

# Winterbourne & Frampton *Matters*



January/February 2024

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## Dear Residents,

Welcome to the New Year issue of your community magazine. We hope 2024 brings you good health and happiness. We look forward to another year of sharing all things good about the local area.

If you are thinking about trying something new this year, there are lots of lovely, local groups you could join and activities to take part in. Check out the Village Diary for a jam-packed programme of events.

Perhaps you have a little time you could offer to volunteer, Winterbourne Medieval Barn and Winterbourne Down Village carnival, to name just two, are great organisations that always appreciate fresh enthusiasm. Charities Paul's Place and Children's Hospice South West would be delighted if you could make 2024 the year you organise a simple fundraiser on their behalf – who doesn't love a coffee and cake morning?

If you are a lady, looking to get fit and have fun, Frampton Cotterell RFC Ladies are going from

strength to strength since forming in 2023. New team mates are welcome to join them.

The start of a new year is often a time we reflect on life and what positive changes we would like to make for the future. Nearly all of us would benefit from taking some more time for ourselves and making our health and wellbeing a priority. We feature a number of excellent local businesses and support groups, who are dedicated to making people feel better and assisting them on a journey to a healthy body and mind.

All this, along with updates from many local groups.

If you are a business looking to promote your services across the local area in 2024, do get in touch with us and we will be happy to help. Deadline for the next edition is 10th February 2024.

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

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

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





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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. Thank you to those who have already taken part.

**Tea at 2** – Every Friday, 2–3pm. Come and join us for a friendly chat and a cuppa in the warm. Meet old friends, make new friends – board games, puzzles and daily newspapers available. Everyone welcome!



### 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

Saturday 20th January and 17th February, 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.

### Free Half term holiday activity!

#### Crafts from the Riverbank!

Children's craft activity on Friday 16th February, 10–11am. Stay and make your crafts or collect a FREE takeaway bag to make at home.



**Adult craft group** – meet twice a month on Saturday, 10am–12pm. Next sessions 13th & 27th January, 10th & 24th February. 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](mailto: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.



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## Carers Support Centre – if you care, we care

**Do you care for someone who could not manage without your support? If so, you are a carer.**

Caring can be rewarding but also very challenging, both mentally and physically. Whether you're caring for a relative, partner or friend who is ill, frail, disabled or is affected by mental ill-health or substance misuse, caring is very demanding. But fortunately, help is available.

Carers Support Centre is a charity offering a range of services to help improve life for carers in Bristol and South Gloucestershire.

### Here's some of the ways we can help:

- Carers Emergency Card: If a carer has an accident or is taken seriously ill, carrying this card will ensure the person they care for continues to receive the support they need.
- Carers assessments: Help with getting and completing an assessment. This allows carers to get help and support for themselves and the person they care for.

- One-to-one support: Advice and information. Help with filling in forms and applying for benefits such as Carers Allowance. Help with communicating with health and social care professionals.
- Parent carers: Supporting parent carers with a child under 18 who has disabilities/additional needs.
- Carers support groups: A safe, confidential space to meet with other carers to share information and give support to each other.
- Hospital support: Information and support for carers in hospital and help with discharge planning.
- Carer involvement: Support for carers to get their voices heard, so they can influence health and social care provision.
- Young carers: Supporting children under 18 years old, including individual and family support, activities, groups and outings.

All these services are free to carers and brought to you by a team of caring and compassionate professionals. Please don't be afraid to reach out for the help you need.

**If you'd like more information, visit our website – [www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk) or call CarersLine on 0117 965 2200.**

Would you like a free talk to hear about the work we do at

## Children's Hospice South West?

If you are part of a group and would like to hear more about the vital work we do, we can provide free speakers at a time suitable for you and can tailor the talk to suit your group.

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## Wellbeing Matters!



**Happy New Year!** It's that time of year for looking back and planning ahead, thinking how we might like things to be different in 2024. Every year hundreds of us make New Year's resolutions. Do you?

New Year can be a great time to reflect on what went well last year, what didn't go so well, what we want to do more of, less of, do differently or maybe even stop doing altogether!

As a family, we love to do this over New Year's Eve dinner and decide what our focus will be for the year ahead. I also spend a lot of time in the wellbeing clinic exploring these options with clients, but one thing is always true. If we are allowed to, we will stop. Yep, it's a hard truth but it is true. How many times have you started something and then ground to a halt when the going gets tough? We all do it at one time or another. This is where accountability makes the difference. It really is the thing that stops us from sabotaging ourselves and quitting.

Human beings are hardwired to conserve energy and take the path of least resistance. It's not laziness, flakiness, lack of focus or resilience, but a deep-seated, evolutionary need to conserve energy to preserve our genes. But we're not really talking about preserving genes here are we? We're talking about fitting in our jeans, getting to the gym, giving up smoking, eating less sugar, drinking less, going for a run, tackling the messy house, getting on top of finances, asking for support with your mental health, ending that difficult relationship. These things are difficult to do on your own.

What helps you stay on track? What could be different about your resolutions this year? For many of us the consequences of not reaching our goals are actually very little. I mean, who cares if we don't fit into those



Levis? Who cares if we didn't make it to spin class this morning at 6am?

That can be where engaging with a 'Resolution Buddy' or working with an Accountability Coach really helps; that person to keep you going beyond the point you would stop if you were doing this on

your own. It might be your partner who joins in your new healthy eating habits, minimising temptation, a friend who messages you to check you've got your trainers on to go out for a run/walk after work or joins you as you walk the kids to school instead of taking the car.



At Tip the Balance this is what we do. In support sessions we help you to plan your goals and accountability sessions help you stay on track beyond that point where you don't want to carry on. In addition, our regular walking groups (Tip the Balance Wellbeing and/or Walk Mates -Winterbourne) help people to stay active, make new friends and get out

when it's dark, cold or wet. It all helps!

