

Winterbourne & Frampton *Matters*



December 2023

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Dear Residents,



'Tis the season to be jolly! In this issue we bring you news of lots of local Christmas events sure to fill you with Christmas cheer!

Carols in Winterbourne Medieval Barn is always a highlight, so do try to catch one of their three performances over the weekend 9/10th December. Wrap up warm, soak up the atmosphere and enjoy a bit of seasonal drama, interspersed with well-known carols for everyone to join in.

We bring you a Christmas message thanks to Lay minister Valerie Slade, along with details of all of the seasonal church services.

Our centre pages offer you Christmas shopping inspiration, featuring lovely local businesses situated in The Viaduct Yard, Coalpit Heath.

In this time of goodwill, local charity Paul's Place invite you to, 'Raise a Smile' to their members' faces, by supporting them throughout 2024. Read more about this important charity inside.

Frampton Cotterell Parish Council, share the winner of the popular Scarecrow Trail, the success of their recent Nature exhibition, and invite you to sing Carols around the Tree, on December 1st, at the Brockeridge Centre.

Frampton Cotterell Male Voice Choir are performing their local, festive show on 15th December, as well as making appearances at The Mall. Curtains go up for the The Winterbourne Musical Theatre's production of Bah! Humbug! On 29th November to 2nd December, at WADCA, so book in quick!

All this and much more!

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 8th December 2023.

DON'T FORGET YOU CAN KEEP UP WITH EACH EDITION OF YOUR FAVOURITE COMMUNITY MAGAZINE VIA www.mattermagazines.co.uk Merry Christmas one and all!

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



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From left: Emma, Lucy, Maggie, Fran, Kate, Geoff
Front: Tina and Mary. The Sales Team at Bundy and Bond

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What's on at Winterbourne library



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

Library Services Consultation – Have your say! Share your views in the consultation on the proposed spending reductions to Library Services in South Gloucestershire. Please spare five minutes to fill in this consultation form: <https://librarysavings.commonplace.is> or, collect a paper copy in the library. Consultation closes on 10th January 2024.

Free Christmas Crafts every Saturday 25th November – 23rd December, themed activities for adults & children, refreshments by donation

- 25th November – Card making
- 2nd December – Advent crafts
- 9th December – Baubles with our regular craft group
- 16th December – Gift wrapping service & table decorations to make
- 23rd December – Place mats for the Christmas table



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 – 23rd December and 20th January, 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.

Winter Wonders children's craft activity – Friday 22nd December, 10–11am. Stay and make your crafts, or collect a FREE takeaway bag to make at home.



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News from Coalpit Heath WI

It's been a busy autumn at Coalpit Heath WI. We welcomed Stephanie from, Made in Fishponds (MIF) Soap Company, as our speaker in October. She shared with us the different ways to make soap, and gave us the opportunity to smell and test some of the different components used. Many of us took the opportunity to buy some of her lovely products after the meeting.

Many members signed up for a walking tour of St Nicholas' Market and said it was very interesting, with a lovely guide. Those that went to Westonbirt for a guided walk said it was excellent too.

The scarecrow makers were busy making, Mary Poppins for the half term scarecrow trail, featuring book characters. We were amazed that her make up didn't run in all the heavy rain!

In November, poppies were put on the Badminton Road fence next to the doves, in addition to the wreaths either side of the church door and on the lych-gate. At our last meeting, we finished the poppy waterfall which hangs from the church noticeboard.

Christmas meals at Highgrove and The Squire in Chipping Sodbury have been organised for December, along with a crafty Christmas meeting, making decorations for home and some to put up on the fence.



Our programme for 2023 and early 2024

6th December – Christmas Crafts

8th December – Christmas carols and poems, 7pm, at St Saviour's Church

3rd January – Jenny Smith, Tai Chi

7th February – Danielle Greenwood, Ukulele evening

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 next year will be published shortly and includes a variety of crafts, activities and talks. We also run a book club, and have a day trips and theatre group.

Please look out for updates by searching

@WICoalpitHeath on Facebook or

@coalpitheathwi on Instagram



Wellbeing Matters!

Winter Wellbeing

The clocks have changed, the weather has turned and it's getting darker earlier. Not everyone finds this time of year a snugly, cosy time, so I hope the following tips help you through and out of the other side feeling well, positive and connected.

Sleep Health



Winter brings short days, long nights and lower temperatures. Our bodies naturally need more sleep. Sleep deprivation causes significant immune system compromise and susceptibility to infections. Begin your wind-down routine and head to bed 30 minutes earlier to improve your winter health. Tryptophan-rich foods such as turkey, fish, wholegrains and spinach, support our body's ability to produce mood-lifting serotonin and sleep-enhancing melatonin for a balanced wake-sleep cycle.

Exercise

Wrap up and get outside – even if it's just for 10-20 minutes. Outdoor exercise wakes up our body and metabolism to manage the colder temperatures. Dress in layers to manage your body temperature more effectively. The endorphin buzz you get helps energy levels and mood. Check out Walk Mates – Winterbourne on social media if you are looking for some buddies to motivate you to get moving outside!



Be Sociable

Aim to do something with someone else at least once a week. Long nights and cold evenings when we draw the curtains at 4pm may feel lovely and cosy, but the chances of feeling isolated in winter significantly increases. Try to balance your cosy rest and self-care evenings with a little socialising.

Balanced Meals

Add satisfying proteins into your winter cooking, not just carbohydrate-laden, stodgy tummy fillers. Think chilli-con-carne, hearty stews and casseroles, curries, bolognese, roasted meat or fish traybakes. Including rich sources of protein keeps us fuller for longer, balances our blood sugars and releases nutrients slowly, topping up our mood as well as our energy levels.



Increase Fruit and Vegetables

Make a significant effort to pack the fruit and vegetables into those meals. This is harder in winter when we don't



have farmers markets or garden produce to hand. Buy seasonal autumnal fruits or use frozen berries. Use vegetables to roast, like root vegetables and winter squashes, and enhance those dishes with fresh greens to add more colour. More colours mean a greater breadth of vitamins and minerals!



Stay Hydrated

We lose a pint of water every day just through breathing in the winter! Cold weather also alters our thirst triggers, so we don't recognise when we need to drink. Sweating under lots of layers also dehydrates us more easily, never mind having the heating on full blast! Aim for 6-8 glasses of water each day to help with hydration and temperature regulation and keep your skin looking young, fresh and healthy.

Seasonal Supplementation

Vitamin D deficiency is the primary cause of seasonal depression (decreased exposure to sunlight hours). 400IU daily support a robust immune system and healthy mood.



