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Dear Residents,

I hope you have all been enjoying the sunshine!
As you can see from our front cover, much fun was had at the recent Medieval Day at the Winterbourne Barn. The historic building has many more activities for all to enjoy over the summer months.

The local Royal British Legion is asking for support from the community to ensure its future. Read about the plan of action after their recent meeting, how you can get involved and jot down some dates for your diary of cracking evening entertainment at the local venue.

Crossbow House is gearing up for its 50 year anniversary with a host of wonderful events planned starting over the weekend of 4th July.

The Winterbourne Down Carnival that took place over May bank holiday was the biggest and best yet, so the organisers tell us in their write up, along with pictures illustrating some of the fun had!

The Frampton Cotterell Parish Council share the names of people whose commitment to the local area has been recognised with a 2025 Community award. They also invite you to enjoy this year's show case of creative talent at their Climate & Nature Local Art Exhibition this August.

All this, as well as updates from the local WIs, The Floral Friends of Frampton, Winterbourne Library, Fromeside Benefice, the Village Diary and more!

If you are a business looking to promote your services across the local area in 2025, do get in touch with us and we will be happy to help. Deadline for the next edition is 18th July 2025.

When you make contact with our advertisers, please do mention the magazine, thank you.

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Winterbourne Down Carnival 2025 – Our Biggest and Best Yet!

We've said it before — but this year, we really mean it. The 2025 Winterbourne Down Village Carnival was our most incredible event to date, with the biggest turnout we've ever seen. Thousands flocked to Down Road, which was a lively sea of colour, laughter, and music from morning until late afternoon.

With more stalls, a wider range of delicious food, and a longer stretch of the road in use, the carnival had something for everyone. The entertainment lineup kept spirits high all day long. We were delighted to welcome new performers like the Ukulele Band who provided entertainment, free of charge, to our "Treasure Hunters" on Sunday afternoon. On Monday we saw the return of the Panama Jazz Band, alongside beloved regulars including the Mundi Dancers, Morris Dancers and the Frampton Shanty Men.

The day kicked off with the traditional procession from Bradley Avenue, led by the ever-rousing Bristol Pipers and our very special guests, Sienna Millins, age 3 and her family who are currently being supported by this year's chosen charity, Young Lives vs Cancer. Sienna along with her brother's Louis and Joshua, Mum Jo and Dad Joe headed out the crowds of people in one of our four stunning convertible cars. They were keenly followed by children from local Scouts, Beavers, Explorers, Brownies and Rainbows.

A Star Attraction: The First-Ever Village Dog Show

One of the most talked-about new additions this year was the Village Dog Show — and what a hit it was!



From pampered pooches to scrappy charmers, the canine competitors stole the show and the hearts of the crowd. With categories like 'Waggiest Tail,' 'Perfect Puppy,' and 'Golden Oldie', it was both hilarious and heartwarming. Huge thanks to our

judge, Charlotte from Young Lives vs Cancer and all the four-legged stars who made it such a crowd-pleaser. This one's definitely a keeper for future years!

Supporting a Great Cause

This year, we proudly supported Young Lives vs Cancer, and your generosity was overwhelming. The charity stall saw an incredible response, and with donations still trickling in, we're confident we'll surpass last year's total of £4,000. It's a powerful reminder of the difference we can make when we come together.



A Community United

Our new Chairperson for 2025, Nick Roden, could be seen with a huge smile throughout the day, "What an incredible day — the energy, the smiles, the sheer community spirit. I often found myself stepping back just to take it all in. It was truly something special. My heartfelt thanks to the entire carnival committee — your dedication, passion, and countless hours made this day the immense success that it was. I couldn't be prouder to be part of this community."

As we all take a well-earned rest (and soothe those aching feet), one big question remains: How on earth do we top this next year?

For now, let's just bask in the joy of a community celebration that once again proved why Winterbourne Down Village Carnival is the highlight of the year.



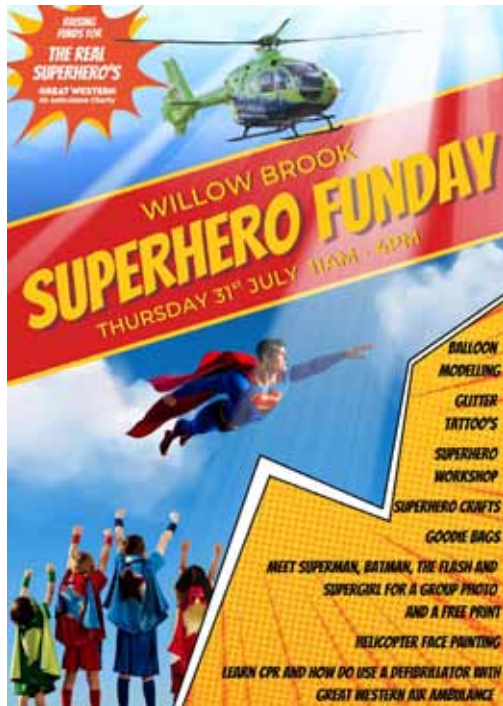
All photos thanks to Hannah Daniels



Summer Fun at Willow Brook!

Willow Brook Summer Beach is now open ready for the summer holidays, right up until 8th September. Two fun days are also planned, a Superhero funday on Thursday 31st July and a Teddy Bear Picnic on Saturday 30th August - more details below.

Save the dates, come along and join in the fun, all events are FREE!



Moonlight Memory Walk Returns to Clevedon for a Night of Remembrance and Reflection

Children's Hospice South West (CHSW) is inviting the local community to come together for a heartwarming evening of remembrance as the Moonlight Memory Walk returns to Salthouse Fields, Clevedon, on Saturday 4 October.

Now in its third year at this beautiful seaside location, the event offers a special and uplifting opportunity to honour the memory of loved ones. The evening begins with a touching memory ceremony before participants set off on a peaceful 5 km walk along Clevedon's scenic seafront. Along the route, walkers will encounter reflective moments, live music and meaningful activities that provide space for remembrance and celebration.

"This is a very special evening for anyone remembering a loved one," said Hollie Thorogood, Events Fundraiser at CHSW. "Whether you're walking in memory of a child, parent, grandparent or friend, the setting and atmosphere offer a truly meaningful way to celebrate their life."

The event welcomes people of all ages and backgrounds, and encourages participants to raise sponsorship in memory of their loved ones. All funds raised will support the vital work of Charlton Farm, CHSW's local children's hospice in Wraxall, which provides care and support to children with life-limiting conditions and their families.

Last year's event raised over £19,000, and this year's walk promises to be just as moving and memorable, with a heartfelt speech from Jessica, a parent whose family has been supported by the hospice.

To take part or find out more, visit www.chsw.org.uk/moonlight or call 01726 871 800.

This year's Moonlight Memory Walk is generously sponsored by Irwin Mitchell.



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Wellbeing Matters!

The Benefits of Summer Seasonal Eating for Gut Health and Overall Wellbeing

As summer rolls in, our supermarkets and kitchens can fill with an abundance of vibrant, fresh produce. From juicy strawberries to sun-ripened tomatoes, the season brings an array of fruits and vegetables that not only tantalise our taste buds but also offer incredible benefits for our gut health and overall wellbeing. Embracing seasonal eating during the summer months can improve digestion, boost immunity, and promote more balanced gut health (microbiota), setting the stage for better overall wellbeing.



The gut microbiota is a complex community of micro organisms, including bacteria, fungi, and viruses, that reside in our digestive system. These tiny organisms play a pivotal role in digestion, metabolism, immune function, and even mental health. A diverse and balanced microbiota is essential for optimal health, while an imbalance can lead to issues such as bloating, inflammation, a weakened immune system, even depression.

