special memories about the building, memories of teachers and friends from days gone by. As a school, we are really keen to welcome former families to come along and say goodbye to our lovely building. Further information about dates and times for this event will be supplied later in the year.

Carol Bond – Head Teacher

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

Over 100 former pupils of the Ridings High School, Winterbourne attended a school year reunion at Chipping Sodbury Town Hall, on 2nd September. This date was chosen as the start of the new school year, so everyone was 59 years old on the day, hence the reunion name.

As it was over 40 years since the group had left school, name badges were provided to help prompt everyone who's who and a welcome drink of prosecco to break the ice. The DJ played old 70s and 80s music on vinyl, but the dancing didn't start until later in the evening, as everyone was so busy chatting and catching up.

The event was organised by three school friends, Suzanne Wembridge, Kate Ackerman (née Counsell) and Jane Cooke (née Wise). People attended from all over the country, including Devon, Dorset, Surrey, Kent, Wiltshire and Greater Manchester. A few former teachers attended, one was in his 80s and another said he wouldn't have missed it for the world.

There were lots of positive comments after the event, including one from Keith Ferris who said, "Awesome! I was a little sceptical about the evening, as years on people change. However, I had a great night and haven't danced and enjoyed myself so much in an age. Thank you so much and let's not leave it until we are all 69/70 before we meet again!"



Left to right: Event organisers – Suzanne Wembridge, Kate Ackerman (née Counsell) & Jane Cooke (née Wise)

Wendy Newton (née Joiner) said the following day, "I've got massive post reunion blues today, it was such a great night seeing you all, I meant to take more photos but was so busy having a great time I only took two!"

The Facebook group will continue to run for pupils born between 1st September 1963 and 31st August 1964, and teachers who taught during the years 1975 to 1982, to exchange news and photos. There is already talk in the group of having mini reunions. If you would like to find out what's going on, please join the **Facebook group: Ridings High School Reunion for those born September 1963 to August 1964**, or scan the QR code above.



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Transitioning your skin from Summer to Winter

As the seasons change from the scorching heat of this late summer to the crisp chill of winter our skin undergoes a significant transformation.

It is a time when many notice the effects of cumulative sun exposure or simply want to do some self-care now the kids are back in school. Others develop new issues like dryness, dullness and sensitivity with the changing climate. Whatever the reason, I am here to guide you through the best ways to care for your skin this Autumn.

Summer to Winter skin changes

Dehydration and dryness

During summer, the hot and humid weather results in increased sweat and oil production. This can lead to clogged pores and breakouts. As winter sets in the air becomes drier and moisture evaporates from the skin faster. This leaves the skin dehydrated, tight and flaky.

Pigmentation and uneven skin tone

Exposure to harmful UV rays during the summer months can lead to hyperpigmentation, age spots and an overall uneven skin tone. When the tan fades these remain as a sign of skin damage.

Increased sensitivity

Cold winds and low humidity in winter can make the skin more sensitive and prone to irritation. Skin conditions that involve redness, itching and inflammation tend to flare up during this season.

How to maintain healthy looking skin in Autumn

Look after your skin barrier

If your skin becomes dry or irritable as it gets colder it helps to maintain a healthy skin barrier by using a slightly heavier moisturiser. Look for evidence-based ingredients such as hyaluronic acid, peptides and ceramide for a long lasting moisture effect.

Increase your 'actives'

Once your skin barrier is sorted it is time to step up your actives to keep your skin quality at its best over the winter. I often recommend titrating to a higher strength retinoid to enhance skin cell turnover with less risk of sun sensitivity. Other things to consider might be adding regular chemical exfoliants to help with breakouts or vitamin C as an anti-oxidant to protect against pollution.

Try a skin booster

To combat winter dullness and dryness a skin booster such as Prophilos can really help maintain a healthy glow through the colder months. This injectable hyaluronic acid replenishes lost moisture, restores skin elasticity and improves overall skin texture. The results really speak for themselves.

Consider a chemical peel

It is a great time to have a chemical peel. Undo sun damage and pigmentation or manage breakouts with less risk of sun sensitivity. A peel involves applying a solution to the face that exfoliates the top layer of skin revealing healthier, brighter skin beneath. The Obagi Blue Radiance peel is suitable for all skin types and requires no downtime.

By taking the right steps and investing in yourself, you can enjoy radiant, healthy skin year-round. If you would like a complimentary consultation to discuss your skin needs please get in touch. I would be delighted to create a bespoke treatment plan for your unique skin type and concerns.





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Frampton Cotterell Computer Group



Frampton Cotterell Computer Group are continuing to meet at the Brockeridge 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 Brockeridge 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 Brockeridge 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:

**Tuesday - Windmill Hill City Farm, Bedminster
Wednesday - Greenfield Centre, Winterbourne**



For full details contact: T: 07398 526024

email: bookings@adornocommunitydaycentre.co.uk

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



News from Winterbourne Musical Theatre

Our show Bah! Humbug! will run from Wednesday 29th November to Saturday 2nd December, at WADCA, with the Saturday being a matinee performance instead of evening.