Omega 3 Fish Oils help to decrease inflammation, moisturise the skin, support mood and mental function and maintaining cardiovascular health. Probiotics support our healthy gut bacteria, also crucial for a strong immune system, efficient digestion and production of many of the hormones responsible for feeling positive and happy. Ask me if you need some advice about this.



Let the Air Move

Allow the air to circulate around your home or workspace at least once a day to clear out stale air and germs. Open the windows in the evening if you have your heating on and keep your thermostat at a temperature that allows you to feel cosy but doesn't make your home or work environment the perfect incubator for infection!

Stay well x

Becca

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Christmas at Winterbourne Medieval Barn



A number of sell-out Festive Craft Workshops have already taken place at the Medieval Barn in November, making fused glass Christmas trees, large willow reindeer, and small metalwork tree decorations. There are a few tickets left for making Christmas Wreaths on 2nd December (book online).

Younger children get a go at craft too, on Sunday 3rd December, at special family workshops, where they can make a range of fun Christmassy things. Pre-booking is essential.

The main seasonal community event is the ever-popular Carols in the Barn, run in conjunction with St Michael's Church, to raise money for the refurbishment of St Michael's Rooms. You may have noticed that the building on Winterbourne High Street has been covered with scaffolding for several months.

Carols in the Barn is suitable for all ages and will run three times – Saturday 9th December in the afternoon, and on Sunday 10th December in the afternoon and evening. The Medieval Barn makes a very atmospheric setting for celebrating the old Christmas story. Tickets must be booked in advance on Ticketsource.co.uk (or ring 0117 403 1536 if you have no internet access).

In a light-hearted drama interspersed with well-known carols for everyone to join in, the audience will help a couple of spies discover what's so special



about Christmas! Tickets cost £5 for adults and £1 for children, which includes a cup of mulled wine (or juice) and a mince pie to enjoy before the drama and carols start. So, get in the festive spirit, don your warmest Christmas jumpers and hats, and come and join in

this traditional Christmas celebration.

Please leave your cars in Winterbourne village (the Academy car park will be available) and walk or cycle along Church Lane. If you have a mobility problem, contact the Barn to reserve an on-site parking space.

After the Carols, the Medieval Barn has a short hibernation through the coldest weather, but there are three craft and skills workshops on site in January and February, see website for full details.

Then on 24th March, ushering in the spring, the amazing, Chris Green and Sophie Matthews will return with another hilarious show – Witty Ditties: 400 Years of Comic Song. Tickets (£15) are available on Ticketsource now.

Looking for Christmas gift ideas? A ticket for a craft workshop or a performance at the Barn could make a wonderful Christmas present for a special person. Full details about all activities can be found on the Barn website.

www.winterbournebarn.org.uk

Facebook @winterbournemedievalbarn

Winterbourne Medieval Barn, Church Lane,
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News from St. Michael's



This month, we have an exciting event to share with you. St Michael's Primary School recently had the pleasure of welcoming over 100 grandparents into our classrooms, for an afternoon of intergenerational learning and fun. It was truly an enriching experience for all involved.

Our Grandparents' Afternoon was a remarkable success! Grandparents from all walks of life joined us for a special day, in which they had the opportunity to engage in their grandchild's learning journey, just as our little ones do every day. The school was buzzing with excitement, and laughter filled the air, as generations came together to share in the joy of discovery. Throughout their time in our school, our special guests participated in various lessons and activities, including art and geography, among many other subjects. The joy and enthusiasm on the faces of both grandparents and children were truly heartwarming. It was heartening to see how art, history, and the natural world fascinated both young and old alike.

We watched in awe as grandparents, who have gathered a wealth of knowledge and life experience over the years, engaged in art projects

and explored the wonders of geography with our students. Their presence added a unique and invaluable perspective to the classroom, bridging the generation gap and showcasing the power of shared learning. The grandparents made fantastic pupils for the afternoon, and their enthusiasm was infectious. They shared stories from their own school days, teaching the children about life in years gone by. It was a powerful reminder of the importance of connecting generations and preserving the wisdom of our elders.

The school was filled with an atmosphere of joy and excitement, as grandparents and grandchildren collaborated on projects, asked questions, and learned from each other. It was evident that the bond between grandparents and grandchildren is something truly special and should be cherished.

We are delighted to announce that due to the immense success and heartwarming response to our Grandparents' Afternoon, we plan to hold another opportunity for grandparents to visit later in the school year. This allows us to welcome even more grandparents into our classrooms and celebrate the love of learning, family, and community, that makes St. Michael's Primary School such a special place.

We want to extend our heartfelt thanks to all the grandparents who took the time to join us on this memorable day. Your presence, wisdom, and love added immeasurable value to our school, and we look forward to sharing another beautiful day of learning with you in the near future. Thank you for being a part of the St. Michael's Primary School family, and we can't wait to create more wonderful memories together!

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An Unexpected Gift

After all the excitement and stresses of Christmas shopping, the presents sit under the tree waiting to be opened. As givers, we worry the gift will not be suitable, even though we have carefully followed a Christmas wish list. As receivers, we are concerned that someone has spent too much on ourselves and we cannot match their generosity. Perhaps we have forgotten to buy a gift for a relative, or left it too late to go shopping for our loved ones. These are some of the anxieties and expectations we experience when giving gifts at this festive time.

The main reason for giving gifts at this time of year is to celebrate the birth of Jesus, around 2000 years ago in an innkeeper's stable in Bethlehem. Shepherds were the first to visit Mary and Joseph and their new baby; they may not have had gifts to give him but their admiration, being poor shepherds. They were followed a while later by Wise Men from the East, who presented Jesus with gifts from treasure-chests: gold, frankincense, and myrrh. These represented symbols of the story of Jesus' life to be. Gold is a gift of richness for a king. Myrrh is precious oil, used to anoint the dead. Frankincense is incense used in worship, fitting for a holy child (see Matthew 2.7-12).

The wise men had their treasure-chests containing physical gifts, but gifts cannot always be seen. Each of us have gifts and talents within us, and each of us can make an offering of our own. Our gifts are part of our own story in our work, our homes and our communities. Our gifts show who we are and what we bring to the world around us.

The shepherds in the fields near Bethlehem were the first people to be told of the gift of Jesus.

A spectacular fanfare involving angels invited them to see this baby, with a promise that he was special. An angel told the shepherds 'I am bringing you news of great joy for all the people'. The angel went on to explain that a Saviour had been born who would bring peace and joy to the world. They visited baby Jesus in the stable and told everyone they met what the angel had said about him, praising God before returning to their fields and their work (see Luke 2.8-20).



People have always given each other gifts; they would have helped to maintain friendships between different groups in early society. The Christmas traditions that we enjoy today were influenced by the Victorians when Christmas trees and Father Christmas also became popular.