Seasonal eating, particularly in the summer when nature offers its most diverse and colourful produce, can enhance the diversity of our gut microbiota. The wide variety of fruits, vegetables, and herbs available during the warmer months provides the necessary vitamins, minerals, fibre, antioxidants, and prebiotics that support our beneficial gut bacteria. Examples of seasonal foods that promote a healthy gut:

1. Berries – Blueberries, raspberries, and blackberries are packed with fibre and antioxidants that can help to reduce inflammation in the gut and support the growth of good bacteria. Their high fibre content also helps to regulate bowel movements and prevent constipation.
2. Tomatoes – A summer staple, tomatoes are rich in lycopene, an antioxidant that has been shown to reduce inflammation in the gut. They are also high in water content, which aids in digestion and prevents dehydration during the hot summer months.



3. Leafy Greens – Spinach, kale, and rocket are abundant in the summer and are excellent sources of fibre, magnesium, and other essential nutrients. The fibre in leafy greens helps to support the growth of beneficial gut bacteria while promoting healthy digestion.
4. Cucumbers – With their high water content, cucumbers help to keep the digestive system hydrated and flush out toxins, contributing to a healthy gut environment.
5. Herbs – Fresh herbs like basil, mint, and coriander are not only flavourful additions to summer meals but are also rich in polyphenols, which act as prebiotics. Prebiotics nourish the beneficial bacteria in the gut, helping them to thrive.

There is growing evidence of the connection between gut health and mental wellbeing, often referred to as the "gut-brain axis." A balanced gut microbiota can positively influence mood, cognitive function, and mental health. The consumption of fibre-rich seasonal foods, which support the growth of beneficial gut bacteria, has been shown to enhance the production of neurotransmitters like serotonin, often referred to as the "happy hormone." Eating seasonal foods that are rich in antioxidants and anti-inflammatory compounds not only helps reduce digestive challenges like IBS, but also relieves gut-related stress and improves overall mood and mental clarity, particularly during the summer when the mind and body are more active.

Adopting a diet based on summer's seasonal bounty is an easy and enjoyable way to support your gut health and overall wellbeing. **If you need some support or inspiration to make this theory YOUR reality, get in touch and make the most of a happy, healthy summer.**

Becca



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Tuition Fee & Shared Materials: £300

News from Frampton Cotterell Parish Council



Community Award Winners 2025

We are proud to announce the winners of our 2025 Frampton Cotterell Parish Council Community Awards:

- William Lightfoot – Achievement Award
- Michaela Tuck - Achievement Award
- Louise Harrison - Achievement Award
- Caroline Hanks – Lifetime Achievement Award
- Natalie Halsall – Lifetime Achievement Award
- Hedgehog Heroes – Community Action Award
- Feeding Fromeside - Community Action award
- Edwin Fowler - Special Community Award for Heroism during WWII

Congratulations to all this year's winners!

Park Improvements

The parish council is excited to let you all know about our plans for major improvement works at The Park (Crossbow) on School Road in Frampton Cotterell, over this summer and autumn. These improvements will be following on from our major refurbishment of the tennis courts, completed in May of last year.

In July, we will be removing the skate ramp with plans to use this area for a new youth hangout shelter (which was designed by a member of our local FACE youth group!). Later in the summer and autumn, we will continue with our improvements by upgrading the existing basketball courts site to a modern multi-use ball games court. We will also be installing accessible pathways across The Park and improving drainage systems to help future-proof against flooding and other issues arising from climatic change.

This work is all part of our overall strategy for upgrading facilities at The Park – follow our social media pages and website for ongoing updates!

South Gloucestershire Local Tennis Leagues

For those who want to play friendly, competitive tennis in their local park or venue, the LTA Local Tennis Leagues can now provide the platform to help you get started.

Local Tennis Leagues (LTL) is based mostly in parks and includes mixed singles leagues for adults 18+, of any standard. Play your tennis your way and join thousands of players in hundreds of Leagues across the UK. LTL helps build a sense of community, puts local players in touch with each other, and gives players a way to improve their tennis.

Whether you're beginning your tennis journey or are a master on the court, don't hesitate to find your local league and sign up now to start playing some fun, competitive tennis on a court near you!

To learn more, visit the Barclay Local Tennis Leagues website at www.lta.org.uk/compete/adult/local-tennis-leagues.

Climate & Nature Art Exhibition

The third annual Frampton Cotterell Climate & Nature Local Art Exhibition will be held from the **26th – 31st of August** at The Bickeridge Centre. You are invited to come along and enjoy this year's showcase of local creative talent.

To learn more about this year's exhibition, including how you can showcase your art, visit www.framptoncotterell-pc.gov.uk/climate-nature-art-exhibition-2025

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

Open: 9am–2pm, Monday to Friday.

www.framptoncotterell-pc.gov.uk

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Email: office@framptoncotterell-pc.gov.uk



Later Life Planning – The Importance of Lasting Powers of Attorney

When we think about planning for the future, most of us focus on making a Will or putting money aside for retirement. But one area that is often overlooked, is what would happen if you were to lose mental capacity during your lifetime.

It might come as a surprise to many, that without the right legal arrangements in place, your closest family members, including even your spouse, would not have the legal authority to manage your property and finances or make decisions about your health and welfare if you could no longer do so yourself.

A Lasting Power of Attorney (LPA) is a legal document that gives you the ability to appoint someone you trust to act on your behalf should you lose capacity, known as an attorney. There are two types of LPAs: one covering property and financial affairs, and the other relates to health and welfare.

A LPA for Property and Financial Affairs allows your chosen attorney(s) to handle matters such as managing your bank accounts, paying bills, collecting benefits, and dealing with your property. The health and welfare LPA enables your attorney to make decisions about your daily routine, medical care & needs, and even consenting to or refusing life-sustaining treatment. An LPA also gives your attorney(s) the authority to request medical records should this be required when considering future care provision.

Without an LPA in place, if you were to lose capacity due to an illness or serious accident, the only way for someone

to legally manage your affairs would be to apply to the Court of Protection for a Deputyship Order. This can be a lengthy, costly and emotionally draining to which there is no guarantee the Court would appoint the person whom is making the application. As Deputyship Orders can take time to be issued, there is often a period where no one has authority to make any decisions.

Planning ahead by putting LPAs in place provides clarity and peace of mind for both you and your loved ones. It means your wishes are respected, and allows you to give those closest to you the legal authority to act swiftly and confidently on your behalf.

Whereas an LPA takes care of your affairs during your lifetime, it's important not to overlook the importance of a Will which takes care of your wishes after your death. A Will ensures that the right persons are appointed to deal with your estate and that your estate passes to your intended beneficiaries. Together a Will and LPA provides vital protection to both you and your loved ones.