The show is a light-hearted version of Dickens' A Christmas Carol, scripted by local Winterbourne man Mike Couzins (who will himself be playing Marley's ghost in the show!). The show includes comedy characters and situations, many well-known songs, and is suitable for all ages. Tickets are £10 and can be booked online at Ticketsource or by ringing 01454 317408. For more information, visit www.winterbournemusical.co.uk or their Facebook page.



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News from Frampton Cotterell Parish Council

Nature Art Competition – Showcase Your Art!

On Thursday, October 26th, we will be opening our Local Nature Art Exhibition at The Bickeridge Centre. We would love to invite local people of all ages to showcase your art at this gallery. Whether you write poetry, paint landscapes, crochet bunny rabbits, or pursue any other creative endeavours, we'd love for you to share your nature-themed creations with the village!

To enter your art, simply bring it to the Bickeridge Centre before the deadline of 12.30pm, on Wednesday 25th October. The exhibition will be unveiled during our Hedgehog Heroes Event and is planned to remain open for one week. We will also be awarding two prizes, one for under 18s and one for over 18s.

If you would like to find out more, get in touch at 01454 864442 or email at nature@framptoncotterell-pc.gov.uk

Hedgehog Heroes Event

Join us at The Bickeridge Centre on Thursday, 26th October, from 2pm to 5pm, for another fantastic Hedgehog Heroes Event! We will have nature crafts, info stalls, a tombola, and the return of The Great Hedgehog Cake Bake Off, where you can bake a hedgehog-themed cake to enter our competition! See photo below for this summer's winner, judge, cake, and prize!



The winner of this summer's Hedgehog Heroes Launch Event 'Great Hedgehog Cake Bake-Off' Competition

We will also be opening our Local Nature Art Exhibition at this event, showcasing nature-themed poetry, paintings, and crafts, all created by Frampton Cotterell residents.

For more information on our Hedgehog Heroes event, contact us at 01454 864442 or via email at nature@framptoncotterell-pc.gov.uk

Ridings Road Play Area

Last year, the Parish Council conducted a survey asking parishioners what improvements they would like to see at the Ridings Road Play Area. Following the analysis of these responses, the Parish Council published a tender document, the deadline for which was 18/08/23. The Parish Council has now agreed on a contractor, and work will soon be moving forward. We will keep the parish updated as this project progresses.

Tennis Courts Update

Funding has now been successfully secured from the Lawn Tennis Association (LTA) for use in upgrading the tennis courts at The Park, School Road. Conversations are ongoing with the LTA's contractors, and we are hopeful that work can begin this year. Thank you to all who responded to our Courts Development Survey. Your feedback helps us shape the future of our village.

Become a Parish Councillor!

Frampton Cotterell Parish Council currently has several councillor vacancies. We are looking for dedicated individuals to step up and help us make a positive impact on our local community.

Do you want to play a vital role in shaping the future of our village? Are you brimming with ideas for how we can improve the area and the way things are managed? Are you passionate about addressing local issues and supporting your neighbours? If you can answer "yes" to any of these questions, we invite you to consider becoming a parish councillor!

Why become a parish councillor? As a parish councillor, you will have the opportunity to influence decisions which directly effect our village's development and well-being. Your fresh ideas and new perspectives can help to drive positive changes and improvements. You will be able to join a group of dedicated, like-minded individuals who are as committed as you are to the betterment of Frampton Cotterell. Your passion, dedications, ideas, and motivation can lead to tangible improvements in local amenities, climate and nature issues, planning, youth work, and community events.



How to Apply – Interested? For more information on the application process and who is eligible, get in touch with us on 01454 864442 or via email at clerk@framptoncotterell-pc.gov.uk. To learn more about the parish council and what we do, visit our website at www.framptoncotterell-pc.gov.uk

2023 Scarecrow Trail

Autumn is once again upon us, and spooky season means one thing... Scarecrow Trails! The Frampton Cotterell Scarecrow Trail is always a popular event for people of all ages. Anyone can get involved and try their hand at creating a scarecrow for the village to enjoy.

This year, we let the residents of Frampton Cotterell decide the theme of the trail. After a popular vote, the theme 'Book Characters' won.

If you would like to enter a scarecrow in this year's Scarecrow Trail, please make sure you submit an entry form to us by 12.30pm, on Friday 6th October. Paper copies of the entry forms can be collected from the Bickeridge Centre. Alternatively, you can complete an online form on our website, at www.framptoncotterell-pc.gov.uk/scarecrow-trail-2023-entry-forms.