Gift giving and receiving can be stressful but we must not forget that through the birth of Jesus we are given the greatest and most unexpected gift of all. His presence in our lives shapes how we use our inner gifts for others in our communities and families helping them to feel loved and valued. We are all invited to receive this wonderful gift.

Valerie Slade

Licensed Lay Minister

www.fromsidechurches.org.uk
01454 776518

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



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 Maggie Williams, with some adaptations 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.org or by ringing 01454 317408. For more info, visit www.winterbournemusical.co.uk or our Facebook page.



Local Christmas Church Services



All Saints, Winterbourne Down

24th Dec, 5pm – Cribb service
24th Dec, 11.30pm – Midnight Mass
31st Dec, 10am – Benefice Communion

St Michaels The Archangel, Winterbourne

22nd Dec, 6pm – Carol Service
followed by mince pies, mulled wine & raffle draw

St James, Iron Acton

2nd Dec, 2pm – Christmas Fair, in the Village Hall
3rd Dec, 6pm – Advent Carol Service
10th Dec, 4pm – Christingle
17th Dec, 6pm – Carols by Candlelight
24th Dec, 4pm – Cribb Service
24th Dec, 10pm – Holy Communion by candlelight

St Peters, Frampton Cotterell

17th Dec, 6pm – Carol Service
24th Dec, 4pm – Cribb Service
24th Dec, 11.30pm – Midnight Mass

St Saviours, Coalpit Heath

25th Nov, 1.30pm – Christmas Fair
10th Dec, 4pm – Christingle
22nd Dec, 6pm – Carol Service
24th Dec, 4pm – Cribb Service
24th Dec, 11.30pm – Midnight Mass

Zion United Church, Frampton Cotterell

5th Dec, 7pm – The Big Sing for Christian Aid.
Community choirs invite everyone to get together and sing! A mix of group performances and join in carols. All welcome.

17th Dec, 10.30am – All-age Nativity
(dress as your favourite nativity character – optional!)

17th Dec, 6pm – Candlelight Carol service
& mince pies

24th Dec, 10.30am – All-age Christingle
(make your own Christingle – everything provided)
24th Dec, 11.15pm – Christmas Communion
25th Dec, 10.30am – Christmas Day Celebration



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LBBC owner, Jamie, has a lifetime of experience fitting kitchens, bathrooms, boilers and previously owned a successful plumbing business. He thrives on a challenge and loves to problem solve in order to make his client's wishes come true. Jamie shared, "We advise people what all the possibilities are for their projects, from the location of a towel hook to the moving of a wall. We only specify products that we know will work in the specific kitchen or bathroom we're designing, and we treat each customer and their home as individuals. We aim to provide a personalised service that reflects our various customers' needs."

LBBC welcomes people to visit them at their showroom at 32 Gloucester Road North, where you can have a consultation about your kitchen or bathroom plans, collect brochures and find out about their various survey and design options. They offer a design package that includes detailed product options, a 3D design and a measured floor plan, enabling clients to visualise what their completed room could look like.

When you are happy with your design all furniture and fittings can be ordered through LBBC and their preferred suppliers. LBBC have some installation capacity but can also advise on appointing a fitter.

Siobhan manages the showroom and produces kitchen and bathroom designs and can of course discuss boilers and heating systems too! Do get in touch and get your project underway soon.

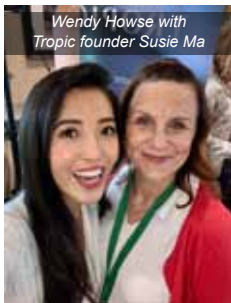
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News from Frampton Cotterell WI

In early October, some of us joined other regional WI's, for a tour of Arnos Vale Cemetery, which was of great interest and luckily for those that attended, fell on a beautifully sunny autumn day (pictured right).



At our October meeting, we enjoyed a talk by Wendy Howse, who spoke to us about the background and ethics behind luxury skincare company, Tropic. Founder of Tropic, Susie Ma, was a finalist on BBC's The Apprentice, receiving funding from Sir Alan Sugar to help set up her company.

As we go to press, we're looking forward to our Murder Mystery Night event on 8th November – most of our members have signed up, to watch the play and enjoy a two course meal, while they have fun speculating as to 'whodunnit?'.

On 28th November, we hold our AGM/Quiz Night, where members of the 2023–2024 committee will be appointed and confirmed. Then, on 5th December, we have Christmas games and social evening to look forward to (at Crossbow), when the Christmas raffle winner will be drawn for the annual hamper prize.

Looking forward to 2024, we have our annual New Year's dinner on Tuesday 30th January, again at the very popular White Horse at Hambrook.

Other New Year events to look forward to include:

23rd January – The Dangers of Cybercrime – Avon & Somerset Police

27th February – Needle Felting with Amy Grimsby

26th March – Slavery – historian Margot Cevik

We have many other events/socials lined up for the year ahead, including visits to the theatre and various trips for meals out, garden/historic visits, etc.

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 for the evening and any new members can also join by paying a membership fee. Special interest groups that meet separately include a book club, craft group, gardening group and our skittles and darts teams.

If you're interested in joining us and would like to find out more, please let us know and get in touch via our **Facebook page: FramptonCottWI**



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News from Winterbourne Down Village Carnival

May Day really was a long time ago, as we now find ourselves preparing for Christmas! However, like every autumn the committee begin planning for the next Carnival. The first task is holding the AGM. Particular highlights from the meeting were the Treasurer's report. We managed to beat the success of 2022 and then some! 2023 saw the largest footfall of any Carnival, this in turn meant our largest fundraiser.

We were overjoyed to present substantial donations to St Peter's Hospice, All Saints Church and Winterbourne Methodist. St Peter's Hospice had a large presence on the day. Along with our donation and profits from their knitted toy stall, a whopping £3,533.17 has gone directly to the charity. To put that figure in context; this can provide 170 therapy sessions for bereaved families and children. This is just incredible and we'd like to thank each and every one of you who rocked up and enjoyed the day.

It should not go unsaid that without the support of our sponsors, we wouldn't of been able to donate quite as much. The cost of running the Carnival has increased exponentially, sponsorship from The Cross Hands and Ben's Reclamation has taken the pressure off, we thank you greatly and are thrilled to have your continued support into 2024.

With new members to the committee and potentially more sponsors, 2024 promises to be another phenomenal Carnival. So if you want to get involved, reach out to us via Facebook or our website, we'd love to hear from you. Watch this space for regular progress reports on WDV Carnival 2024!