**So, what resolutions have you set yourself for 2024?** Is there something you need help with? Do you need a plan, help to learn some stuff or do you just need an army of people to help you keep going? Might this stop you sabotaging yourself this time? Who is going to be the champion in your corner to celebrate every little win?

Change is hard...but staying the same can be hard too. We all need to know that someone cares. Look around you – these people you love, care for – your children, partner, parents, friends.

Keep going and if you need that army - shout!

*Becca*

Our contact links can be found at  
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## New Year at Winterbourne Medieval Barn

At the end of 2023, The Barn enjoyed a lovely succession of craft workshops leading up to Christmas, where more than 100 adults learnt how to create something special, from willow reindeer, to fused glass Christmas trees, metal tree decorations, to Christmas door wreaths. In addition, 70 children came along with their families for festive craft sessions. Everyone had a lovely time and a fair amount of mulled wine and mince pies were consumed! We now look forward to 2024 activities.

### Craft & Skills Workshops

Places are very limited for workshops and pre-booking is essential. Full details on the website.

**Whittling Workshop – Saturday 3rd February, 10am–4pm.** Dan Bendel will teach you how to whittle a sculptural figure or head with a knife from a single piece of wood. Bring a packed lunch. Tea/coffee is provided. Free parking at the barn.

**Apple Grafting – Saturday 24th February, 10am– 4pm.** Learn how to graft apple trees on this one day course with Tim Andrews of Orchard Revival. You will learn how and why we graft fruit, and will make at least three newly-grafted trees to take home with you. The cost is £55 for the day, including tea and coffee. Bring a packed lunch.

**Mosaics for Children – Thursday 11th April, morning.** Workshops for ages 8+ making colourful mosaic decorations on square or egg-shaped glass.

**Fused Glass Workshops for Adults – Thursday 11th April, afternoon.**

### Monthly Talks

Doors and bar open from 6.30pm. Seating unreserved. Booking advised. Free parking on site.

**Piracy and War in the Bristol Channel 1450 to 1680 – Monday 26th February, 7pm.** Philip Ashford's talk is based on his own original research, some of which has not yet been published. A range of notable events took place in the Bristol Channel



Willow reindeer workshop



between 1450 and 1700 involving ships from many nations. Philip brings some of these events to life in a very visual style, and endeavours to explain the background to many of the circumstances. This talk is also live-streamed on zoom (pre-booking essential).

**Medieval Wall Paintings in Gloucestershire Churches – Thursday 21st March, 7pm.** During the Middle Ages, English churches were decorated with wall paintings telling the stories of the Old and New Testaments, the lives of the saints and various moral lessons – a veritable 'Poor Man's Bible', there to assist the priest in the instruction of his largely illiterate congregation. Dr Steven Blake will explore the many surviving examples to be seen in local churches, including St. Michael's Church next to The Barn!

**Witty Ditties: 400 Years of Comic Song – Sunday 24th March, 7.30pm.** We are delighted to welcome GreenMatthews back to the Barn with another new show. Chris Green (piano, guitar, accordion) and Sophie Matthews (early woodwinds, flute, saxophone), bring four centuries of chromatic comedy, ranging from bawdy Restoration ballads to stinging Sixties satire via Victorian music hall variety. Featuring songs by Noel Coward, Tom Lehrer, Flanders and Swann and a host of other songwriters, this fun and fast-moving revue will have you rolling in the aisles! Tickets £15. Booking open now.

### Tea and Tours

Guided tours of St Michael's church and the Barn, with their linked history, will restart in March, on the first Thursday afternoon of each month.

[www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk)  
Facebook @winterbournemedievalbarn

Winterbourne Medieval Barn, Church Lane,  
Winterbourne, BS36 1SE



## Would you like to join the Frampton Cotterell RFC Ladies?

The newly formed Frampton Cotterell RFC Ladies team had their first inter-club fixture on Saturday 2 December, at Crossbow House. Suggested as a bit of fun, after the FCRFC juniors end of season rugby presentation, the ladies team is really taking shape!

With a core group of around 20 training every Monday evening, the team has made great progress since last summer. The majority were complete beginners but with a love of rugby, so were quick to pick-up the rules and start playing touch rugby matches during training.

It was then time to raise the stakes and set-up an inter-club fixture. Following selection, team lilac and team green were formed. Waking up to very frosty conditions on Saturday morning, nerves were running high. However, after a good warm-up, the encouragement of family and friends, and a great team of coaches, the ladies kicked-off! With a couple of break-through runs and a solid defence on both sides, it was a tight game ending in a draw.

A fantastic morning was had by all and it has given everyone a real buzz to see what can be achieved in such a short space of time. Since the recent success of the Red Roses and popularity of premiership womens' rugby, it's fantastic that our young players can see the club supporting this new venture of a ladies team.

**Get in touch –** For anyone interested in giving touch rugby a try, come along to Crossbow House (under the floodlights) 6.30–7.30pm every Monday, where you be welcomed to the team.

**Fram club phone number: 01454 856628**

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 Frampton Cotterell RFC Ladies Rugby

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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.

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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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32 Gloucester Road North, BS7 0SJ

# Frampton Cotterell Computer Group



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

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

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

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

For the latest information contact the Brokeridge Centre, Tel 01454 864442, Email: [over50it\\_1@hotmail.co.uk](mailto:over50it_1@hotmail.co.uk) or visit the Computer Group website [www.fccomputergroup.uk](http://www.fccomputergroup.uk).

## Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Visit: [www.fccomputergroup.uk](http://www.fccomputergroup.uk)

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Thornbury Musical Theatre Group are an awarding winning theatre group who are excited to bring their maiden voyage of Dick Whittington to the WADCA Community Centre in Winterbourne

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## News from Winterbourne Down Village Carnival

May Day really was a long time ago, as we now find ourselves at the start of a new year and planning for the 2024 Carnival is well underway!