The 2023 Frampton Cotterell Scarecrow Trail will take place across Frampton Cotterell from the 20th – 28th of October. Trail Maps will be available to collect from the Bickeridge Centre. As usual, we will also be awarding 1st and 2nd place prizes, as decided by public vote! Voting will be open during the official Trail Week, and the winners will be announced on the 28th of October at the Bickeridge Centre.

If you have any questions or would like to find out more, get in touch with us.

Don't miss out on the fun – join us for the 2023 Scarecrow Trail!

Photos above, left – scarecrow from the 2021 theme 'Save Our Planet'. Middle and right – scarecrows from the 2022 theme 'Sport With A Ball'.

For more information on any of the projects featured, do get in touch.

T: 01454 864442

Facebook: @Frampton Cotterell Parish Council

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What's on at Winterbourne library



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

Go green at the Library this Libraries Week 2nd–7th October – Come and explore your local library, you will find a friendly welcome and so much more than books!



NEW! Coffee Afternoon – EVERY Friday, 2–3pm. Come and join us for a friendly chat and a cuppa, meet old friends, make new friends – board games, puzzles and daily newspapers available. Everyone welcome!

Adult craft group – meet twice a month on Saturday, 10am–12pm. Next sessions 7th and 14th October 4th, and 11th November. Join the friendly group to do your own craft and chat, refreshments available by donation – all welcome.

Need computer help? Book a slot with a digital champion, on a Friday morning – NEW upgraded PC's FREE to use – contact staff for further details

Computer Classes – Thursdays (term time only), enrolment required with SGS College. For further information please contact Cindy on: 0117 909 2296 or e-mail: cindy.corbett@sgscol.ac.uk

Open Access – Use the library when it is not staffed, 8am–7.30pm, 7 days a week, using your library card – book your induction with staff.

Regular children's activities:

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

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

LEGO CLUB – Saturdays, 28th October and 25th November, 10–11am. No booking required, hear a story, build a themed model and put it on display. All children must be accompanied by an adult.

Autumn Antics half term holiday activity! – Join us on Friday 27th October, between 10.30–11.30am, for our children's FREE autumn crafts, or collect your craft bag to make at home. Suitable for 4–11 years.



www.southglos.gov.uk/libraries

South Gloucestershire Libraries

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Christmas Fairs

11th November 1.30 – 4pm

St Peters, Frampton Cotterell – BS36 2AB

25th November 1.30pm

St Saviours, Coalpit Heath, BS36 2RP



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Local Author Celebrates Publication of New Children's Book

First time author Freddie Hillberg, who has lived in the locality for the last 25 years with his wife Maureen, is celebrating the publication of his new children's picture book. The new hardback book, 'Brave Cat Millie' is aimed at children aged 4 to 7 and, according to its publisher Carraway, is an endearing and heart-warming tale accompanied by captivating illustrations that will be popular with younger readers but also with parents and grandparents.

Freddie (aka Fred), commented on the experience of becoming an author, "I'm absolutely thrilled with the book and to become a published author is something very special. Brave Cat Millie is a joyful, everyday story about an average, ordinary family and their extraordinary and courageous cat. I got real pleasure in writing it and it feels like a real achievement to have the story in print and be available in bookshops. I'm thoroughly delighted."

Freddie began his writing journey telling stories to his two grand daughters when they were younger. "They always wanted me to read them a bedtime story and they knew their favourite books word for word. Eventually I got a bit bored telling them the same tales so started making up my own which they really enjoyed." It was just three years ago that Freddie was inspired to write the stories down. The character of Brave Cat Millie is based on his own cat, Millie (pictured).



Freddie is an active figure in the local community and has been involved with the conservation of nearby Splatts Abbey wood for the last twenty years and is currently its vice-chairman and treasurer. He retired from a long career in the construction industry in 1998 to care for his wife Maureen who suffers with MS. Freddie and Maureen first met when they were both

just 18 on a youth exchange programme to Germany. The couple has a daughter and two grandchildren. When not writing down new ideas for stories, Fred's pastimes include gardening (where he often finds inspiration for his stories), photography, coin & stamp collecting and reading historical biographies.

Jane Shergold, founder at Carraway Publishing commented, "Brave Cat Millie is the first in a series of picture books following the adventures of a courageous and loveable black and white cat. With its delicate watercolour illustrations, the book is a cosy bedtime read that will encourage younger readers with its vivid, fun and colourful drawings. The story is full of warmth and joy and tells of an unlikely feline heroine who singlehandedly outwits unwelcome intruders into the family home."

The early feedback from children, parents, grandparents and local booksellers has been really positive. It's a book that will be enjoyed across the generations and is a perfect Christmas gift, especially for children fond of animals."

Priced at £12.99 the hardback version of Brave Cat Millie (ISBN: 978-1-9160950-6-9) is published by Carraway Publishing and will be available to buy from all good bookshops from the 26th October. To preorder and listen to the full story online visit

www.carrawaypublishing.co.uk/brave-cat-millie

The second in the series, 'Curious Cat Millie' by Freddie Hillberg is planned to be published next year.