If you would like to enquire about making a Will or Lasting Powers of Attorney please contact Esther Trevelyan (Head of Private Client):

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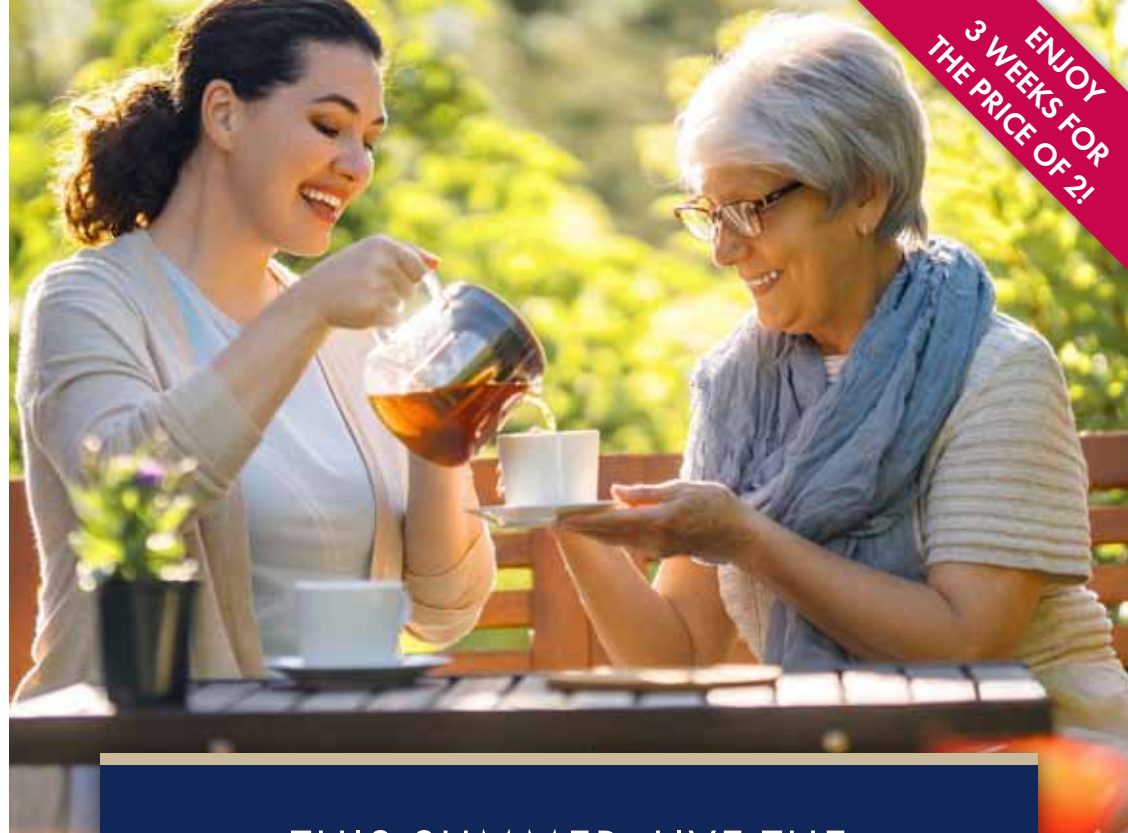
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Tockington Nursery Shines in South West Awards

Tockington Manor School's on-site Nursery has been recognised as one of the Top 20 providers in South West England.

Presented by Daynurseries.co.uk, the accolade recognises its exceptional nursery provision and commitment to early childhood education among over 1,300 other nurseries in the region.

"We are absolutely delighted to receive this recognition." Says Headmaster of the School and Nursery, Stephen Symonds. "It is a testament to the passion, creativity, and hard work of our Nursery staff, who create a vibrant, inclusive, and inspiring environment for our youngest learners every day."

The Top 20 Awards are based on reviews from parents and carers. Tockington Manor Nursery received praise for its child-centred approach, strong family partnerships, and dedicated team of early years professionals. *"The Nursery at Tockington Manor is absolutely fantastic and our kids are so happy there."* Said one review. *"From welly walks in the school grounds, sports days in the walled garden, to swimming in the pool, it really is an incredible and natural environment for the kids to enjoy and benefit from."* The Nursery is well recognised for its imaginative play-based curriculum, excellent facilities, and strong focus on wellbeing and development, as well as its specialist teaching in French, swimming and music.

Parents and carers also highlighted the positive impact the Nursery has had on their children's confidence: *"I've seen such an improvement in her learning since she started, and I feel confident knowing she's in such a nurturing environment. Highly recommend TMS to any parent looking for a place that truly fosters growth and happiness!"*



Daynurseries is one of the UK's most comprehensive nursery directories with almost 15,000 facilities listed, 1,314 of which are in the South West. Tockington Manor Nursery is also the only early years provider in the Top 20 which is attached to an independent prep school, making it the perfect start for children's school career.

"We would like to congratulate Tockington Manor Nursery on being rated by parents as a top nursery in South West England! It is a huge achievement to be rated so highly by the families and carers of children who attend the setting." Says Amanda Hopkins, reviews manager of daynurseries.co.uk.

To see Tockington Manor Nursery reviews go to
<https://www.daynurseries.co.uk/daynursery.cfm?searchazref/65432218677>

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Would you like to be empowered with the skills and knowledge to enable you to treat minor ailments at home? Dawn has been teaching Reiki and Seichem for over ten years, and began teaching other therapies in 2018. She has now developed courses for the "lay person" to enable them have a better understanding of holistic therapies, for them to use safely at home on themselves, their families and friends.

Are you a Therapist looking to add to your portfolio? If you are a professional therapist looking to add to your skill set, Dawn runs courses in Reiki 1, 2 and 3

(Master), that enables you to become a certified practitioner. In fact, if you would like to learn any of the below therapies to a professional level, contact Dawn to find out what base qualifications you need to have in place, before starting.

Dawn is offering a range of Holistic Learning Courses in North Bristol during 2025. You can book on to individual or small group courses, starting at £125. Simply select the holistic discipline you are interested in learning about. Dawn can tailor a course to your holistic learning interests.

You can select from a series of introductory courses in Anatomy, Aromatherapy, Homeopathy, Kinesiology, Massage, Mindfulness, Reflexology as well as Certified Reiki courses at all levels.

Get in touch: For more information and to book onto a course, contact Dawn on, **0795 1099 491**

www.life-and-soul-empowerment.co.uk

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

Student Sarah Cox



Students Sarah & John practicing Reflexology

News from Winterbourne Evening WI

After our usual warm welcome from our President, Di Woodman, we heard that the AFWI Resolution was to be, 'Bystanders can be Life Savers.' Susan Marshfield will be our delegate at the AFWI AGM, which will be held at BAWA, and

our birthday lunch, in October, has been booked at The Lamb, Iron Acton. It was also decided that from our next meeting, our WI will meet at the Greenfield Centre in Park Avenue.

Di Woodman then introduced our speaker, Tricia Dann, who gave us such an interesting insight into Derbyshire Well Dressing. 60 villages take part in the commemoration of the wells. It starts in May at Tissington on Ascension Day, with visiting clergy and choir who bless the well and then other villages are visited through to September. It is thought to have begun as a pagan custom to

thank the gods for a pure water supply during the Black Death, which started in 1346. The Christian Church then adopted the custom during the plague in the 17th century. Tissington gave thanks for deliverance, as nearby Eyam had been decimated when it went into quarantine.

Dressings are made using natural materials such as leaves, moss and petals embedded in wet clay within a wooden frame. Subjects vary and may represent religious themes or local interests. There is keen competition, with judges ensuring that only grown materials are used and that the colours are bright. A screen has been displayed at The Chelsea Flower Show.

Tricia encouraged us to visit the Peak District with its many attractions, Castleton Cavern where the mineral Blue John is mined, Chesterfield with its Twisted Spire and Bakewell, famous for its tarts. Anita Dyer thanked Tricia for her entertaining and informative talk.

Our next meeting on 10th July will be at the Greenfield Centre, Park Avenue Winterbourne BS36 1NJ when we will be entertained by a Ukulele Band. Visitors are always welcome.

Expert Beauty & Aesthetics in One Convenient Spot Located at Crossley Farm Business Park, Winterbourne

Tucked away just behind The Swan Pub on Swan Lane, Winterbourne, is a hidden gem that's become one of the area's top destinations for beauty, skin, and aesthetic treatments. For the past five years, this warm and welcoming clinic has built a reputation for professionalism, personal service, and results that truly speak for themselves.