We are delighted to report last spring's carnival 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](http://www.winterbournedowncarnival.co.uk) or email: [winterbournedowncarnival@gmail.com](mailto: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](http://www.littlebbc.co.uk) | 01179 792 860



## New Year – New Holistic Courses – with Dawn Clode

Holistic therapist Dawn Clode (pictured), is sharing her passion for holistic practices in a series of locally based, teaching courses throughout 2024.

**Sunday 4th February or Saturday 30th March (one day course), Reiki 1 & 2, (cost from £125)** – Examine the history and the symbols as well as all you need to know to perfect your skills as a hands on (or off) healer. This course teaches you to become a Reiki practitioner, how to start your practice, all about the Chakras, and how universal energy moves through your hands to heal others. At the end of the course you will receive your certificate to practice and be ready to start your 21 days of reiki self healing.

**Saturday 24th February, Introduction to Reflexology, (cost from £125)** – In this session you'll learn how to perform this amazing foot "massage" which accesses every part of the body, to enable you to safely perform it on family and friends to improve their health and wellbeing.

**Sunday 10th March, Reiki & Seichem Master, (cost from £300)** – This course is for Reiki II practitioners, with at least 2 years hands on experience, who have decided they now wish to take the next step and become a teacher themselves. On this course you will be given the final symbols, be taught how to attune others, as well as how to write your own course books. As a bonus, as well as being attuned to Reiki and Seichem Master, you will also be attuned to White Light Healing. At the end of the course, you will receive your Reiki and Seichem Master certificate and you will have joined your peers in the exciting world of teaching.

**Saturdays 6th & 13th April (2 day course), Introduction to Aromatherapy, (cost from £250)** This covers how to safely use and blend oils at home for use on yourself, your family and friends; you'll discover how they are made and what they can do. Essential oils are the basis for so many everyday products and are used in medicine all around the world. Learn the basics on this course, it may leave you wanting to know more.

**All courses include workbook, materials where applicable, certificate, lunch, drinks and snacks.**

**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**



*Ellen Ashfield*  
Dip MCFHP MAFHP

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## News from Frampton Cotterell WI

In November 2023, members greatly enjoyed our Murder Mystery Night event – there was also a two course meal on offer, whilst great fun was had by all in speculating as to “whodunnit”!

We held our AGM on 28th November, where members of the 2023–2024 committee were officially appointed and confirmed. On Tuesday 5th December, we had our Christmas games and social evening, when the Christmas raffle winner was drawn for the annual hamper prize.

We're now looking forward to 2024, when 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 – Amy Grimsby**

**26th March – Slavery – historian Margot Cevik**

**24th April – WW1 in Yate & Sodbury – David Hardill, Yate Heritage Centre**

We have many other events/socials lined up for the year ahead, including visits to the theatre (including the musical Hamilton in spring 2024), 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 £4.00 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**.



## News from Coalpit Heath WI

2023 was a very enjoyable and successful year for Coalpit Heath WI. Our monthly meetings were varied and interesting, with talks ranging from Queen Victoria, to Life with Triplets. These have been interspersed with demonstrations on iced flower making and other crafting activities for the fence on Badminton Road.

We were also thrilled to meet Briony May Williams from Bake Off. In addition to our meetings, there has been plenty else to sign up for. The Day Trips and Theatre Group have been to events at the Hippodrome, visited Cardiff and Bath and had a guided tour of Underground Bristol.

A small group has started going to Park run each week, and the Book club meets every other month. Members have enjoyed Christmas meals together and are looking to meet up once a month in the New Year, for a meal in a different venue each time.

If this sounds like something you would enjoy, why not come along and meet us, you would be most welcome.



Members enjoying a Christmas meal at Highgrove

Our programme for early 2024 continues with: 3rd January, Jenny Smith – Tai Chi | 7th February, Danielle Greenwood – Ukulele evening | 6th March, Amy Grimsby – Needle Felting

**We meet on the first Wednesday of each month in St Saviour's church hall, at 7.45pm. Please look out for updates by searching @WICoalpitHeath on Facebook, or @coalpitheathwi on Instagram.**

## 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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## The Simon & Garfunkle Story Saturday 3rd February The Drill Hall, Chepstow

Following SOLD-OUT performances in London's West End, a Worldwide tour and standing ovations at every performance, The Simon & Garfunkle Story continues to stun audiences across the globe, making it a must-see international sensation.

This show is currently the biggest and the most successful theatre show celebrating the lives and career of Folk/Rock sensation Simon and Garfunkel. Featuring a cast of talented West End actor-musicians, the performance tells the story of Paul Simon and Art Garfunkel from their humble beginnings as Rock n Roll duo 'Tom and Jerry'.

The Show features a full live band performing all their hits including Mrs Robinson, Cecilia, Bridge Over Troubled Water, Homeward Bound, Sound of Silence, and many more!

For more information and tickets visit:

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## THE TIME HAS COME TO REVEAL WHO WILL BE PLAYING CASTELL ROC 2024

Once again, the time is upon us for organisers to start revealing who will be playing in the gorgeous intimate venue, nestled on the banks of the River Wye - CHEPSTOW CASTLE - home of CASTELL ROC FESTIVAL !

Every year in August, this 957 year old building is turned into a unique and striking music venue.

Hosted in the Lower Bailey of the castle, the walls echo with the sound of live music, creating an intimate feeling with the audience, giving an amazing open air experience that can only be found at Castell Roc!

Each year as another brilliant season reaches its conclusion audiences are left wanting more and straight away are asking "who will be playing next year.....I cannot wait!"

Well, there is no need to wait any longer as organisers start to reveal the line up for August 2024, and as always they have worked hard on getting a very diverse line up, catering for all tastes in music. From rock bands to the magical sound of 'RUSSELL WATSON' and flying in from Ireland especially to entertain us is Irelands #1 country/ folk entertainer, the fabulous NATHAN CARTER.