Fred Hillberg with his first published book Brave Cat Millie - A perfect Christmas gift!





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."

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.

All Centres run from 10am to 2pm:

- Tuesdays at The St Michael's Centre in Stoke Gifford;
- Thursdays at The Ridgewood Centre in Yate;
- Fridays at Turnberries Community Centre in Thornbury.

Victoria continued, "We are very aware of the impact that loneliness can have on a person's 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 all services provided by Autumn Years Community Care visit:

www.autumnyearscommunitycare.com

Tel: 07741 977122

Email: info@autumnyearscommunitycare.com



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Winterbourne Down & District Horticultural Society 2023 Flower & Veg Show

After a four year gap, the Winterbourne Down and District Horticultural Society were delighted to be able to hold this annual show again, at the Greenfield Centre, Winterbourne, on 19th August 2023.

Although entries were down on previous years, it was a good display and of a high standard – especially considering this year has been a difficult one weather wise. The judging took place in the morning and in the afternoon the public were able to come and view the exhibits. The raffle offered lots of interesting prizes and was well supported.

The photographic section made a colourful display along with the home crafts – cakes, quiches, bread, jams, etc.

At the end of the afternoon the cups and awards were presented by President of the Society, Joan Kent. The 'Best in the Show' award went to Sue Jenkins for her tomatoes.

Gill Parker

Severn Counties Foreign & British Bird Society Cage Bird Show



Saturday 4th November 2023
The Methodist Church Hall, Down Rd, Winterbourne BS26 1BN

Open from 2pm
Admission: Adults £1, children free

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

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

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





Disability Charity, Paul's Place, has unveiled plans for a move to

'The Shire Way Centre' in what is a "really transformative and exciting time" for the charity and the local community.

The charity enhances the lives of physically disabled adults, and currently operates out of Coalpit Heath cricket club, providing social activities that connect people, reduce isolation, improve health and wellbeing, and give people the opportunity to develop new skills and enjoy new experiences.

The much-loved Shire Way Community Centre, in Yate, has sat untouched since 2022 but Paul's Place is going to bring it back to life. The centre will provide space to support our members (service users) with a hub running daily activities and open up numerous opportunities to the local community, with plans for a community café, and an allotment where our members will grow produce for the café, are just some of our plans. We are also hoping to be able to provide space for the public to hire for activities and events.

Chief executive officer of Paul's Place, Lynda Williams said, "For the last 16 years, our current home has been the Coalpit Heath cricket club and it has been amazing for the charity, but with growth and increasing demand for our services, we have simply outgrown the building.

We are extremely excited about our move to Shire Way and the opportunities it will create for not only the charity but for local residents too.

Our charity's vision is for a 'Paul's Place Hub'. A completely accessible building that will allow us to support more disabled people, in turn reducing isolation, increasing opportunities for physically disabled adults to enter employment, become a visible part of the community and live their life to the full.

PP members enjoying the current garden space



Alongside our daily activity facility, one of our plans is to set up a community café, which will be run by the adults we support. Shire Way will mean we are able to increase the number of activities and programmes we offer, as well as the number of members who are able to attend. We really hope the local community will get behind our plans and support us as much as possible.

There is a lot of work to do at the site before we can become operational and we anticipate our renovations will be carried out over the next 12 months, with a view to move our services once complete"

The charity really would welcome the support of the local community for this project so whether you are a business who wants to partner up, a school looking to fundraise, or an individual who can donate, please do get in touch. Any help you can give will make a huge tangible difference to the lives of physically disabled adults in South Glos.

If you are interested in supporting, please contact Kayley Waller, Head of Fundraising and communications at Paul's Place by **emailing: kwaller@paulsplace.org.uk**.

www.paulsplace.org.uk

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For more than 30 years, The Children's 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. 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."

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, please do get in touch by ringing **01275 866600** or email **reception.cf@chsw.or.uk**



CHSW are delighted to announce they will be holding their Christmas fundraiser event **'Santas On The Run'** in the grounds of Charlton Farm this year and are looking forward to hundreds of people signing up and running in their festive gear on **Sunday 3rd December**. This feels like it will be extra special as it will be held at Charlton Farm.

If you are interested go to: **<https://www.chsw.org.uk/event/group/santas-run>**



News from the Floral Friends of Frampton

Change of Season

As summer begins to slide gently towards autumn, the planters and hanging baskets

around the village are still flourishing, as is the Beesmoor border. Weekly maintenance by FFF volunteers includes dead-heading, weeding and watering (even in wet spells this is necessary – more so in the recent early September heatwave!), helped by the Parish Council topping up the reservoirs in the larger planters. We hope you continue to enjoy the displays. Once autumn truly arrives, work will begin on replenishing the planters with colourful winter bedding.