The space is home to two highly skilled specialists working side by side: Nat Austin SPMU & Laser and Aesthetics by Lucille. Offering a full suite of services from semi-permanent makeup to advanced aesthetic treatments, this clinic is the perfect one-stop spot for anyone looking to enhance their natural beauty or rejuvenate their skin with confidence.

Nat Austin SPMU & Laser

Nat is an experienced semi-permanent makeup artist and laser technician with over 20 years in the industry. Known for her precision and natural-looking results, she specialises in:

- Eyebrows, eyeliner & lip blush – Flawless semi-permanent makeup designed to enhance your features and reduce the need for daily makeup.
- Laser hair removal – Long-lasting, effective results using one of the industry's most advanced systems, suitable for all skin types.
- Laser tattoo & SPMU removal – Ideal for those seeking correction or a fresh start, with safe and highly targeted treatments.

Nat combines high-end technology with a meticulous approach, ensuring every client receives tailored results at a price that offers exceptional value. Her work is all about enhancing natural beauty, giving clients confidence and convenience in their everyday routine.

Aesthetics by Lucille

Next door, Aesthetics by Lucille offers advanced facial aesthetics with a strong focus on medical expertise and subtle, natural results. Lucille is a registered nurse prescriber with a Master's degree in Medical Aesthetics from Queen Mary University London. She continues to work in the NHS, bringing a clinical, ethical approach to all her treatments.



Her services include:

- Wrinkle-relaxing injections
- Dermal fillers
- Skin boosters & mesotherapy
- Microneedling & medical-grade peels
- Treatment for TMJD (Temporomandibular joint dysfunction), hyperhidrosis & migraines

Lucille is Save Face accredited, which means her clinic meets rigorous safety and hygiene standards independently verified by the UK's leading aesthetics regulatory body. Her honest consultations ensure you receive advice that suits your individual needs, with results that leave you looking refreshed—not "done."

Why Clients Keep Coming Back

What sets this clinic apart is the seamless blend of artistry and science. Whether you're visiting Nat for a beautifully defined brow or Lucille for a confidence-boosting skin treatment, you'll find the same level of professionalism, warmth, and attention to detail.

Clients appreciate the friendly atmosphere, honest advice, and consistently excellent results. It's no wonder this spot has become a trusted favourite for locals looking to invest in their skin and appearance with confidence.

Book Your Appointment Today!

Experience the difference that expert care and a welcoming environment can make. Whether you're new to aesthetics or looking for a trusted new clinic, Nat and Lucille are here to help you feel and look your best.

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News from the Floral Friends of Frampton

May was a very important month for us because, not only did we have a shiny new planter installed on Church Road in Frampton, but it was our much anticipated Spring Plant Sale! And what a sale it was! So much work went into sowing, growing and then maintaining the flowers in the unseasonably hot, dry weather and then sorting out prices, labelling everything and setting it all up on a very windy Saturday. But, we had the most amazing morning and our thanks go out to everyone that donated their plants, turned out in the somewhat inclement weather, chatted to us, found old friends, made new ones, bought raffle tickets, ate cakes and went home with lots and lots of plants! It was our best ever sale and we can't thank you all enough for supporting us.

We have thirteen elderly wooden planters and replacing them with strong, recycled ones is quite daunting financially, even when we do it gradually. In the past we have taken them to Jubilee allotments where they were stripped down, the reservoirs relined and completely new compost added, but this is a huge and heavy task, even with help, and the planters are in much poorer general condition now. However, sales like this one boost our chances of



replacing more planters, more quickly and I can honestly say, we are all absolutely thrilled, so thank you again.

If you can support Floral Friends 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 get in touch, thank you.

Email: floralfriendsofframpton@gmail.com.

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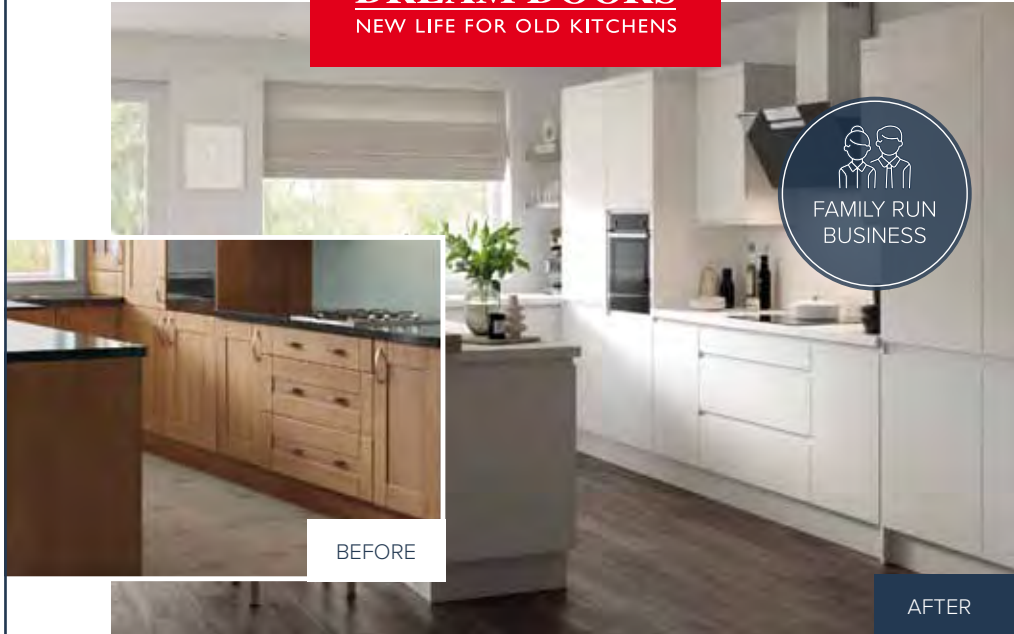


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With the warmer, longer summer days, it's a great time to get your garden project underway. Our landscaping arm of the business offers the professional installation of new driveways, patios, fencing, decking, raised beds, real and artificial lawns and low maintenance garden design and installation.

For more information on any of the above or to book a free quote, please get in touch via the contact details below.



Jimmy and his team did a great job on our old leaky roof, taking on additional work at the same time that was a necessity following inspection.

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*D. Chiddy
November 2024*



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The Revd Leigh A Maydew CF

Serve to Lead

I've just come back from the Annual Service of Remembrance at the Memorial Woodlands in Alveston, my first time attending the event which brings together Veterans, Service Personal and members of our front line

services to remember those members of our Armed Forces, and those in civilians services who have lost their lives in the service of their country since the millennium.

Alongside this, I am (at time of writing) very much looking forward to sitting down and watching the King's Birthday Parade, Trooping the Colour, and maybe even getting along to Beating the Retreat on Horse Guards in July with the Guards Division.

I might be a little bit odd, but I do think that as a nation we still hold a special place in our hearts for our Armed Forces, regardless of whether we agree with some of the operations they might be sent on.

At the service at the Memorial Woodlands there was a Ukrainian Padre who took part in the service, and since joining the Royal Army Chaplains Department last year, I've had the privilege to meet several Ukrainian chaplains who have been in the UK on training.

Through them, and through service personnel I work with each week, I have seen the pride and the privilege that these folk have in having the opportunity to serve their country in the way that they do.

As a Christian minister I too am called to serve. I'm called to serve part of my time as an Army Padre, but I am also called to serve, like all other Christians, and other people of faith, to serve the community around me. 'To give and not to count the cost' as one traditional prayer puts it. This call to serve should not, and is not, restricted to those of faith though. We can all make a difference to the communities in which we live, we are all called to serve others in some way.