Here is a list of who we can reveal so far:

Friday 9th August - 'FLASH - a tribute to Queen, plus 'A Foreigners Journey'

Sunday 11th August - Nathan Carter

Thursday 15th August -  
Kris Barras Band + supports

Saturday 17th August - Heat, Tyketto & Dare

Sunday 18th August - Russell Watson

Thursday 22nd August -  
Absolute Stone Roses, The Joneses ( tribute to The Smiths), Near Liam Gallagher

Friday 23rd August-  
Lindisfarne, Clearwater Creedence Revival

More acts to be released soon!

For more info and to buy tickets visit  
[www.castellroc.co.uk](http://www.castellroc.co.uk)





# News from Frampton Cotterell Parish Council



## Delight at plans for new play equipment at Ridings Road

As part of our ongoing assessment of play equipment in the village, Frampton Cotterell Parish Council is pleased to announce the installation of new play equipment at Ridings Road.

The new equipment will be installed, weather permitting, in January 2024. This follows a survey conducted with parents and children of the parish who very kindly fed in what they would like to see. This improved play area will cater for ages 5–12 years and will be inclusive to all users.

The parish council's Project Officer said: "We had a brilliant response to the survey with residents and children. Thank you to everyone who shared their feedback. We were able to take on most comments received, and we hope to make further planting improvements in the future."

The project will cost in the region of £70,000 and has been made possible with a generous amount of funding. The parish council would especially like to thank the, SUEZ Communities Fund, for making this project possible. We are extremely grateful for this fund's generous contribution of £43,700, without which this project could not go ahead.

New signage will also be installed at the park, the purchase of which was made possible thanks to the generous external, Member Awarded Funding, for the amount of £500.

The parish council hopes that these play area improvements at Ridings Road will benefit the whole community and be enjoyed by the parish for years to come!



## Local park tennis courts in Frampton Cotterell set for renovation

Frampton Cotterell Parish Council and the LTA Tennis Foundation (LTA) have announced a partnership to invest in and refurbish public park tennis courts in the Park, Frampton Cotterell. In total, two tennis courts will be renovated, with investment of £119,828.58 helping ensure that quality facilities are available for the local community.

The project is part of a nationwide investment by the UK Government and LTA, delivered by the LTA, to refurbish public tennis courts across Great Britain, and open up the sport to many more people. This investment will see thousands of existing park tennis courts in poor or unplayable condition brought back to life for the benefit of communities across the country through renovation works, and improved court accessibility with new gate-access technology and booking systems.

Park tennis courts are vital in providing opportunities for children and adults to get active, delivering

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significant physical and mental health and wellbeing benefits to participants. Accessible facilities in parks are particularly critical to opening up the sport to those from lower socioeconomic backgrounds and women and girls.

In addition to investment of £41,780,76 from the UK Government and LTA Tennis Foundation, Frampton Cotterell Parish Council have kindly invested £78,047.82 of South Gloucestershire Council (SGC) S106 funding, awarded for improvements to outdoor sports facilities, to ensure the courts and the fencing will be completed to an excellent standard.

Alongside the investment, Frampton Cotterell Parish Council will also work with the LTA to deliver a range of activities on these tennis courts. This will include weekly organised free park tennis sessions for all ages, playing levels and experience where equipment is provided, meaning that people will not need someone to play with or their own racket. Local Tennis Leagues will also provide friendly, sociable, opportunities to get active through local competition.

The park courts being renovated are in the park next to the Cricket and Rugby Clubs. The courts will have online booking found via the LTA website, [www.lta.org.uk/play](http://www.lta.org.uk/play). This will make it far easier to find and book a tennis court or activity in Frampton Cotterell on these courts.

Work started in autumn 2023, and is due to be completed ready for play later in 2024

## Carols Around the Tree 2023

Frampton Cotterell was happy to host the annual 'Carols Around the Tree' on 1st December, at The Bickeridge Centre. As popular as ever, this year's event was a resounding success. We opened with community carol singing led by the wonderful Frampton Cotterell Male Voice Choir, before heading inside for refreshments, local stalls, a charity tombola, and a very lively Christmas crafts room enjoyed by the kids – and by a lot of their grown-ups, too!



We'd like to say a huge thank you to all who supported the event and to all who attended. We would also like to thank everyone who donated to our charity collection for the Bristol Children's Hospital – together we raised £264.31 for this excellent cause.



Help us publicly recognise the achievements and contributions of outstanding local groups and individuals by submitting your nomination for the 2024 Frampton Cotterell Parish Council Community Awards.

**Nominations for the 2024 Community Awards open 1st January and close 31st March 2024.**

To find out more information, and to complete a nomination form, get in touch online or in-person via the contact information below.

## Parish Council's New Climate & Nature Declaration

Following our formal declaration of a Climate & Nature Emergency, Frampton Cotterell Parish Council has now approved a new Environment Policy. Both the declaration and the new policy tie in with our three-year climate and nature action plan, and reflect the parish council's dedication to the protection of the environment. To read our full declaration, environment policy, and three-year plan, please visit our website, at [www.framptoncotterell-pc.gov.uk/climate-nature](http://www.framptoncotterell-pc.gov.uk/climate-nature).

**T: 01454 864442**  [Frampton Cotterell Parish Council](https://www.facebook.com/FramptonCotterellParishCouncil)  
**E: [office@framptoncotterell-pc.gov.uk](mailto:office@framptoncotterell-pc.gov.uk)**  
**[www.framptoncotterell-pc.gov.uk](http://www.framptoncotterell-pc.gov.uk)**

The Bickeridge Centre Woodend Road Frampton Cotterell, BS36 2LQ. **Open: 9am–2pm, Mon to Fri**



## Can you help raise a smile this New Year?

**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](mailto:fundraising@paulsplace.org.uk)**

**or Call: 01454 777236**

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

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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](mailto:bookings@adornocommunitydaycentre.co.uk)**

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# The Journey

Where did your journey take you over Christmas that created something memorable? As we enter into the new year of 2024, I find it helpful to reflect on the journey of those special occasions of the past year. If you prefer you might want to consider new year resolutions? New year resolutions don't work for me anymore – perhaps you feel the same?