Kathryn Hopes, Publicity Officer

Follow us on Facebook, browse our site
www.winterbournedowncarnival.co.uk or
email: winterbournedowncarnival@gmail.com



Little Bathroom & BOILER Company

Sharing 25 years of experience with their customers

Despite their name, this local business situated at 32 Gloucester Road North (BS7 0SJ), can take on large jobs too. One example of their larger projects is a three-storey house in Redland where they fitted a new heating system earlier this year. The owners were sick of always being cold and, with energy prices at the forefront of their minds, contacted LBBC to advise on how to improve the heating system in their home. LBBC owner, Jamie, assured them that, with the right products installed, they could be warm without an increase in their energy bills.

Jamie shared, "When people think about heating, they think about the installation of boilers and radiators, but an experienced heating installer can offer so much more."

Jamie thrives on problem solving and delivering the best solutions and products to his clients. After visiting the Redland property and discussing the owners' needs – working in the basement during the day, living on the ground floor after school and sleeping on the top floor at night – Jamie proposed a complete overhaul of the heating system, including zoning of the whole house. This meant that the heating comes on at different times across the different floors to reflect the varied occupancy. The owners are delighted as they can now enjoy being toasty without increasing their bills.

Jamie went on to explain that zoning is not always done by floor but can be used to separate areas such as a new extension, where the insulation will be of a higher standard and less heating is required.

When it comes to smaller jobs LBBC applies just as much care and thought. They have recently launched a new service to help clients future-proof their home without compromising on design. The installation of a comfort height WC, an unobtrusive grab rail or an anti-slip shower tray can all provide much-needed support without the use of more conspicuous aids.

Do get in touch with your Little or Large project.

www.littlebbc.co.uk | 01179 792 860

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**

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Your Own Personal Cruise & Holiday Centre



This is the time of year where my travel shop team and I start to plan for what is known in the trade as, 'Peaks Trading Period.' What is Peaks? Peaks is that period when, after Boxing Day and onwards, you start to see a lot of holiday adverts on your television set. You see, as the winter cold really starts to bite and you crave vitamin D, you start to dream of warmer climes and paths that are sandy!

Most travel agents make 80% of their annual holiday bookings for customers between January and April. Understandably so! But the top tip I can give you is to book early. Book your 2024 and beyond holidays in November and December with a low deposit. Why? Because when the holiday booking stampede starts from January onwards, and everybody is trying to book the best flights and the best hotels or resort rooms or cruise cabins, the prices start to rise! Booking pre-January ensures better prices, the flight times that suit you and the destinations that you really desire.

I am also delighted to announce the launch of the Bristol Cruise Club at my Willow Brook Centre Travel Shop. Which specializes in all types of cruise, river and ocean - it is the only dedicated cruise centre in Bristol!

Cruise holidaying is the largest and fastest growing sector, with at least 24 new ships launching in 2024. More than 50% of all new cruise ships that launched since the start of 2022 are powered by LNG rather than diesel. The latest round of new cruise ships include much-anticipated first-in-class vessels for Royal Caribbean and Princess, as well as the first cruise ship from Cunard in over a decade. Families will cheer a brand-new Disney cruise ship. For luxury lovers, Silverseas and Explora Journeys will release siblings to ships that came in 2023. Ritz Charlton and Viking have new ships coming, each with their own tweaks from the original blueprints they used for previous ships.

The most popular destination for UK cruisers is Northern Europe, Fjords and the Northern lights -

Channel your inner Viking!

Cruising offers something for everyone, from ballroom dancing, cabaret shows and fine dining; adults-only cruises to family adventure holidays including climbing wall, zip wires, water parks and adjoining family suites for multi-generational family holidays. Where else are holiday makers going to find several gourmet restaurants, West End Shows, Saunas, adventure, more than a handful of bars and stunning ports of call, all in one holiday? Cruising is akin to a luxury hotel on the sea, with a different view every sunrise.

Fact: only 22% of cruise tickets are purchased online. Instead, 78% of the sales come from offline channels (travel agents.) This is because a dedicated cruise travel agent will help you select the correct cruise type and size of ship for the individual's specific requirements and tastes, including selecting the best cabin position for you on the ship.

Andy and his travel shop team offer every type of holiday from European beach and cultural holidays to escorted tours, enabled holidays, and long haul holidays specializing in the Americas and Asia. Also, Ski, Lapland and the Northern Lights. In fact the travel shop is also a Jet 2 booking centre. 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 traveling with me and my team. We make sure every customer gets the absolute best value for every penny they spend.'

Come and pay Andy and his Travel Shop Team a visit and be greeted with a charming smile and a warm beverage.



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Logos: Phone, Globe, Facebook, Email



Mums' Play on Boxing Day

The Christmas Boys will be performing their annual Mums' play on Boxing Day. This year will be the 45th year, since its revival.

The Christmas Boys and Winterbourne Down Border Morris Dancers, will perform in four locations in Winterbourne Down, on Boxing Day. Starting at Stone Lane at 10.30am, then moving onto the All Saints Church Hall at 11.15am, then to Colston Close at midday, and then finally down to the Cross Hands Pub in Down Road at 12.30pm (ish).

The performances raise funds for local charity Paul's Place, last year they raised a fantastic £914.18! Paul's Place Finance Administrator, Elaine Snook said, "Your continued support over the years has meant so much to us here at Paul's Place and we are extremely grateful to you for your loyalty to us."



Winterbourne Wonderland Christmas Display

102 Down Road, Winterbourne Down, BS36 1DG

Raising money for the Bristol Children's Hospital charity, Wallace & Gromit's Grand Appeal.

Over 50,000 lights, over 100 lit figures, 3ft water fountain, magical wishing well, 13ft smart pixel tree, bubble machine, 43ft smart pixel wall, free candy canes, stickers and so much more!

Switch on weekend – November 25th/26th – Event starts 18:00 with switch on at 18:30 both days.

Lights on daily from November 27th until January 1st – 16:00 – 21:00

Christmas music and flashing lights every Fri/Sat/Sun, 17:30–19:30, December 1st – 24th.

Contactless card payments, cash and online donations accepted via Just Giving.

Visit our website wbwonderland.com or find us on Facebook for more information.

Treating the Under Eye Area: A Comprehensive Guide

Our eyes are the most important feature on our face. Research has shown we focus on the eyes when we engage with others and they are often considered the 'windows to the soul'. However, as we age, they can also become mirrors reflecting our fatigue, stress and the passage of time.

Under eye issues are one of the most common concerns patients come to clinic with. Fortunately, modern aesthetic medicine offers treatments to rejuvenate this delicate area and restore a youthful appearance.