As we approach this summer, as children find themselves with time off school, perhaps you could look around you to consider how you might be able to serve others. Maybe it's offering to do someone's

shopping for them or looking after their garden. Maybe it's about walking a pet or just going around to chat. Maybe it's offering to volunteer with a local youth group, who are often always short of leaders.

Whatever it might be, I know personally of the positive effects it has on oneself, and on others, when we offer ourselves to help others. So, go and do what you can do for the benefit of someone else.

And I leave you with the words of motto for the Royal Military Academy Sandhurst, Serve to Lead.



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Leigh

The Revd Leigh A Maydew CF



Volunteers needed to help run the Royal British Legion's Poppy Appeal



The UK's biggest armed Forces charity, the Royal British Legion, is appealing for new volunteers to help run its annual Poppy Appeal and raise vital funds to help veterans, current serving personnel and their families, who have served and sacrificed for their country.

Volunteers help to distribute poppies within their communities – nearly 35 million across the UK – and can take on a range of roles including Poppy Appeal Organisers who lead a team of dedicated volunteers in their area. Volunteers receive full training.

To find out more and get involved with volunteering for the Poppy Appeal, visit rbl.org.uk/poppyappealvolunteer or call 0345 845 1945 or contact Louise Dolen at Ldolen@britishlegion.org.uk or call 07884 869597.

Your Frampton Cotterell & Coalpit Heath RBL NEEDS YOU!



The Legion has been part of village life for over 60 years and we know many of you would be sad to see it go. We need the support of the community to secure its future. We recently held an open meeting to discuss the local venue and how we can keep the local RBL going. We thank the many people who attended but now action needs to be taken to prevent us closing.

We need Committee Officers to keep the Branch viable – people who care about the Legion ethos, who would like to help arrange remembrance events and can commit to meetings 4 times a year. You must have been a Legion member for 6 months.

We need more members to join the Branch (this money does not come to us) and then to make sure the card is registered here to become a Club member. We do not charge additional Club membership fees, but donations are welcome.

We need to need to improve the financial position of the Club with more footfall. We appreciated suggestions for future events. We also had a discussion about the Club facilities and what people would like to see updated. We now have a card reader to make your visit easier and a suggestion box for further ideas.

We need volunteers. Whilst we still have some amazing volunteers, many are sadly either no longer with us or unable to give practical support. We would like to thank the people who did step forward.

An important Community Hub. We welcome your help in keeping this venue a community hub. Without progress we might not be granted our next licence.

Get involved, get in touch! If you can help with any of the above requests we would love to hear from you. Please contact us via email: jah231@hotmail.com or our Facebook page: @Framptonlegion and we will be pleased to tell you more about – joining the committee, keeping active with our maintenance team, gardening as part of the Community Nature Reserve, fundraising or planning/managing events.

Saturday night entertainment in July 2025

5th – Soul & Mowtown Disco

12th – Andy Tee

19th – City Limits

26th – Chapter 2



Open 7pm. Bingo 8pm. Music starts at 8.30pm, closes 11pm with interval raffle, bingo flyer and door prize. New visitors welcome. £6 entry.

If you would like to hire the venue for your own event, do get in touch via the contact details above.

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Celebrate in Style at Thornbury Golf Club

Parties, Prosecco & Plenty of Festive Fun

Thornbury Golf Club is swinging into the social season with a packed calendar of events guaranteed to get the party started. Whether you're marking the end of the school term, toasting to the holidays, or counting down to 2026, there's something for everyone on the horizon at this popular local venue.

Schools Out Party – 25th July

Summer starts here! Join the Thornbury team on Friday 25th July from 7pm to 1am for the ultimate Schools Out Party. Whether you're a teacher, student, or just ready for summer, kick off the holiday with music, dancing, and good times in the beautiful surroundings of the club from £25 per person.

Christmas Party Nights – December Delights

Thornbury Golf Club's Christmas Party Nights are always a highlight of the festive calendar, and this year promises to be no exception.

Choose from six dates – Friday 5th, Saturday 6th, Friday 12th, Saturday 13th, Friday 19th or Saturday 20th December – and enjoy an evening of seasonal sparkle.

For £49.45 per person, guests will enjoy:

- A delicious three-course choice menu.
- A festive glass of prosecco on arrival.
- Stylish seasonal decorations to set the mood.
- An entertaining table magician during food service.
- A lively DJ to keep the dance floor buzzing all night.

These evenings are perfect for office parties, family get-togethers, or catching up with friends before the big day.

New for 2025: 80s/90s Disco Christmas Party – 18th December

Get ready to rewind the clock with Thornbury's all-new 80s/90s Disco Christmas Party on Thursday 18th December from 7pm to midnight. Dig out your neon, grab your scrunchies, and prepare to dance the night away to retro classics. At just £37.95 per person, this night of nostalgia includes:



- Classic disco hits from two iconic decades.
- A fun and relaxed festive atmosphere.
- Access to a fully stocked bar and festive treats.

Ideal for friends' groups, themed office parties, or anyone who knows the words to every Spice Girls and Duran Duran hit.

New Year's Eve Disco – 31st December 2025

Say goodbye to 2025 and hello to the New Year in true Thornbury style. The club's New Year's Eve Disco on Wednesday 31st December will keep the party going right through the countdown. Expect great music, a buzzing atmosphere, and a night to remember as you welcome 2026 with friends old and new.

Spaces are limited, and events sell out quickly—so early booking is strongly advised!

To reserve your spot or find out more, contact the Events Team on 01454 281144 at Thornbury Golf Club or visit our website www.thornburygc.co.uk

THORNBURY
Golf & Lodge

Summer at Winterbourne Medieval Barn

Winterbourne Medieval Day 2025

What a fantastic day the community enjoyed on Sunday 8th June, when 650 people came through the gates to experience some recreated medieval festivities. The varied programme of activities included medieval combat displays from, The Warwick Warriors, and demonstrations of aspects of daily life in the 1300s from living history group, The Company of Chivalry. Wandering jesters and live medieval music added to the entertainment. People enjoyed having a go at archery and traditional games, it even stayed dry all day!

Talks

Winterbourne Medieval Barn is an extraordinary survivor from our medieval past. It was built in 1342 for Sir Thomas de Bradeston, who was Lord of the Manor of Winterbourne from 1328 until 1360. He was an important medieval figure, very close to the king, and fought at the battle of Crecy. As a result he became very wealthy, and St Michael's church contains amazing stone effigies of him and wall paintings which include his coat of arms. You can find out more about the man, the Barn, and his links with the church at an illustrated talk **The Story of Our Barn** on **10th July** at 7pm, and enjoy

a summer evening looking round both the barn and church with volunteer guides on hand to answer questions.

On **Monday 4th August** we have a completely different talk from celebrated historian Prof Ronald Hutton, talking about King Arthur's great counsellor and magician, **Merlin**, the most famous wizard in traditional European literature. Merlin is a tantalisingly complex character found in both native Welsh legend and medieval French romance, but is he a historic figure or not? Ron Hutton looks at the original sources of the legend and its later development up to the present.

Music & Dance

The popular **Summer Barn Dance** returns on **Friday 18th July** at 7.30pm (picnics from 6pm). What could be better than a proper barn dance in a real barn? And a spectacular Heritage barn at that! Fabulous local band, Sargent's Mess provide the rousing tunes and experienced caller, Rob tells you the steps as you go along. No experience is necessary. Suitable for all ages. Chaos and fun guaranteed! And if you can't get up and dance, just come along and listen to the traditional folk music. Bar open from 6pm.



Theatre

Summer Dramas start with The Pantaloons' comic dramatisation of **Sense and Sensibility** on **Thursday 24th July** marking the 250th anniversary of Jane Austen. The Pantaloons are known for their family-friendly, funny, physical shows with live music and audience interaction, so this should be great fun.