Eating less chocolate and taking up more exercise are always well intended. Yet, it's a well-known fact that many gym's increase membership after Christmas but attendance drops after a few months!

As I reflect on 2023, it began with a long-anticipated holiday that we had booked before Covid. It was cancelled, when re-booked, we went and had a lovely time. But now the thrill of waiting is over.

This experience reminds me of how the anticipation of any encounter can build up such excitement. It's a growing expectation in our society, whether having a ticket to watch a famous musician, a holiday, or even planning a special family event. It's when it's over we move quickly onto the next moment.

At this time of year, it is anticipating the arrival of the wise men or three kings that are a popular image on Christmas cards. The season is known as Epiphany. This means an enlightening revelation that these travellers encountered after their very long journey. Taking a few years, they travelled across many lands on camels, following a bright star (now the acclaimed Sat-nav!). They were seeking the promised messiah of the world and were thrilled to finally find him amid the distractions along the way. The baby Jesus, whose birth we celebrate at Christmas, was probably a toddler by the time they arrived, but they recognised him as the one who would grow to be the long-awaited saviour. Even though they came from different parts of the world, we are told they worshipped him with special gifts of

gold, frankincense and myrrh, highly valuable gifts. This encounter must have changed their lives. On returning home to tell others about what they had witnessed and good news to keep sharing in the community.

With the gloom and sadness in our world at present, I want to share some more good news.

Something special struck me recently at a chance encounter with the warm space in Zion chapel, in Frampton Cotterell. What a welcome I found!

It's on a Thursday morning (11.45am–1.45pm), Food Hub 'pantry', with a lovely little café alongside serving hot food and cake. This initiative promotes a 'pantry idea' where for a small donation you can take home a variety of fruit/veg, bread products and a few toiletries. This promotes a friendly social setting, and the food and money donations helps support the local community, where there is a need in these trying times. (Find out more by visiting Zion, Upper Chapel Lane, Frampton Cotterell, BS36 2HY or [www.zuchurch.co.uk](http://www.zuchurch.co.uk)). The food hub is run by local volunteers, and also works with all the local Churches, 'Together 4 Fromeside' 2023 appeal, to raise money through the 'Comfort and Joy' just giving fund. This will help those of our neighbours in need across our community with love and compassionate hearts.

Surely this is good news.

May God bless you in spirit and truth as you journey into 2024.

*Rev Julia*

Associate Minister. St Michael's Winterbourne

[fromesidechurches.org.uk](http://fromesidechurches.org.uk) | 01454 776518

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

## BIG Christmas Sing for Christian Aid

A BIG thank you to everyone who came along or took part in our local churches' BIG Christmas Sing for Christian Aid! After a break of four years due to the pandemic, it was great to be back for our 12th concert, this year at Zion Church Frampton Cotterell. It was an evening full of wonderful singing, heralding the start of the festive season.

The 2023 concert featured carols and songs from Junior FR, Frampton Cotterell Male Voice Choir, the Frampton Shantymen, Rhythm Mix and Crossbow Singers. All the choirs were absolutely amazing and the audience was treated to an evening full of Christmas magic and community spirit.

This year's Big Christmas Sing raised £887.30, to which will be added £105.33 in Gift Aid, bringing the total to £992.63! Absolutely amazing! Your support will bring lasting joy to those who will benefit from your kind donations.



## Year 5 at St. Michael's

Year 5 have enjoyed lots of fun learning opportunities last term. We particularly enjoyed becoming geographers and learning new skills as we immersed ourselves in Geography Day.

Using a compass (a tool which many of us had never used before), we successfully navigated our way around the playground. A map of the school grounds guided us to various locations where we collected codes to prove we had visited the right areas. Finally, we used atlases to answer questions during a quiz about different countries.

In Science, we have been learning about forces and the impact they can have. When exploring air resistance, creating our own parachutes of different sizes and measuring the speed at which they fell to the ground, enabled us to explore the impact that this variable can have. We examined the data we gathered and thought carefully about what it was telling us. We then used this information to form our conclusions.



We were inspired by artists Glenn Keelan and Monica Lee, to use a range of coloured pencils or graphite pencils to draw self portraits that showed the unique features of our faces and allowed our creativity to shine!

As part of our Christmas celebrations, we came together with our families and members of the local

community to lead a Christingle service. When thinking about the orange representing the world, the children excelled at delivering the message of how precious and unique our planet is.

During a short ceremony to celebrate the runners up and winners of the church Christmas card design competition, we were very proud to discover that two

members of year 5 were successful prize winners. You may even have had a card that they designed land on your doormat during the festive period!

We now look forward to more exciting learning in 2024!

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

## Stay & Play

@St Michael's C of E Primary School,  
Winterbourne, BS36 1LG

**Birth to Preschool  
FREE Sessions**

Every Tuesday during term  
time 9.30 – 11.00am



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

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

In North Bristol, at the Seat Unique Stadium, BS7 9EJ. In Bristol South, at the Knowle West Media Centre, BS4 1NL.

Any man over the age of 18 is free to attend either of these groups, with no registration, referral or booking process.

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





## Meet your PCC – Mark Shelford

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

I hope everyone had a wonderful time over the festive period.

I would like to start the New Year by thanking all the officers and emergency services staff who have worked tirelessly to keep our communities safe over the past few weeks.

The Police Funding Survey is now live online. I encourage every resident to give their thoughts on my proposal to increase the policing part of the council tax, known as the precept, by £10 a year (that's the equivalent of 83 pence per month) for the average band D household. The survey will close on 22 January.

Local policing is funded by a combination of people's council tax (the precept), Home Office funding, and other grants. The precept makes up 41% of police funding and I, as your PCC, am responsible for setting the amount of money residents contribute to local policing through the precept. You can access the link to the precept survey on the OPCC website.