Understand under eye issues

Crepey skin

The skin under our eyes is thinner and more delicate than elsewhere on our face. As we age our collagen and elastin production decreases and this is usually seen first as fine lines or crepey skin around the eyes.

Dark circles

Dark circles can result from a variety of factors including: hollowing from volume loss; thin skin revealing underlying blood vessels; and skin changes due to chronic irritation or pigmentation. Allergies, genetics and ingredients found in glaucoma drops or eyelash growth serums can all contribute.

Eye bags

As we age, bone, fat, muscles and ligaments under the eye all undergo changes which lead to a loss of support and a sagging appearance. As a compact area lymphatic drainage can easily be compromised too,



resulting in fluid accumulating under the skin known as periorbital or malar oedema.

What can be done?

Whilst severe eye bags or loose skin will likely only be resolved with surgery, for many patients there are now effective non-surgical options.

Polynucleotides

Polynucleotides have gained popularity in aesthetic medicine for their natural rejuvenating properties. These DNA-like molecules stimulate collagen production, improve skin elasticity and promote healthier skin. They are incredibly useful in the under eye area where they can improve a range of issues including crepey skin, wrinkles, dark circles, hollows and pigmentation. Whilst they cannot get rid of bags they can help to mask them, prepare the skin for other interventions and have few downsides.

Dermal Fillers

For those with moderate volume loss around the mid-face, dermal fillers can provide an excellent method for rebuilding some of the facial scaffolding - providing support for the under eye area. They can also be used directly in the hollows to improve the appearance of dark circles.

Which treatment is right for me?

Choosing the right treatment will depend on the type and severity of the issue and your desired outcome. Whilst polynucleotides treat a wider range of issues and provide a very natural rejuvenation, the results take time to appear. Dermal fillers offer more immediate results. In some patients a combination of both treatments may be recommended to achieve the best result.

Why choose Dr Mathewson?

Regardless of your choice, it is essential to consult with a skilled and qualified medical aesthetic practitioner when considering injectable treatments. Dr Mathewson has over 13 years NHS experience and specialises in safe and comfortable treatments providing natural looking results.



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News from Frampton Cotterell Parish Council



Carols Around The Tree – Frampton Cotterell Parish Council is thrilled to invite you to our always-popular Christmas event, **Carols Round the Tree, on Friday 1st December, 6–8pm at the Brokeridge Centre.**

Step into a world of festive fun as we gather under the twinkling lights and evergreen branches, joining together with a local choir to sing uplifting Christmas carols together as a community. Afterwards, we invite you to head inside to warm up with complimentary mulled wine and scrumptious mince pies (with the opportunity to warm your spirit by making a voluntary charity donation!).

Carols Around the Tree is the perfect time to connect with the community, share laughter, and celebrate the wonder of the season! Discover the joy of giving with delightful local craft stalls offering an array of unique gifts, perfect for Christmas presents! Take a chance on our festive tombola to play for prizes and support great charities. And for our youngest revellers, there will be fun craft activities!

This event is open to everyone – families, friends, and neighbours. Please note that we can only accept cash payments at the event.

We look forward to celebrating with you at Carols Round the Tree!

Councillor Linda Williams presenting the 1st prize to the 1st Frampton Cotterell Beavers



Winners of the 2023 Scarecrow Trail

Every year, Frampton Cotterell Parish Council is pleased to organise the popular local event, the Frampton Cotterell Scarecrow Trail! This year's week-long Scarecrow Trail had the theme 'Book Characters'. The Trail was a huge success, with thirteen creative

book-themed scarecrows being put up all across the village. Local people had a great time exploring the village and seeking out the wonderful scarecrows – the perfect half-term, mini-adventure for kids (and big kids) of all ages.

At the beginning of the Trail week, we opened the polls for our parishioners to vote for their favourite scarecrow. After closing the vote on Friday 27th October, we tallied up the votes (over 100!) to find this year's first and second place winners.



The winning scarecrow: 'Room on the Broom'!

We were happy to announce the winners of this year's 'Book Character' themed Scarecrow Trail, at the Floral Friends of Frampton's Autumn Fayre, on Saturday 28th of October.

1st Place Prize went to the, 1st Frampton Cotterell Beavers, for their wonderfully creative scarecrow, 'Room on the Broom'. Brilliant work, Beavers!

We would like to thank everyone who created a scarecrow for this year's Trail. Everyone put together truly excellent scarecrows, and you should all be very proud of your wonderful work. Thank you all for contributing to a fun event for the whole village.

Frampton Cotterell Nature Art Exhibition

From October 26th to November 2nd, Frampton Cotterell Parish Council was proud to host a Local Nature Art Exhibition.

This exhibition showcased an array of nature-themed art, created by local people of all ages. The exhibition was very popular, and a great source of enjoyment for all who came to view the beautiful and varied pieces of art.

We also gave local artists the chance to be entered into an art competition, with some great prizes. To find out the winners in the Over 16s and Under 16s categories, and to see more photographs of the wonderful art showcased at this exhibition, visit our



website. Thank you to all of the wonderful artists who contributed

Brokeridge Centre Christmas Opening Hours

Please be aware that the Brokeridge Centre in Frampton Cotterell will be closed for the holidays from Friday 22nd December until Tuesday 2nd January.

For more information on any of the projects featured, 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.

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**WEDNESDAYS
9:15AM - 12:15PM
1:15PM - 4:15PM**



**THURSDAYS,
6:30PM - 8:30PM**

The Viaduct Deli

Looking for the finest quality culinary gifts this Christmas? Then look no further than local Coalpit Heath hidden gem, the Viaduct Deli. The Deli is stocked with an excellent selection of the finest comestibles for your pantry alongside your favourite chilled fare including Snowdonia cheeses, antipasti, charcuterie and ferments, delicious gala and pork pies and patés alongside a select range of high-quality kitchen items.

With something to suit all tastes and with a solid range of vegan and gluten free items too, the Viaduct Deli is your go-to hub for delicious locally sourced products including beautifully presented preserves and curds from Claire's Kitchen, flavoursome ice-creams from Brookes Wye Valley Dairy, and fiery Chilli Sauces from Upton Cheyney. The Deli also stocks many well-known favourites including an extensive range of pickles and relishes from the award winning Tricklements, vibrant Potts stocks and curry sauces, Filberts Nuts and Drivers condiments alongside other store cupboard staples from artisan biscuits and the finest cold pressed oils to quality teas and sweet treats.

For exceptional Christmas gifting why not create your very own bespoke foodie hamper? With options to suit all tastes and budgets the team will be delighted to work with you to create your perfect present.