The comedy continues on **Thursday 14 August** with the Shakespearian favourite **As You Like It** with all its cross-dressing chaos and confusion. As in the Bard's day, The Festival Players perform with an all-male company of skilled professional actors and a minimal touring set, to bring out the fun of this rom-com.

And on **Sunday 17 August** we have a relaxed afternoon production of **Cinderella** – expect magic, madness and plenty of silliness from IKP's unmistakable brand of "delightfully daft" family-friendly theatre. There will be designated spaces for guests who may find sitting still for a whole show challenging, and space to move for those who may need a sensory break.

Craft – In the summer holidays there is a **Mosaics** morning for adults and children (age 5–16) to take part in together on **Monday 18 August**. Bookings are also open for adult **Fused Glass workshops** on **16 September** to make a Wave in a Frame. Full details are on the website.

Nature at the Barn

August brings two very different **Nature Walks**. On **Thursday 7 August** local Bushcraft expert, Steve England does a **Walk on the Wild Side** at 10.30am, aimed at adults and children together. This two hour guided walk around the nature reserve looks at habitats, plants and trees, with fascinating facts and practical uses of them for food, medicine, bushcraft,

and fire! On **Thursday 21 August** there is a **Bat Walk** at 8pm, followed by a drink and nibbles in the Barn. This bat walk is just for adults or teens.

Free parking at the Barn for all events. The Medieval Barn is fully accessible for wheelchairs. e Medieval Barn is fully accessible for wheelchairs.

www.winterbournebarn.org.uk

Facebook @winterbournemedievalbarn

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GIVEAWAY: LED Light Therapy for Someone in Need

At The Restore Clinic, we believe that everyone deserves to feel good in their skin - especially those going through a tough time. That's why we're offering free LED Light Therapy treatment to someone in our community who needs a little extra care right now.

Whether it's due to chronic skin issues, long-term pain, post-surgery healing, or just needing a confidence boost, LED Light Therapy can provide powerful relief and support - naturally and non-invasively.

This giveaway is open to anyone who:

- Is struggling physically, emotionally, or mentally
- Could benefit from light therapy for skin, pain, or healing
- Deserves a moment of calm, comfort, and care

Nominate someone special (or yourself!)

Send us a short message sharing why they (or you) should receive this treatment. All nominations will be kept confidential, and one deserving person will be gifted a session in our calming Winterbourne clinic.

Let's shine a little light where it's needed most

- With love, Karen at The Restore Clinic
hello@therestoreclinic.co.uk

New skin rejuvenation and wellness clinic

THE
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The Restore Clinic has just opened in Winterbourne – a garden sanctuary where owner Karen offers award-winning aesthetic treatments designed to refresh your skin and restore your glow.

Here's a glimpse of what's on offer:

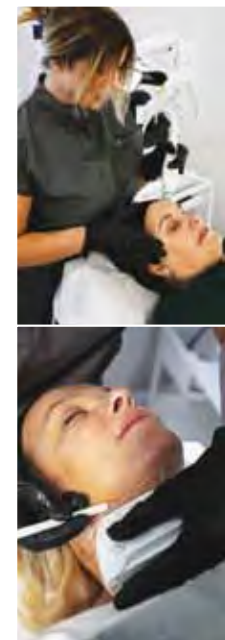
- **RF Microneedling:** Boosts collagen to tighten skin, smooth texture, and reduce wrinkles or scars, with minimal downtime.
- **HIFU:** Known as the "lunchtime facial", this non-invasive treatment lifts and firms the face and body without surgery.
- **Dermalux LED Phototherapy:** Uses light to calm redness, improve pigmentation, fight acne, rejuvenate skin and accelerate healing.
- **Skin Boosters:** Deeply hydrates and improves texture for a lasting, radiant glow.
- **Madero Therapy:** Natural wood massage to tone, sculpt, and detoxify.

Ready to see how The Restore Clinic can help you?

Karen invites you to book a **free 15-minute consultation** to explore personalised treatments for you.

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We also have plenty of trips to various places of interest, including pub lunches, garden centres and shopping trips further afield.

There's something for everyone!

Our vehicles can be hired by community groups and we can also provide MIDAS training inhouse.

Due to demand we need more help from volunteer social car drivers / office admin. Please give us a call for details.



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**Come along and help us celebrate 50 years at
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All welcome!

-History trail

-Group stalls

- Enjoy a drink and nibbles

**-Meet community members and share
experiences from over the years.**



**Saturday 5th July,
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1pm- 5pm**

**If anyone has any memorabilia that we can
display on the day then please get in touch
with Izzie in the office on:
01454 772947/Crossbowhouse@gmail.com**

Celebrating 50 years at Crossbow House

We are excited to invite the local community to help us celebrate a remarkable milestone: **50 years of Frampton Cotterell and District Community Association at Crossbow House!**

This celebration is not just about looking back at our achievements but also about acknowledging the incredible support and participation of our community members over the years.

On Saturday 5th July we will host a special event at Crossbow House from 1 – 5pm.

You can enjoy a free tea or coffee with a slice of cake, purchase drinks at the bar and have some free nibbles while mingling with the neighbours. We want to honour the spirit of togetherness that has defined our association and our community. Whether you've been involved for years or are new to the area, your presence will make this event even more special.

We will also have a photo exhibition showcasing the history of the association and many memories created within our community over the past five decades.

Additionally, you will have the chance to meet and engage with various local groups who will be setting up stalls to showcase their work/services. This is a fantastic opportunity to learn more about the clubs and organisations that enrich our community.



Our popular monthly **Friday quiz on the 4th July** will be themed around 1975.

One of our founder member Groups, the **Crossbow Singers** will be holding their **50th anniversary Summer concerts on Monday 7th and Tuesday 8th July** and you can obtain tickets by contacting Dave Burman, email: dkburman53@gmail.com.

If anyone has any memorabilia that we can display, please let us know! We would love to showcase items that reflect our community's history and experiences over the past 50 years. Whether it's photographs, documents, or any memorabilia, your contributions would help make our celebration even more special. Feel free to reach out if you have anything you wish to share by contacting our office on **01454 772947** or email: crossbowhouse@gmail.com.

Crossbow Singers marking 50 years with a new logo



The Crossbow singers are marking half a century of music, friendship and giving back. The choir was founded fifty years ago and continues to rehearse and perform at Crossbow house.

To help mark this significant occasion the choir are very grateful to local artist Paul Bailey who has designed a choir logo reflecting the founding date of 1975.

'Something to sing about' was the theme of the thirty fifth anniversary concerts and the choir are still singing in celebration of their golden anniversary. The Summer concerts will feature a variety of favourite songs, chosen by the choir, guaranteed to take a trip down memory lane with some surprises thrown in across the evenings. The choir will be modelling new scarves and bow ties purchased using a generous grant from South Gloucestershire council.

Chris Parker, Jake Lewis and Ali Rice will be guest musicians at the concerts, not only supporting their mums who both sing in the choir but Jake's grandmothers as well (three generations of Lewis's)!

Please see full details of our summer concerts on the poster pictured left. Make sure to buy your tickets early because they tend to sell out fast!



News from Coalpit Heath WI

Our original speaker for June was unwell so at short notice Sarah Phillips (pictured) stepped in. She gave us an excellent insight into the process of appearing on a gameshow, in her case, The 1% Club. Full of 'reckless spontaneity' after her recent chemo treatment, Sarah decided to apply and after a few phone calls over a period of time she found herself invited for filming. We certainly hadn't appreciated that the decisions around what to wear might be as taxing as the questions! We all had a chance to try out some of the questions and found a few 1%ers amongst us, though admittedly they may have failed at an earlier question. Wishing Sarah all the best for the future and fulfilling her quest for weird and wonderful things.