Autumn Fayre – 28th October

Our Autumn Fayre will take place on Saturday 28th October at the Brockeridge Centre. Do come along for coffee (or tea), cake and chat – we will have a stall selling small gifts, a raffle and the Parish Council will be awarding prizes for their Scarecrow Trail at 11am.

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



News from Winterbourne Evening WI



Di with Claire Mills

Our September meeting always starts in a happy and lively way with members glad to see each other after the summer break. There are lots of outings and events to enjoy this autumn, as well as online classes and talks in the new Denman College programme.

To celebrate the end of summer the Harvest Sales table was popular, with produce from local gardens.

Our speaker was Claire Mills, who entertained us with tales of murders, ghosts and immoral behaviour in darkest Wiltshire! She showed us pictures of the sites and buildings where these shocking events occurred. Fourteen women were accused of witchcraft in Malmsbury, with four either hanged or murdered. Naked highwaymen would attack you in Cherwell, and numerous husbands brutally murdered their wives – it all made for a fascinating talk. The biggest mystery was that all the hundred men who died digging Brunel's Box Tunnel have no graves. So – what happened to their bodies? Their ghosts still linger, as do the ones at Avebury Manor. Thanks go to Claire for a very unusual talk.

Our next meeting, on 12th October, will mark our 67th birthday, when Karen will get us all celebrating with Zumba – and then cake!

We meet at 7.30 pm at St Michael's School, Linden Close, BS36 1LG. Visitors always welcome.



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Minister's Message – Focus on the positive

I write this at the end of the first week in September. The youngest has just started secondary school, and the next youngest has had an extra week at home due to illness – some of the household have had Covid. It has seemed a real struggle through the end of the summer to get to this point. Yet I know I am one of the lucky ones. My worries and stresses are limited compared to many others. I try to be thankful, but sometimes our thankfulness can be overshadowed by the things we perceive as challenging or by a stream of bad news.

The railways, the post office, the nurses, the doctors, the teachers have all been on strike. We are in the midst of a financial crisis, inflation continues to soar, but wages do not keep pace. Our NHS looks on the brink of collapse and our schools are falling down around our kids. Have I missed anything?

It is easy to watch the news or read the paper and be bombarded with the weight of all that is wrong with the world. Humanity seems to lurch from one crisis to the next.

I was talking to somebody this week who saw the 60s as the most hope-filled period in her life. A time when the war had finished, the country was recovering, and the population had freedoms it had not experienced before. Fantastic, the best time to have lived was 20 odd years before I was even born. Surely nobody can have lived without any hope since then?

So where did this trouble start? It is difficult to pin-point an exact moment or an actual cause. I think it is likely to be associated with the change in attitude towards resourcefulness and value. When convenience became more important than quality. Perhaps this was started during that supposed golden era. Freedom was key to the hope, people were freer than they had been before, rationing was an issue for the generation before and the young had no direct experience of war. Technological solutions to problems were possible and necessary to deal with the boom in population and that was going to be the answer to everything, the new Jerusalem. This was the start of the build for today, with little thought for tomorrow.

Hywel, my co-presenter on the 'Those Vicar Blokes' podcast says, "We can't be both safe and free". It certainly looks like the freedoms of the past are



the dangers and risks of the present. That live for the moment, live for myself attitude, the make it

We need recognise the good we have in our lives, to focus on the positive in our own life and to be thankful for it.

cheap or trendy but not to last, economical model seems to be a factor. It was surely and continues to be exacerbated ever since.

How do we make it right? Jesus calls us to turn the world upside down. If we are going to achieve that we are going to have to change our attitude. We need to

recognise the good we have in our lives, to focus on the positive in our own life and to be thankful for it. Each day before you go to bed, think of 5 things you are thankful for and thank God for them, then think of just one thing that is not right, then thank God that he will show you how to make it better. God calls us to be creative, to be resourceful and to be considerate and not wasteful.

My prayer is that we can restore some hope to society, that we can regain the joy of our freedom. To use our freedom to do a better job of looking after each-other and the wider world, not for ourselves but for all who are and are to come.

Fr David Jones

www.fromsidechurches.org.uk
Tel: 01454 776518

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



Meet your PCC – Mark Shelford

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

This month I would like to take the opportunity to highlight the partnership between Avon and Somerset Police and defibrillator provider HeartSafe. Together, the partnership has funded over 130 bleed kits to be installed on the side of existing defibrillator cabinets across the county.

Emergency bleed kits are specifically designed to handle 'catastrophic bleeding'. They include items like dressings and a tourniquet allowing bystanders and/or the injured person to provide immediate aid whilst waiting for an ambulance service to arrive at the scene.

Extra minutes can save lives. Visit HeartSafe's website to find out where bleed kits are located in your community.