The Viaduct Deli is open from 9am – 3pm every day except Tuesdays.
Contact the Deli on: 07939 939723 / viaductdeli@gmail.com
 @Theviaductdeli  The Viaduct Deli Coalpit Heath




Mantiques

Expect the unexpected! Adrian has been collecting automotive and rock memorabilia and other vintage treasure for several decades and for lucky local residents you can now visit Mantiques at the Viaduct Yard for a nostalgic trip down memory lane.

Mantiques is a brilliant hybrid of shop and museum where you will find an incredible collection of vintage booty alongside one of a kind handmade pieces including Adrian's fire hydrant lamps and beer can candles keeping company with a fantastic selection of reproduction motoring memorabilia, petrol cans, walls plaques and mugs.

Whether you are a City boy or a Rovers' fan Adrian has got your back with an ever-changing range of signed shirts and related merchandise. There is so much to see in the man cave with a host of quirky and original gifts from pocket money keyrings and stickers through to t-shirts and rock memorabilia, antiques and more: you'll not come away empty handed!

You can see more Mantiques treasure and updates on Adrian's Facebook Page  @viaductmantiques

Contact: Adrian 07789 778551 / viaductmantiques@gmail.com
Mantiques is open Weds – Sun 10am – 3pm (2pm closing on Sundays)



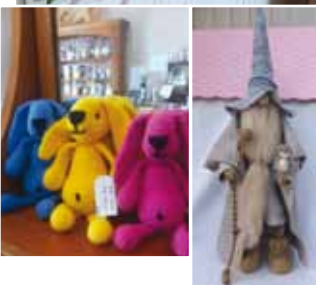
Lily and Dora Gift Shop

Owned and managed by local maker and educator Kim, Lily and Dora is a delightful, local shop offering an eclectic range of beautiful and unusual gifts including Kim's legendary hand made felt gnomes which are also available as bespoke keepsake commissions to celebrate any life event. With Christmas coming Kim has been hard at work designing festive additions to the Gnome family with Mr and Mrs Claus joining the celebrations alongside Gandalf and friends.

Lily and Dora is the ideal destination for gifting this Christmas with a hand picked selection of decorative items for the home including art candles, wall hangings, soaps and delightful, crocheted animal toys in wonderfully bright poppy, colours, fluffy gonk handbag charms and a range of carefully curated handmade wooden items. A much loved and very popular addition to Lily and Dora are the jars of traditional 'penny sweets' a lovely nostalgic treat for fans of confectionery: chocolate limes, anyone?

Kim also takes great pride in celebrating local makers and crafts-folk and is delighted to be able to work with so many talented people to showcase and sell their handmade creations from the charming Lily and Dora shop. Kim always goes the extra mile for her customers with a gift wrapping service and help arranging local delivery.

www.lilyanddora.com
Contact: Kim 07788 841772 / kimpeters2004@yahoo.co.uk
Lily and Dora is open 9am – 3pm Mon/Weds/Thurs



The Viaduct Café

Well loved for their hearty all day bumper breakfasts (veggie option too) with a free cuppa (tea or coffee) and toast/fried bread or bread or butter The Viaduct Café also offers classic lunch menu favourites such as scampi, ham & egg, fish or chicken burger with chips and peas and sausage and mash (alongside a good selection of toasts/paninis and baguettes).

The Viaduct Café offers a spacious and comfortable place to enjoy freshly prepared, home made food or an afternoon tea, cake and conversation.

With a good value children's menu, The Viaduct Café is also a perfect spot for families with the benefit of a welcoming and extensive outdoor space with solid picnic tables, a swing chair and outdoor play equipment.

For larger groups and at busier times it can be advisable to book ahead, please feel free to get in touch.

Contact: 07961 877458
 **The Viaduct Café - Coalpit Heath**



Can you help raise a smile this Christmas?

By regularly donating from as little as £5 a month you could make a positive change for people with physical disabilities.

Disabled people often feel alone, excluded and less likely to take part in cultural, leisure and physical activities than non-disabled people. Due to austerity measures over the last ten years, disabled people are one of the groups more likely to live in poverty. If it wasn't for Paul's Place, many disabled adults would struggle to get active, to volunteer and be part of a community.

Meet Andy, aged 53, who has been coming to Paul's Place for eleven-years. Andy takes a taxi from Westbury-on-Trym to Paul's Place every Monday and Friday. Andy is visually impaired, and he's now partially blind, as he can only see light and dark shades. Without Paul's Place Andy said, "I would be stuck at home doing nothing. I would be isolated. Paul's Place gets me out. I'm with my friends and it makes me happy." At Paul's Place Andy can take part in poker, skittles, bowls and archery. Day trips and short breaks are made possible for Andy too. Paul's Place also made the wellbeing and wellness courses at SGS College possible for Andy, as well as assisted guided running at Yate Outdoors Sports Complex.

At Paul's Place we give people a chance to volunteer, to be active and creative, to socialise and embrace new opportunities. This leads to a better quality of life and economic opportunities.

We're based in Coalpit Heath, with disabled adults and carers from Bristol, South Gloucestershire, North Somerset and Bath and North-East Somerset using our day and evening services. We even have a member travelling from Street, near Glastonbury.



This winter, we're experiencing another hike in the cost of living. According to the Disability Right UK website, new research shows one in five charities could disappear this winter. Urgent help is needed to make sure charities can continue to support the communities and people they serve, and when they need them most this winter.

Please consider making a small and regular donation towards our vital work for physically disabled adults: Your donation will keep our life changing service running in our day facility and in the community for physically disabled adults. We also need funds for making day trips and short breaks possible for carers who work 24/7 and our members who need extra support.

By making a regular donation to Paul's Place, you can help us make a real difference to the lives of physically disabled adults.

To get started, please contact Kayley Waller,

Email: fundraising@paulsplace.org.uk

or Call: 01454 777236

Paul's Place, Serridge Lane, Coalpit Heath, BS36 2TT

www.paulsplace.org.uk



Frampton Cotterell Male Voice Choir – Festive Performances



It was a year ago that Frampton Cotterell Male Voice Choir first sang at John Lewis at the Mall, Cribbs Causeway, as part of the 'Great Bristol Buskathon' in aid of Southmead Hospital Charity.

They returned for a second visit in March, when they contributed to a record-breaking amount raised by the event in a single day. Over those two visits the choir raised a total of over £820 for the charity.

Following on from that success, the choir will be making a third visit to the **Buskathon on Sunday 10 December, 11–11.45am**. Why not take a break from the Christmas shopping to listen to some seasonal music?

And if you want more, then the choir's **Christmas Concert will be on Friday 15 December** at Zion United Church, BS36 2HY, starting at 7.30pm. Find further details on the choir's website or Facebook page.

www.fcmvc.co.uk



Frampton Cotterell Male Voice Choir



News from Fram Rugby

We celebrate our 50th anniversary this season, a special dinner is planned for February 2024. Above is a photo of the original team in 1973.