At our meeting we had large tote bags and water bottles with our logo on for sale to help boost funds. The purchased bags have already been on their travels with one making its way to Venice, apparently perfect size for under an aeroplane seat. I wonder where else they might travel to?

A few trips and events were mentioned for members to consider as well as a proposal for members to sell any excess produce they may have. A table will be available at the next meeting.

If our meetings sound like something you would enjoy, why not come along and meet us? You would be most welcome. We meet on the **first Wednesday of each month in St Saviour's church hall at 7.45pm**. Visitors £5.

Next meetings

July 2nd – Ed Sams – Ardman Modelling

Aug 6th – TBC

Sept 3rd – John Robinson – True Crime Odontologist

Programme updates will be found on

Facebook @WICoalpitHeath or on

Instagram @coalpitheathwi on Instagram.



News from Frampton Cotterell WI

At our May meeting, members voted to support this year's cause which is 'Bystanders can be life-savers' – a drive to ensure that people are confident in the use of defibrillators, should they be needed in an emergency. Once the vote was complete we all enjoyed a fun quiz and catch-up along with tea and cake. As we go to press, we're looking forward to the June talk on Victorian Surgery, although this may not be one for the faint-hearted!

Up-coming events and talks include:

23rd July – Great Western Air Ambulance Service with Richard Lewis

12th August – hosting of regional WI's Annual Meeting at Crossbow House

23rd September – 'Life After Barry', with Sarah Harris

We have many other events/socials lined up for the year ahead, including visits to the theatre (including Moulin Rouge at the Bristol Hippodrome in July), and various other trips or 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 events.

If you would like to join us or to find out more, please search **FramptonCottWI** on **Facebook**, leave us a message and like our page.



Beauty Plus by Myriam:

Synergy Facial LED Light Therapy for Younger-looking Skin

I was delighted to pay a visit to Beauty Plus by Myriam in early June where I went to experience her Synergy facial. I have previously written about Myriam's magical hands when having a facial or massage with her, and this visit didn't disappoint!

The Synergy facial is a skin tightening facial that uses LED light therapy technology to lift, tone, and rejuvenate the skin. Red, green and blue LED lights are used to target blemishes, age spots, and pigmentation, as well as improve skin elasticity and reduce the appearance of fine lines and wrinkles to achieve a brighter, more youthful complexion. The treatment also stimulates collagen and elastin production, which are crucial for healthy and youthful-looking skin. The Synergy facial is a non-invasive treatment, meaning it doesn't involve any needles or surgery.

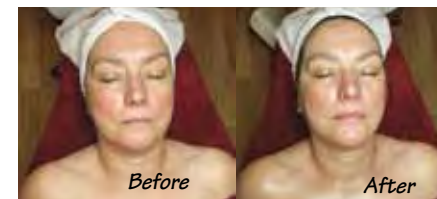
Myriam started by analysing my skin and talking me through her recommendation on what would be the best combination of treatments and LED colours for me. We decided green would be better for soothing the rosacea on my cheeks and the red light to battle my eye bags! We then started the facial with a cleanse and tone and then the wonderfully relaxing facial massage. After this Myriam used the LED tools in sections all over my face and neck before leaving me to relax for 15 minutes with a rejuvenating mask. A final moisturiser was applied and my skin was glowing!

To experience the full benefit of the LED technology it is recommended that you have a one month course over 4 weeks. The first week is the full facial I experienced, the second week is a 45 minute session which includes cleanse, tone, exfoliate, LED tools and moisturiser, the third week is a quick 30 minutes which includes cleanse, tone, LED tools and moisturiser and week four is the full facial experienced in week one.

Special Offer:

Myriam is offering Winterbourne Matters readers a £35 discount on the full course - making the four facials just £215!

If you prefer a different facial but fancy trying the LED tools, these can be added to any other facial that Myriam offers for an additional £25.





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THORNBURY Art Club 60th Annual Summer Exhibition

The Thornbury Art Club is excited to announce its Diamond Annual Summer Exhibition! The artworks depict a wide variety of subjects and materials. Many are for sale, some for as little as £10. There's nothing like having some original art to adorn your home!

Our members range from people who have started creating this year to people who have been members for many years, amateurs and professionals. You will have a chance to meet and talk with the artists, and be able to stock up on greeting cards. Claire Young MP will be attending to open this special event and on the Saturday mornings you're invited to have a go at some sketching with us.

Everyone is welcome, free entry, wheelchair accessible.

26th July - 3rd August 2025

Monday to Sat 10 am – 6 pm, Sunday 2 pm – 4 pm.

Thornbury Methodist Church Hall, door off Castle Court, BS35 2FS.



You too could be a Thornbury Art Club Member

Be part of a vibrant, friendly, supportive art club with monthly demos, exhibitions and creative meet-ups. Learn, create and connect with like-minded people.

More information is available on our website

www.ThornburyArtClub.co.uk



What's on at Winterbourne library



Join the 2025 Summer Reading Challenge

– **Story Garden – FREE** at a South Gloucestershire library during staffed hours, from Saturday 5th July finishing by Saturday 13th September, and pick up your FREE activity bag.

Children's FREE Activities during July and August

Saturday 19th July, 10am–11am – Lego Club

Friday 25th July, 10.30am–12pm – Nature Crafts

Friday 1st August, 10.30am–12pm – Tales and Snails

Friday 8th August, 10.30am–12pm – Buzz and Scuttle – *BOOKING ESSENTIAL*

Friday 15th August, 10.30am–12pm – Story Gardeners

Friday 15th August, 12–2pm – Teddy Bear's Picnic – bring own teddy and food

Saturday 16th August, 10am–11am – Lego Club

Friday 22nd August, 10.30am–12pm – Junk Box Challenge

Friday 29th August, 10.30am–12pm – Pick & Mix crafts

Adult activities

Adult craft group – Fortnightly on Saturday, 10am–12pm – Join our friendly group to do your own craft and chat, refreshments by donation – Next dates 12th and 26th July, 9th and 23rd August.

Coffee Morning – Every Wednesday 11am–12pm – Join us for a coffee, chat, friendship and bring a craft too.

Adult Games Club – Fortnightly on Wednesday, 2–4pm, with refreshments by donation. Come along on your own or with a friend to play a variety of board games and make new friends. (Check with Library Staff for dates).

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

Digital Champion – Do you need help getting online? Are you stuck using your iPad or phone? Book your slot with our friendly volunteer who runs a one-to-one hourly session on a Friday morning – See staff for details.

Open Access – This is our system that lets you into the library when we are not open with staff between 8am–7.30pm, 7 days a week using your library card. Library members complete a quick induction held at Winterbourne library, 3pm Wednesday and 10am Saturday to register to use Open Access. You then can use our WiFi, Computers, printing, collect reservations, issue and return books.

Email: winterbourne.library@southglos.gov.uk

Telephone: 01454 868006

www.southglos.gov.uk/libraries

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Can Hambrook Sports Club be saved this winter?

Is there a more quintessentially British summertime sound than the gentle 'thwack' of leather on willow? A cricket ball soundly meeting a bat immediately conjures thoughts of sun-soaked afternoons, crisp white flannels and –naturally– a refreshing tipple to top it off. Hambrook cricket club is one of Bristol's oldest; founded in 1846, the game has been played on Whiteshill Common since 1878.

In the member-subsidised bar, older members fondly recall county cricket tours. (And their associated adventures!) Three senior teams play at the club; on Friday evenings you'll find the Common filled with youngsters learning the rules of the game, surrounded by parent volunteers helping mentor, staffing the bar, or enjoying a drink in the sun. And yet, sadly, the coming winter could call time on this invaluable community asset.