Last month, my office launched a new volunteer recruitment campaign looking for members of the public from all backgrounds and walks of life to visit people in one of three custody centres we have in Avon and Somerset based in Keynsham, Patchway and Bridgwater.

These volunteer roles are called Independent Custody Visitors and they perform a vital role in ensuring people who are detained in custody following arrest are aware of their rights and are receiving what they are entitled to.

If you can spare two hours per month, at a time to suit you, to partner with another custody volunteer and undertake a visit please apply before 18 January. No experience is necessary, just a commitment to seeing fair, efficient and effective policing in our communities. Visit our website and go to the 'Get Involved' section.

I urge people to be extra careful when shopping online at any time, but particularly this time of year as we see online shopping increase in the annual January sales.

Many people are looking for bargains after the Christmas period and I warn shoppers: *if it looks too good to be true, it probably is!*

To protect yourself from fraud and cyber crime, I advise everyone to follow advice of the Take Five to Stop Fraud campaign:

**Stop:** Taking a moment to stop and think before parting with your money or information could keep you safe.

**Challenge:** Could it be fake? It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**Protect:** If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at [actionfraud.police.uk](https://www.actionfraud.police.uk) or by calling 0300 123 2040.



[www.avonandsomerset-pcc.gov.uk](https://www.avonandsomerset-pcc.gov.uk)

01278 646188

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



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## Jack Lopresti, MP - Working Hard for You

2023 has been a very busy year. Last month, I was honoured to be able to host several children in Parliament who are the sons and daughters of Ukrainian soldiers; some of whom have fallen in the Ukrainian people's fight to liberate their country. My team and I showed them around the Palace of Westminster; highlighting the historic importance of democracy in our United Kingdom – something many of their own parents are trying desperately to defend back home in Ukraine. They watched Prime Minister's Questions from the gallery of the House of Commons in which I asked the Prime Minister to reassure the House that we in Britain stand with Ukraine "in their fight for their independence, their freedom, and their nation's survival." The Prime Minister agreed and paid tribute to these children and their parents. I then hosted them for lunch and we were visited by Education Secretary Gillian Keegan MP, Labour's Baroness Blower, and the SNP's Chris Law MP.

As Chairman of Conservative Friends of Ukraine, I led a delegation of Conservative parliamentarians from the United Kingdom to meet with counterparts in the Republican Party in Congress in the United States to discuss Western support for the Ukrainian people in their fight to eject Russian forces from their country. I was supported by Lord Michael Howard, Liz Truss MP, Sir Iain Duncan Smith MP, and Mark Francois MP. It is so important that we in the United Kingdom work with our allies around the world to defend democracy and freedom in Ukraine, Israel, and elsewhere.



Our area is making a significant contribution to the war effort in Ukraine with our fantastic defence and aerospace industries which are globally renowned, in addition to the great team at DE&S Abbey Wood. Indeed, while I was in Washington DC, I visited the Smithsonian National Air and Space Museum in which I saw exhibits like British-built Rolls-Royce aerospace engines.

I recently welcomed members of the Ghana Community Bristol to Parliament and my team showed them around. Many thanks to my colleague and friend Cllr. Franklin Owusu-Antwi for his help in organising this fantastic event.

I met with Peter Brown from Estrans Limited in my Bradley Stoke office and heard about the great plans for new homes being built in Swanmoor Stoke, with fantastic infrastructure investment including a by-pass for Easter Compton and the upgrading of Pilning Station. Building new homes, especially social and affordable housing, is the only way of solving the housing crisis and increasing equality of opportunity, especially for our young people.

Finally, I it was lovely to have attended so many wonderful Christmas events locally, such as the turning on of the Christmas lights at the Willow Brook Centre, the BRACE Alzheimer's Research charity Christmas Fair at St. Andrew's Methodist Church in Filton, and Carols at the Winterbourne Barn.

**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](mailto:jack.lopresti.mp@parliament.uk) if I can be of assistance or to book a surgery.**

**May I also take this opportunity to wish everyone a very happy and successful 2024.**



# Village Diary, 2024

## January

**Tues 2nd** – Celebratory Singalong with The Jays and Joy, The Miners Social Club, Main Hall, Badminton Road, Coalpit Heath, 2–3.30pm. £5 incl refreshments. Live music. Songbooks provided. Everyone welcome. Profits donated to registered charities. Details: Hilary, T: 07515 351813

**Weds 3rd** – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. [www.salemchurch.org.uk](http://www.salemchurch.org.uk)

**Weds 3rd** – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: [henfieldhall@yahoo.com](mailto:henfieldhall@yahoo.com)

**Weds 3rd** – 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 3rd** – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, E: [henfieldhall@yahoo.com](mailto:henfieldhall@yahoo.com)

**Weds 3rd** – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Jack & the Beanstalk. Visitors welcome! T: 07935 071291, E: [carolinemjohnston@hotmail.com](mailto:carolinemjohnston@hotmail.com) or FB

**Thurs 4th** – Fromside Food Hub, Zion, 12–2.30pm. Free or 'pay as you feel'.

**Fri 5th** – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info, T: 01454 776518

**Fri 5th** – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947, E: [crossbowhouse@gmail.com](mailto:crossbowhouse@gmail.com)

**Sat 6th** – Morning Glory at the Royal British Legion club, Ryecroft Rd, £6. Bingo at 8pm. Music and dancing from 8.30pm. New visitors very welcome

**Sun 7th** – Frome Valley Growing Project Open, Swan Lane Winterbourne, 10.30am–2.30pm (weather dependent). More info, E: [thegrowingproject123@gmail.com](mailto:thegrowingproject123@gmail.com)

**Mon 8th** – Gardening and Social Club, Manor Hall 2–3.30pm. £2.50. All welcome. Info, Mrs G Hale, T: 01454 774279, [www.manorhall.org](http://www.manorhall.org) or T: 07873 747513

**Mon 8th** – Winterbourne Flower Club, WADCA, 2–4pm. Theme tbc. Bring your own container and plant materials. Info Celia, T: 01454 776753 or text 07947 487155