Saturday 9th September marked Emergency Services Day. Also known as 999 Day, it promotes the work of the emergency services and emphasises the responsible public use of emergency services.

I want to say a big thank you to all the staff and volunteers who work tirelessly for keeping us safe and making a difference in our communities.

To mark the occasion, I attended a flag raising at City Hall in Bristol hosted by the Deputy Lord Mayor, Councillor Paula O'Rourke.

Also in September I hosted the first event of our Autumn Councillor Forums for the Bath and North East Somerset (BANES) constituency. The session was a chance for councillors to gain an overview of my Police and Crime Plan.

The Plan outlines specific areas of focus for improvement, by the Chief Constable, and their officers and staff.

My four police and crime priorities are:

1. Preventing and fighting crime
2. Engaging, supporting and working with communities, victims and partner organisations
3. Leading the police to be efficient and effective

4. Increasing the legitimacy of, and public confidence in, the police and criminal justice system

Councillors regularly speak to local residents and hear first-hand their thoughts about policing and crime in their area. Since being PCC, it has been of utmost importance to work with councillors to ensure we are delivering effective and efficient policing across communities.

I will be hosting a forum for South Gloucestershire councillors later this month and Bristol councillors in November.

On Monday 11th September I attended an anti-social behaviour (ASB) conference with hundreds of partners and the police all working together to deal with ASB.

It was great to see such involvement from all agencies, working alongside each other to tackle ASB in Bristol and the surrounding areas.

One of the topics discussed was the use of the StreetSafe tool. It is a free tool where members of the public can pinpoint on a map the location where they feel unsafe. The information provided will be considered alongside the extensive evidence base already gathered by police forces and used to inform the police and partner agencies such as local authorities.

No crime needs to have been committed in order to indicate where local people feel unsafe.

I would like to thank those for reporting crime, particularly burglaries, which have taken place recently in the area. The police rely on information from the public to build a picture of intelligence.

There are a number of ways you can report crimes. You can fill out a form, report it online or call 101 in a non-emergency.



Update from Jack Lopresti, MP

This past month, I had the pleasure of making many visits in the local area, one of which included the Patchway Men's Shed. Here we discussed how they help the local community including schools and community groups, as well as their future plans for the development of their site and how I could help by connecting them with businesses and organisations who could help.

I also had a great visit to the Bristol Academy of the Military Preparation College for Training where I met some inspiring learners hoping to become armed forces recruits and had a good discussion with them hearing how they are supported as young people to join the military.

Additionally, due to many issues raised by constituents, I held a meeting with our Police and Crime Commissioner Mark Shelford and Councillors Neel Das Gupta and Keith Cranney to discuss anti-social behaviour, e-scooters, and the Meade Park fire. We also discussed neighbourhood policing and how the council can do more to tackle graffiti.

In addition, I had the opportunity to attend some great community events this month including the South Gloucestershire Show where I met with Jackie & Anna from the Staple Hill branch of the Royal British Legion and got to see some of the products of our agricultural industry in South Gloucestershire. I also visited the 60th Winterbourne Down and District Horticultural Society 60th Annual Show which had some fantastic displays.

I have also recently been on another visit to Ukraine. This time I met with a number of influential organisations and officials in Ukraine's defence industry and in government. This included productive meetings with Herman Smetanin, Head of Ukroboronprom; Sergii Boyev, Deputy Minister for Strategic Industries responsible for European Integration; Alexander Kamyshin, Minister for Strategic Industries of Ukraine; and Oleksandr Zavitnevych, Chair of the Parliamentary Committee on National Security, Defence and Intelligence. We discussed closer collaboration between British and Ukrainian defence companies to support



the war effort. I also had the opportunity to discuss defence procurement cooperation with the Ukrainian Defence Minister Oleksii Reznikov, and the continuing support our nation will provide for Ukraine on their path to victory.

On this visit I was also able to go to the Ukrainian frontline (photo below) and was honoured to be able to speak to some of the troops and see such high morale among soldiers. Many of them were trained in the UK and it was great to see British kit and equipment in action such as the AS-90 self-propelled artillery from my son's army unit.



Back in the UK, I also had the opportunity to show my support for Ukraine on National Flag Day and Ukrainian Independence Day on which my office hung the Ukrainian flag in solidarity with the gallant Ukrainian people. I also went to a BBQ at the Ukrainian Refugee Hub at St. Andrew's Church in Avonmouth organised by the Bristol Rapid Relief Team who did a fantastic job delivering a great event for the Ukrainian refugees in our area.