This season, The Fram firsts got off to a great start. At time of writing, they sit fourth in the league, following a disappointing away loss at Berry Hill.

Fram seconds, have had an excellent win away to Chepstow, and are donning the new pink away kit. The seconds have had two more excellent results recently, with 50 point victories over Whitehall and Cleve, two big clubs in Bristol. The Cleve win was extra special, as it featured 90% of Fram players who have come through Fram junior and colt sections.

Fram vets enjoyed a brilliant win over Westbury on Severn. They are now preparing for their trip to France, to play Vieux Loups. Twenty five veterans will make their way to Paris for a weekend of wine, cheese and rugby!



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T: 07484 792 103 ; 52 Down Road BS36 1BZ ; Follow us on FB and Instagram @winterbournecuts



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

Shopmobility South Gloucestershire, based in the Yate Shopping Centre, is looking for more volunteers to help operate and promote the service.

There are opportunities to help the organisation to deliver the service, especially if it is able to expand its operations, and there are opportunities to deliver its promotion strategy to help the service reach and help more users.

The scheme started operations in 2006. So for people who need a wheelchair or scooter, even just for a short period to take on holiday, go shopping, visit friends, go on a trip, look no further. We are here in Yate Shopping Centre.

If you are interested in volunteering for Shopmobility please contact the scheme on: 07999 574 474, or email – shopmobilitysouthglos@yahoo.com

The scheme has announced its arrangements for the Christmas / New Year period:

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

The Shopmobility scheme will be closed over Christmas week, closing from 23rd December 2023 until 1st January 2024. It will reopen on Tuesday 2nd January 2024.



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

Frampton Cotterell Computer Group



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

help and advice on the use of PCs, laptops and tablets. The group meets 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 Bickeridge Centre, Tel 01454 864442, Email: over50it_1@hotmail.co.uk or visit the Computer Group website www.fccomputergroup.uk.

Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Visit: www.fccomputergroup.uk

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Meet your PCC – Mark Shelford

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

As I write, this weekend (12th November) marks Remembrance Sunday. Before my political career, I was in the armed forces for 30 years. Remembrance Day is a poignant day and I will be paying my respects on Sunday in Bristol to our Armed Forces community.

I want to take the opportunity to highlight Priority One of my Police and Crime Plan; Preventing and Fighting Crime and talk specifically about road safety, which is a key area of focus.

If you are a road user, I urge you to be careful when using pathways and pavements. It is important to remember that pavements are solely for the use of pedestrians.

If you are a cyclist or e-scooter user and need to use the pavement to park, please do so with care, especially as the evenings become darker. This ensures accessibility and safety for all road users and pedestrians in Avon and Somerset.

With the early nights drawing in, I would like to remind everyone to be vigilant with their home safety and security.

Burglary is known to increase during the winter months, I recommend you take a few simple measures to help reduce the chances of becoming a victim.

Double check that all your windows and doors are locked, especially before going out, set a light timer to come on whilst you are out to not only deter burglars but help you get into your home safely. If you have an outside space, set up an outdoor sensor light to alert you of anyone arriving at your property and, if it is possible, invest in a burglar alarm and/or CCTV (with signage) for extra peace of mind.

It is also vital that you report any suspicious activity to the police, using 101 or the online reporting form in a non-emergency and 999 where there is a risk to life.

I would like to know your thoughts on the policing part of your council tax.

As your PCC, I am responsible for reviewing the amount of money you contribute to local policing

through your council tax bill (known as the precept).

The precept accounts for 41% of police funding. The rest comes from central Government. Although the Government has not yet confirmed the maximum amount by which PCCs can increase the precept for next year, it will be at least £10 a year for a band D household.

Even if Avon and Somerset Police receive an extra £10 from local people in band D households, our current financial planning shows that increased savings still need to be made.

The size of the savings needed will likely result in about 250 staff roles being cut. These cuts will have an impact on front line services such as visible policing and the ability to investigate crime.

Please do spare five minutes to share your thoughts on police funding. The survey can be found on the OPCC website.

www.avonandsomerset-pcc.gov.uk

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Jack Lopresti, MP - Working for You

This month in Westminster, I met with Roads and Local Transport Minister Richard Holden MP to discuss how we can bring about a solution to the reduction of local bus services, which many children rely on to get to school in our local area. Bus services such as the 458 and 936 have been cut completely by Mayor of the West of England Dan Norris. Funds have been funnelled into other areas such as £8 million on new offices for the West of England Combined Authority (WECA), and have not only led to local residents facing great difficulties getting from A to B, but also to parents struggling to get their children to school safely and on time.

I am honoured to say that I was recently re-elected as Vice President of the Stoke Gifford branch of the Royal British Legion. I attended this year's Poppy Launch at Bristol Parkway station and I have spent many mornings with RBL volunteers collecting for this great charity. I was also able to attend and speak at the Royal British Legion Gala Dinner, helped Staple Hill launch the 2023 Poppy Appeal, and buy the first poppy. I also had the pleasure of attending the Office for Veterans' Affairs event in Parliament. I met with veterans and heard inspirational stories from recipients of the Prime Minister's Points of Light Award. With policies such as the Veterans' Railcard; and getting veterans ID cards so they can better access services and their benefits, we can build a country which is the best place in the world to be a veteran.

Promoting aerospace and defence jobs is a key priority and focus of mine. One part of this objective is to expand opportunities for young people through apprenticeship initiatives, in addition to protecting jobs, working with national government support for these vital industries and continuing to press the government to increase defence spending. This October, I visited the Rolls Royce factory in Patchway after the news of global job cuts. We discussed the timings of any possible changes and consultation. I was grateful to receive a briefing on the Tempest jet fighter. I am extremely confident the Patchway



plant will continue to grow and go from strength to strength.

I am so proud of the people, businesses and organisations in our local communities who are doing some amazing work. I attended the Mad Hatter's Tea Party (centre photo) recently held at Patchway Sports and Social Club to raise money for Bristol Creative Therapies C.I.C – a charity doing God's work with children's play therapy.

I also recently visited The Wave in Easter Compton. They have had a successful year. In addition to providing an excellent facility for locals and tourists alike, they are passionate about giving back to the community and are more than self-sufficient with green energy. Indeed, they are selling energy created at their site back to the National Grid. They are aiming to be open and operating all through the winter this year – fantastic!

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.