**Tues 9th** – Community Craft Group, Manor Hall Red Brick Annexe, 2–4pm. £4 incl refreshments. BYO craft project. Book: Kay, T: 07792 189276 or Sally, T: 07954 419761

**Tues 9th** – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. More info, T: Mary Head 01454 887870 or E: [mary.head@blueyonder.co.uk](mailto:mary.head@blueyonder.co.uk)

**Weds 10th** – Lunch Club, WADCA, Watleys End Rd. A homemade cooked meal at an affordable price for anyone in the community, especially older people and those on their own. Takeaways available. Book with Kelly, T: 07972 821508

**Thurs 11th** – Fromside Food Hub, Zion, 12–2.30pm. Free or 'pay as you feel'.

**Fri 12th** – Folk club, Charlie's Room, Crossbow, School Rd, 8–11pm. Acoustic music. Play, sing, listen. Info, T: 07974 151437 or FB: [folkatframptoncottesell](https://www.facebook.com/folkatframptoncottesell)

**Sat 13th** – FC PC Nature Volunteering session, Centenary Field, 10am. E: [nature@framptoncottesell-pc.gov.uk](mailto:nature@framptoncottesell-pc.gov.uk)

**Sat 13th** – Music and dancing, Royal British Legion club, Ryecroft Rd from 8.30. £6. Live band 'Classic Touch'. New visitors welcome. RBL, T: 01454 772769

**Tues 16th** – Frampton Cotterell Parish Council Coffee & Cake morning at Bickeridge Centre, 11am–1pm. Everyone is welcome to attend

**Weds 17th** – FC District Local History Society, Zion hall, 7.30pm. Bristol & the Civil War – Dr Jonathan Harlow. £5 (members free, £15pa). E: [secretary\\_fcdlhs@yahoo.com](mailto:secretary_fcdlhs@yahoo.com)

**Thurs 18th** – Coeliac UK Local Café Meet Up, Iron Acton Garden Centre cafe 10–11.30am. For further info contact volunteering@coeliac.org.uk

**Thurs 18th** – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info Edna, T: 07789 662694

**Fri 19th** – Bingo, Crossbow community centre, School Rd, 8pm. T: 0454 772947

**Sat 20th** – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. [www.salemchurch.org.uk](http://www.salemchurch.org.uk)

**Sat 20th** – Repair Surgery, All Saints hall Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. E: [winterbourneenvironmental@gmail.com](mailto:winterbourneenvironmental@gmail.com)

**Sat 20th** – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome

Sat 20th – Trax at the Royal British Legion club, Ryecroft Rd, £6. Bingo at 8pm. Music and dancing starts from 8.30pm. New members and visitors very welcome

**Tues 23rd** – Women's fellowship, Salem church, Watleys End, 2.30pm. [www.salemchurch.org.uk](http://www.salemchurch.org.uk)

**Tues 23rd** – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

**Tues 23rd** – Frampton WI, St Peters Hall 7.45pm. The Dangers of Cyber Crime with Jordan Coates (Avon Constabulary). E: [Fcwisecretary@outlook.com](mailto:Fcwisecretary@outlook.com) or see FB

**Weds 24th** – Litter Busters, 10am–12pm. If you would like to get involved see Village Action website or E: [framcottva@hotmail.co.uk](mailto:framcottva@hotmail.co.uk)

**Weds 24th** – Ladies' Circle, Zion, 7.30pm. E: [jeanbradbeer@gmail.com](mailto:jeanbradbeer@gmail.com), Gill Underhill, T: 01454 850684

**Thurs 25th** – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info, E: [David.stone@alzheimers.org.uk](mailto:David.stone@alzheimers.org.uk)

**Sat 27th** – Frampton Cotterell Nature group Volunteering morning, 10am–12pm. Meet at the Glebeland. For more info, E: [office@framptoncottesell-pc.gov.uk](mailto:office@framptoncottesell-pc.gov.uk)

**Sat 27th** – Live Music and dancing with City Limits, Royal British Legion club, Ryecroft Rd, from 8.30pm. £6. New visitors welcome. RBL, T: 01454 772769

## February

**Thurs 1st** – Fromside Food Hub, Zion, 12–2.30pm. Free or 'pay as you feel'

**Fri 2nd** – Coffee, Cake, Chat, St Peters church, drop in 10am–12pm. Info, T: 01454 776518

**Fri 2nd** – Quiz, Crossbow, 8pm. £1.50 ppn. T: 01454 772947, E: [crossbowhouse@gmail.com](mailto:crossbowhouse@gmail.com)

**Sat 3rd** – Whitting Workshop, Winterbourne Medieval Barn, 10am–4pm. Sculpt a head or figure. Book online [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk) or T: 0117 403 1536

**Sat 3rd** – Table Top Sale, Coalpit Heath Village Hall, 1–3pm. Book a table (£5). T: 07920 145352, [www.cphvh.co.uk](http://www.cphvh.co.uk), E: [coalpitheathvh@gmail.com](mailto:coalpitheathvh@gmail.com) or FB.

**Sat 3rd** – Music and dancing, Royal British Legion club, Ryecroft Rd from 8.30. £6. New visitors very welcome. RBL, T: 01454 772769

**Sun 4th** – Frome Valley Growing Project Open, Swan Lane Winterbourne, 10.30am–2.30pm (weather dependent). More info, E: [thegrowingproject123@gmail.com](mailto:thegrowingproject123@gmail.com)

**Mon 5th** – Gardening and Social Club, Manor Hall Jubilee Room, 2–3.30pm. All welcome. £2.50 incl refreshments. Info tel: 01454 774279.