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

Frampton Cotterell & Coalpit Heath Village Diary 2023

October

Sun 1st – Harvest service, Salem church, Watleys End, 10.30am

Sun 1st – Frome Valley Growing Project Open day, Swan Lane Winterbourne, 11am–3pm

Mon 2nd – Singalong led by The Jays with Joy, Crossbow House, 2–3.30pm. £5 incl refreshments. Carers free. Contact Hilary on 07515 351813 for details and to book a place

Mon 2nd – Gardening and Social Club, Manor Hall Jubilee Room, 2–3.30pm. All welcome. £2.50 incl refreshments. Info Tel: 01454 774279 or 07873 747513

Tues 3rd – Frampton Cotterell Parish Council Coffee & Cake morning, at Brockridge Centre, 11am–1pm. Everyone is welcome to attend

Tues 3rd – Community Craft Group, Manor Hall, Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. Book with Kay 07792 189276 / Sally 07954 419761

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

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

Weds 4th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info Edna, T: 07789 662694

Weds 4th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, E: henfieldhall@yahoo.com

Weds 4th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. MIF Soap company. Visitors welcome. T: 07935 071291, E: carolinemjohnston@hotmail.com or FB

Thurs 5th – Fromeside Food Hub, Zion, 12–2.30pm. Free/ 'Pay as you feel'

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

Sat 7th – Moth Club, Broomeridge Centre Garden, 10am

Sat 7th – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. To book a table, T: 07920 145352 | E: email : coalpitheathvh@gmail.com | www.cphvh.co.uk and FB

Sat 7th – Music and dancing, Royal British Legion, Ryecroft Rd. £6. Bingo 8pm. Live music from Rocking Gerry 8.30–11.30pm. All welcome. RBL, T: 01454 772769

Sun 8th – Orchard Harvest Day, Winterbourne Medieval Barn, 11am–4pm. Apples, heritage, live music, crafts, food & drink. See www.winterbournebarn.org.uk

Mon 9th – Winterbourne Flower Club, WADCA, 2–4pm. Bring your own container and plant materials. Info Celia, T: 01454 776753 or text 07947 487155

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

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

Fri 13th – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. For info, T: 01454 776518

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

Sat 14th – Pottery Taster, Winterbourne Medieval Barn, 1–4pm. Hand-build and glaze a bowl. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

Sat 14th – Shooting Stars at Royal British Legion club, Ryecroft Road from 8.30pm. £6. Live music and dancing, Everybody welcome. RBL, T: 01454 772769

Tues 17th – Crotchet & Knit club, Broomeridge Centre, 11am–1pm. Any ability. For more info, T: 01454 864442 or E: office@framptoncotterell-pc.gov.uk

Weds 18th – Local History Society, Zion hall, 7.30pm. Talk: Vernacular Architecture of S Glos, with Linda Hall. £5. Members free (£20pa). E: secretary_fcdlhs@yahoo.com

Weds 18th – SGMRG talk, The Miners, 7.30pm. Non-members £2

Thurs 19th – Coeliac UK Local Café Meet, Iron Acton Garden Centre, 10–11.30am. Join us to share experiences of living gluten free. For, info E: volunteering@coeliac.org.uk

Thurs 19th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info contact Edna, T: 07789 662694

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

Sat 21st – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. www.salemchurch.org.uk

Sat 21st – 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. winterbourneenvironmental@gmail.com

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

Sat 21st – Wine-tasting Evening, Winterbourne Medieval Barn, 7pm. Book online. Over 18s only. www.winterbournebarn.org.uk or T: 0117 403 1536

Sat 21st – Music and dancing, Royal British Legion, Ryecroft Road. £6. Bingo 8pm. Live music from City Limits, 8.30–11.30pm. All welcome. RBL, T: 01454 772769

Mon 23rd – Halloween Family Crafts, Winterbourne Medieval Barn, 10am or 1pm. For children age 5–11. Book online www.winterbournebarn.org.uk

Tues 24th – Women's fellowship, Salem church, Watleys End, 2.30pm

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

Tues 24th – Frampton WI, St Peters Hall 7.45pm. Tropic Skincare, with Wendy Howse. £4. See FB: FramptonCottWI | E: Fcwisecretary@outlook.com

Weds 25th – Litter Busters, 10am, meet alternately at Gingerbread Man cafe or Heather Ave. Facebook | www.villageaction.org.uk | E: framcottva@hotmail.co.uk

Weds 25th – Ladies' Circle, Zion, 7.30pm. Varied speakers. Info: jeanbradbeer@gmail.com

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

Fri 27th – Quiz Night, St Peters Hall, 7–10pm

Sat 28th – Frampton Cotterell Nature Volunteering morning, 10am–12pm. Meet by Bridge House (Glebland). E: office@framptoncotterell-pc.gov.uk

Sat 28th – Floral Friends' Autumn Fayre, Broomeridge Centre, 10am–12pm. See <http://fffframpton.wixsite.com/framptoncotterell> or FB

Sat 28th – Bennie Vee at Royal British Legion club, Ryecroft Road from 8.30pm. £6. Everybody welcome. RBL, T: 01454 772769

November

Weds 1st – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. www.salemchurch.org.uk