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Village Diary, December 2023

Fri 1st – Parish Council Carols round the Tree, Bickeridge Centre, 6pm. All welcome. More info: office@framptoncoterrell-pc.gov.uk or T: 01454 864442

Fri 1st–Sat 2nd – Bah! Humbug! Musical Comedy, WADCA, 7.30pm. Tickets £10 online from Ticketsource. Winterbourne Musical Theatre www.winterbournemusical.co.uk

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

Sat 2nd – Make a Xmas Wreath, Winterbourne Medieval Barn, 2pm. Book online www.winterbournebarn.org.uk

Sat 2nd – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Book a table (£5) T: 07920145352 | www.cphvh.co.uk and Facebook, E: coalpitheathvh@gmail.com

Sat 2nd – Music and dancing, Royal British Legion Club, Ryecroft Road from 8.30pm. Live music from Two of Clubs. £6. Everybody welcome. RBL, T: 01454 772769

Sun 3rd – Family Festive Crafts, Winterbourne Medieval Barn, 10am or 1pm. £3.75. For children aged 5–11. Book online www.winterbournebarn.org.uk

Sun 3rd – Frome Valley Growing Project Open Day, Swan Lane, Winterbourne, 11am–2pm

Sun 3rd – Benefice Advent Carol Service, St. James, Iron Acton, 6pm

Mon 4th – Singalong led by The Jays with Joy, Crossbow House, 2–3.30pm. £5 incl refreshments. Carers free. All profits to UNICEF. T: Hilary on 07515 351813

Mon 4th – Gardening and Social Club, Manor Hall Jubilee Room, 2–3.30pm. All welcome. £2.50 incl refreshments. Info T: 01454 774279 or 07873 747513

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

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

Tues 5th – The Big Sing, Zion, 7pm. Community choirs invite everyone to get together and sing! A mix of group performances and join-in carols. All welcome

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

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. T: Edna 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 or E: carolinemjohnston@hotmail.com or Facebook

Weds 6th – SGMRG talk, The Miners, Coalpit Heath Hall, 7.30pm. Harry Stoke Colliery 1954–1963 – David Hardwick. Non-members £2 (membership £17.50pa)

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

Fri 8th – Coalpit Heath WI Service of Carols & Poems, St Saviour's Church, 7pm. Mince pies and mulled wine, tea and coffee served after. Everyone welcome

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

Sat 9th – Frampton PC Nature Volunteering session, Centenary Field, 10am

Sat 9th – Sun 10th – Carols in the Barn, Winterbourne Medieval Barn, Sat 3pm, Sun 3 & 6pm. £5 / £1. Book online

Sat 9th – Music and dancing, Royal British Legion Club, Ryecroft Road from 8.30pm. Live music from Dresdens. £6. Everybody welcome. RBL T: 01454 772769

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

Mon 11th – Crossbow Singers' Christmas Concert, Crossbow, 7.30pm. Light-hearted festive evening. Bar available. For charity. Tickets £8. Tel Rose 01454 772675

Tues 12th – Coffee & Cake, Bickeridge Centre, 11am–1pm. Everyone welcome

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

Tues 12th – Crossbow Singers' Christmas Concert, Crossbow, 7.30pm. Light-hearted festive evening. Bar available. For charity. Tickets £8. Tel, Mary 01454 887885

Weds 13th – Local History Society, Zion hall, 7.30pm. Talk by Prof Ron Hutton. £5 incl light refreshments. Members free (£20 pa). E: secretary_fcdlhs@yahoo.com

Thurs 14th – Fromside Food Hub, Zion, 12–2.30pm. Free/ 'Pay as you feel'

Fri 15th – FC Male Voice Choir Christmas concert, Zion, 7.30pm. £8. www.fcmmc.co.uk

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

Sat 16th – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. www.salemchurch.org.uk

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. winterbourneenvironmental@gmail.com

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

Sat 16th – Music and dancing, Royal British Legion Club, Ryecroft Road, from 8.30pm. Live music from Classic Touch. £6. Everybody welcome. RBL, T: 01454 772769

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 Edna 07789 662694

Sat 23rd – Music and dancing, Royal British Legion Club, Ryecroft Road, from 8.30pm. Live music from Bennie Vee. £6. Everybody welcome. RBL, T: 01454 772769

Sat 30th – Music and dancing, Royal British Legion Club, Ryecroft Road, from 8.30pm. Recorded music, CDs. £6. All welcome. RBL, T: 01454 772769

Sun 31st – New Year celebrations with live music from Raindrops, British Legion Club, Ryecroft Road, from 6.45pm. Members tickets £10 are released first, non-members £12. RBL, T: 01454 772769

Village Action website www.villageaction.org.uk

News from Winterbourne Evening WI



Long serving member, Susan Marshfield cuts the cake

Our October meeting was a special one, as we were celebrating the 67th birthday of our Institute.

First, Di Woodman gave a very detailed and interesting report on the Avon Federations Annual

meeting, which now has 3672 members. After this we welcomed Karen Davies and her daughter Yasmin, who had come to entertain us. To begin with, Yasmin, who has a beautiful and expressive voice, sang and then her mother told us about her great love of dance and music. As well as running marathons, she has taught hundreds of people to share her passion. We were all encouraged to learn a few basic steps of Zumba which was great fun and set the party mood!

The birthday cake was cut by Susan Marshfield, our oldest long serving member who joined in 1962! Happy birthday was sung and a glass of wine enjoyed.

The 14th December will be our Christmas party. Our meetings take place at St Michaels School, Linden Close, BS36 1LG, 7.30pm. Visitors always most welcome.

Margaret Grazebrook



News from the Floral Friends of Frampton

Autumn Fayre – Thank you to everyone who came to our Autumn Fayre on Saturday 28th October, at the Bickeridge

Centre. Plenty of tea and coffee was drunk, cakes eaten, gifts and plants bought and raffle prizes won! All proceeds will be used to maintain the planting around the village.

The Parish Council also announced the winners of the Scarecrow Trail – congratulations!



Winter draws on

Floral Friends volunteers have been busy replenishing the planters around the village with winter bedding. Included, are daisies, violas and pansies which, hopefully, will

continue flowering to bring some colour to the winter months. Daffodil bulbs are already waiting to pop up in the spring!

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

South Gloucestershire Mines Research Group



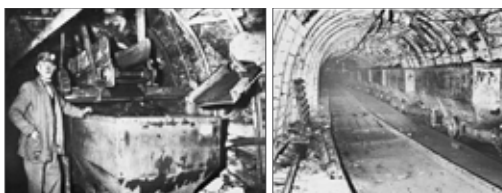
www.sgmrg.co.uk

Wednesday 6th December 2023

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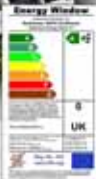
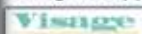
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