**Mon 5th** – Singalong with The Jays and Joy, The Miners Social Club, Main Hall, Badminton Road, Coalpit Heath, 2–3.30pm. £5 incl refreshments. Live music. All welcome. Profits to registered charities. Car park, accessible facilities. Info, Hilary, T: 07515 351813, E: [jays.music@mac.com](mailto:jays.music@mac.com)

**Tues 6th** – Community Craft Group, Manor Hall Red Brick Annexe, 2–4pm. £4 incl refresh'ts. BYO craft project. Book with Kay, T: 07792 189276 or Sally, T: 07954 419761

**Tues 6th** – Frampton WI New Year meal. Venue tbc

**Weds 7th** – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome. [www.salemchurch.org.uk](http://www.salemchurch.org.uk)

**Weds 7th** – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. E: [henfieldhall@yahoo.com](mailto:henfieldhall@yahoo.com)

**Weds 7th** – 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 7th** – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, E: [henfieldhall@yahoo.com](mailto:henfieldhall@yahoo.com)

**Weds 7th** – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors welcome! T: 07935 071291, E: [carolinemjohnston@hotmail.com](mailto:carolinemjohnston@hotmail.com) or FB

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**Fri 9th** – Folk club, Charlie's Room, Crossbow, School Rd, 8–11pm. Acoustic music. Play, sing, listen. Info, T: 07974 151437 or FB: [folkatframptoncottesell](https://www.facebook.com/folkatframptoncottesell)

**Sat 10th** – FC PC Nature Volunteering session, Centenary Field, 10am. E: [nature@framptoncottesell-pc.gov.uk](mailto:nature@framptoncottesell-pc.gov.uk)

**Sat 10th** – Music and dancing, Royal British Legion club, Ryecroft Rd from 8.30. £6. New visitors very welcome. RBL, T: 01454 772769

**Mon 12th** – Winterbourne Flower Club, WADCA, 2–4pm. Theme tbc. Bring your own container and plant materials. Info Celia, T: 01454 776753 or text: 07947 487155

**Tues 13th** – Mothers Union, St Saviours Hall, 2pm. A variety of speakers. Contact Mary Head, T: 01454 887870, E: [mary.head@blueyonder.co.uk](mailto:mary.head@blueyonder.co.uk)

**Weds 14th** – Volunteer Day at Frome Valley Growing Project, Swan Lane, Winterbourne, 10.30am–2.30pm. E: [thegrowingproject123@gmail.com](mailto:thegrowingproject123@gmail.com)

**Thurs 15th** – Coeliac UK Local Café Meet Up, Iron Acton Garden Centre cafe 10–11.30am. Join us, share experiences of living gluten free. Info, E: [volunteering@coeliac.org.uk](mailto:volunteering@coeliac.org.uk)

**Thurs 15th** – Wellbeing Friends, WADCA 1.45–3.45pm. £3. Group for people with dementia and their carers. Varied activities, cuppa, cake, chat. Info, Edna, T: 07789 662694

**Fri 16th** – Bingo, Crossbow Community Centre, School Rd, 8pm. T: 01454 772947

**Sat 17th** – Bacon Butties/Toasted Teacake Coffee Morning, Salem, Watleys End, 10am. All welcome. [www.salemchurch.org.uk](http://www.salemchurch.org.uk)

**Sat 17th** – Repair Surgery, All Saints hall Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing items, etc. E: [winterbourneenvironmental@gmail.com](mailto:winterbourneenvironmental@gmail.com)

**Sat 17th** – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome.

**Sat 17th** – Music and dancing, Royal British Legion club, Ryecroft Rd, from 8.30. £6. New visitors very welcome. RBL, T: 01454 772769

**Tues 20th** – Crotchet & Knit Club, Bickeridge Centre, 11am – 1pm. Any ability. For more info, T: 01454 864442 or E: [office@framptoncottesell-pc.gov.uk](mailto:office@framptoncottesell-pc.gov.uk)

**Weds 21st** – FC & District Local History Society, Zion hall, 7.30pm. Talk: The Bristol Riots – Prof Alan Jocelyn. £5. Members free (£20pa). E: [secretary\\_fcdlhs@yahoo.com](mailto:secretary_fcdlhs@yahoo.com)

**Thurs 22nd** – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info, E: [David.stone@alzheimers.org.uk](mailto:David.stone@alzheimers.org.uk)

**Sat 24th** – Apple Grafting workshop, Winterbourne Medieval Barn, 10am–4pm. Details and booking online, [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk) or T: 0117 403 1536

**Sat 24th** – Music and dancing, Royal British Legion club, Ryecroft Rd, from 8.30. £6. New visitors very welcome. RBL, T: 01454 772769

**Mon 26th** – Talk: Piracy & War in the Bristol Channel, Winterbourne Medieval Barn, 7pm. Book online, [www.winterbournebarn.org.uk](http://www.winterbournebarn.org.uk) or T: 0117 403 1536

**Tues 27th** – Women's fellowship, Salem church, Watleys End, 2.30pm. [www.salemchurch.org.uk](http://www.salemchurch.org.uk)

**Tues 27th** – Mothers Union evening group, St Saviours Church, 7.30pm. T: 01454 887870

**Tues 27th** – Frampton WI, St Peters Hall 7.45pm. Craft Felting with Amy Grimsby (make your own Beel!) See FB: [FramptonCottWI](https://www.facebook.com/FramptonCottWI), E: [Fcwisecretary@outlook.com](mailto:Fcwisecretary@outlook.com)

**Wed 28th** – Ladies' Circle, Zion, 7.30pm. E: [jeanbradbeer@gmail.com](mailto:jeanbradbeer@gmail.com), Gill Underhill, T: 01454 850684

**Thurs 29th** – Fromside Food Hub, Zion, 12–2.30pm. Free or 'pay as you feel'

**Village Action website** [www.villageaction.org.uk](http://www.villageaction.org.uk)

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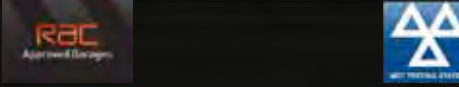

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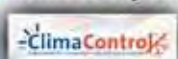


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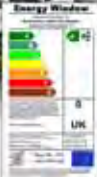
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