Weds 1st – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: henfieldhall@yahoo.com

Weds 1st – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info contact Edna, T: 07789 662694

Weds 1st – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, E: henfieldhall@yahoo.com

Weds 1st – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors welcome. T: 07935 071291, E: carolinemjohnston@hotmail.com or FB

Thurs 2nd – Fromeside Food Hub, Zion, 12–2.30pm. Free/ 'Pay as you feel'

Fri 3rd – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. For info, T: 01454 776518

Fri 3rd – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947 | E: crossbowhouse@gmail.com

Sat 4th – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Book a table (£5) T: 07920 145352 | E: email : coalpitheathvh@gmail.com | www.cphvh.co.uk and FB

Sat 4th – Music and dancing, Royal British Legion club, Ryecroft Road from 8.30pm. Live music from Alan Dene. £6. Everybody welcome. RBL, T: 01454 772769

Sun 5th – Frome Valley Growing Project Open day, Swan Lane Winterbourne, 11am–3pm

Mon 6th – Singalong led by The Jays with Joy, Crossbow House, 2–3.30pm. £5 incl refreshments. Carers free. Contact Hilary on 07515 351813 for details and to book a place

Mon 6th – Gardening and Social Club, Manor Hall Jubilee Room, 2–3.30pm. All welcome. £2.50 incl refreshments. For info, T: 01454 774279 or 07873 747513

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Tues 7th – Community Craft Group, Manor Hall, Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO knitting/craft etc. To book, Kay, T: 07792 189276 / Sally T: 07954 419761

Thurs 9th – Fromeside Food Hub, Zion, 12–2.30pm. Free/ 'Pay as you feel'

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

Sat 11th – Frampton PC Nature Volunteering session, Centenary Field, 10am

Sat 11th – St Peter's church Christmas Fair, 10am–1pm

Sat 11th – Raindrops, Royal British Legion club, Ryecroft Road from 8.30pm. Live music. £6. Everybody welcome. RBL, T: 01454 772769

Mon 13th – Winterbourne Flower Club, WADCA, 2–4pm. Bring your own container and plant materials. For info contact Celia T: 01454 776753 or text 07947 487155

Tues 14th – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. Contact Mary Head, T: 01454 887870 | E: mary.head@blueyonder.co.uk

Weds 15th – Local History Society, Zion hall, 7.30pm. Talk: Bath Minerals – Stuart Burroughs. £5 incl light refreshments. Members free (£20pa). secretary_fcdlhs@yahoo.com

Thurs 16th – Coeliac UK Local Café Meet Up, Iron Acton Garden Centre, 10–11.30am. Share experiences of living gluten free. Info: volunteering@coeliac.org.uk

Thurs 16th – Fromeside Food Hub, Zion, 12–2.30pm. Free/ 'Pay as you feel'

Thurs 16th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info contact Edna, T: 07789 662694

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

Sat 18th – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. www.salemchurch.org.uk

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

Sat 18th – Music and dancing, Royal British Legion club, Ryecroft Road from 8.30pm. Live music from Andy Treble. £6. Everybody welcome. RBL, T: 01454 772769

Tues 21st – Crotchet & Knit club, Broomeridge Centre, 11am–1pm. Any ability. For more info, T: 01454 864442 or E: office@framptoncotterell-pc.gov.uk

Weds 22nd – Litter Busters, 10am, meet alternately Gingerbread Man cafe or Heather Ave. Facebook page or www.villageaction.org.uk | Email: framcottva@hotmail.co.uk

Weds 22nd – Ladies' Circle, Zion, 7.30pm. Varied speakers. Info: jeanbradbeer@gmail.com

Thurs 23rd – Festive Fused Glass Workshop, Winterbourne Medieval Barn, 10am or 1pm. Book online or T: 0117 403 1536 | www.winterbournebarn.org.uk

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

Fri 24th – Quiz Night, St Peters Hall, 7–10pm

Sat 25th – Frampton Cotterell Nature Volunteering morning, 10am–12pm. Meet by Bridge House (Glebland). E: office@framptoncotterell-pc.gov.uk

Sat 25th – Christmas Fair, St Saviour's hall, 11am–2.30pm

Sat 25th – Morning Glory at Royal British Legion club, Ryecroft Road from 8.30pm. £6. Everybody welcome. RBL, T: 01454 772769

Tues 28th – Frampton WI, St Peters Hall 7.45pm. AGM and Quiz night. £4. See [Facebook.com/FramptonCottWI](https://www.facebook.com/FramptonCottWI) | E: Fcwisecretary@outlook.com

Weds 29th & Thurs 30th – Bah! Humbug! Musical Comedy, WADCA, 7.30pm. Tickets £10 online from Ticketsource. Winterbourne Musical Theatre www.winterbournemusical.co.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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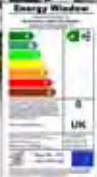
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