"Covid really took a toll on our members," says Mitch Vardy, Club Treasurer, "Our bar used to be full of members seven days a week, with the function room calendar packed with bands, birthday parties, and even weddings. People don't realise we're still here, with the bar open on Fridays, Saturdays and match days. Then there's the cost of living, which has hit everyone hard, but our winter fuel bills are just killing us."

Hambrook Sports Club Committee recently held a forum to invite members to think of ways to save the club. "It won't take much community involvement to keep us afloat this winter," says Dr Alastair Kilfoyl, Club Chairman, "We're working with a highly-qualified fitness instructor to offer pilates, a mother-and-baby, and a yoga wheel class to the local community during the week. What we need to get us through this winter is for more people to book the function room for events – it's perfect for kids parties, or classes. Just one extra booking a month could make all the difference. Although, we wouldn't say no to more social members coming to support the bar – so we can start getting proper craft ales in on draught!"

Search Hambrook Sports Club on Facebook to find out more about this special community.

The club website is being relaunched with more details at www.hambrooksportsclub.co.uk.

Alternatively, email hambrooksportsclub@gmail.com for more information and to book.

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Frampton Flames are on Fire!

The Year 6 Engineering Club at Frampton Cotterell C of E Primary School has ended its season in style, winning two awards at the Greenpower Goblin event, held at Renishaw Miskin at the end of May. They took part in three types of races: Slalom and Drag, which were along a timed course, and Sprint, a knockout race where they reached the semi-final.

Greenpower Education Trust is a UK based charity which gets young people enthusiastic about science and engineering by challenging them to design, build and race an electric car. The Goblin car, for ages 9–11, comes in a kit, which the team need to assemble then add their own bodywork.

With minimal assistance from adults, the team of twelve year six pupils had worked all year on the car, which they named 'Frampton Flames'. The car bodywork is made from old shower curtains, which they sewed together themselves, and each individual flame on the car represents one of the team members. The car won the award for Greenest Bodywork and the team came third overall in the event.

We would like to thank our sponsors: Hoola Technologies Ltd., Lagan Aviation & Infrastructure, LAML and Brighton Williams & Partners, and we are especially grateful to Pearce Brothers for the loan of a van to transport our car.



The club develops teamwork, resilience and initiative as well as a variety of technical, design and organisational skills. Any other school interested in starting a team is encouraged to contact steve.harrison@greenpower.co.uk.

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Frampton Cotterell Computer Group



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

help and advice on the use of PCs, laptops and tablets. The group meets on 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 or Email: over50it_1@hotmail.co.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

Email: over50it_1@hotmail.co.uk

What does Volunteering for Green Community Travel Look Like?



Green Community Travel needs your help to be able to offer local transport for residents across Coalpit Heath, Frampton Cotterell, Winterbourne, Yate



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- Make a real difference to our passengers' lives
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- Training provided • Car and minibus opportunities
- A great opportunity to visit interesting places and have days out!



If you think you could help call

01454 228 706



admin@greencommunitytravel.co.uk

Local business achieves national recognition



Local window company, The Window Hub, has been singled out as one of the UK's top window installation companies, receiving personal recognition from the CEO of industry's professional body.

With a head office in Staple Hill in Bristol, The Window Hub is proud to display its professional accreditations, including its membership of FENSA, which guarantees homeowners that the windows and doors the company fits meet the latest standards and Building Regulations.

Managing director and owner Danny Robb recently received a personal note from the chairman of the Glass and Glazing Federation (GGF), which owns FENSA, alerting him that his company is now in the top 20 of all FENSA-registered window installation businesses in the UK.

"Given the market conditions we are facing, in a mature market, I am sure you and the team are really proud of your achievement," GGF CEO John Agnew said. *"Whatever your secret is tell nobody as they will all want to cash in on it!"*

Danny Robb launched the Window Hub during lockdown in 2020 because he wanted to create a business that was "built on quality rather than greed".

Today, The Window Hub has offices, showrooms and installation depots across the South West, selling the latest window and door designs, which offer the very best security and warmth.

"The last five years have been an absolute whirlwind," Danny said. *"But the whole team here at The Window Hub are focused on providing homeowners the very best windows and doors, at a decent price, with the friendly service they deserve."*

"I knew we have grown quickly, but to get this letter telling me that I am a top 20 business absolutely amazed me. The team here are delighted with the news."

Danny said Window Hub has very strict guidelines that its employees must follow to ensure the customers are always looked after. This includes an ethical sales policy which, in addition to following legal obligations, includes a 'canvassing etiquette' which all salespeople must read, sign and stick to.

"It really isn't rocket science," Danny said. *"But we make sure our employees close gates behind them, and don't walk on the lawn. And if they are asked not to return, they must inform their Team Leader immediately, so Head Office can make a record and send out a 'no knocking sticker' so all canvassers know never to return."*

"Our sales team also have specialist training on being aware of vulnerable homeowners, so that everyone can make an informed decision. Sales begin and end with treating customers properly."

The Window Hub also has a tree-planting programme as part of a comprehensive sustainability programme, and the company is heavily involved in local charities including youth sports teams and hospices.

This meteoric rise in fortune, despite being launched during a pandemic and facing tough economic conditions, also resulted in The Window Hub being shortlisted for a trade industry award in 2024.

"I am chuffed to bits to be a top 20 installer," Danny said. *"But it takes second place to my Trustpilot score, which sits at five stars."* 90% of reviews for The Window Hub on Trustpilot are for five stars, with customers celebrating the company's professionalism, friendliness, tidiness, and attention to detail. (The company doesn't invite satisfied customers to leave a review, so all comments on that site are genuinely organic.)

For more information, please visit TheWindowHub.co.uk

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**E: info@thewindowhub.co.uk
W: www.thewindowhub.co.uk**



July

Tues 1st & 15th – Crotchet & Knit Club, Brockeridge Centre, 11am–1pm. Any ability. More info tel: 01454 864442 or email: office@framptoncoterrell-pc.gov.uk.

Weds 2nd – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. Email: henfieldhall@yahoo.com.

Weds 2nd & Thurs 17th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info call Edna 07789 662694.

Weds 2nd – Singalong with The Jays and Joy, Crossbow, School Road, 2–3.30pm. £5 incl refreshments. Carers free. Live music (40s, 50s 60s 70s 80s, films, musicals, country etc). Songbooks provided. Everyone welcome. Info, call Hilary 07515 351813.

Weds 2nd & 16th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information, email: henfieldhall@yahoo.com.

Thurs 3rd – Coffee mornings, 9–11am at the Greenfield Centre, Winterbourne.

Thurs 3rd – 50+ Wellbeing in Nature Gardening group, Frome Valley Growing Project, 10.30am–1.30pm. For info, email: thegrowingproject123@gmail.com.

Thurs 3rd & 10th – Fromeside Food Hub, Zion, 12–2pm. Pantry and cafe. 'Pay as you can'.

Thurs 3rd, 17th & 31st – Men's Chat Afternoon, Brockeridge Centre, 1–3pm. Free. Informal drop-in sessions for men of any age. Socialise, make new friends, share thoughts, ideas, concerns, or simply find a friendly place with a cup of tea!

Fri 4th – Laughter Club, St Peters church, 10am–12pm, Coffee, Cake, Chat. Tel: 01454 776518.

Fri 4th – Quiz. **Fri 18th** – Bingo. Both at Crossbow, 8pm. Tel: 01454 772947 or email: crossbowhouse@gmail.com.

Sat 5th – St Saviours Church open to visitors, 10am–12pm. Tea, coffee etc available.

Sat 5th – Repair Cafe, British Legion, Ryecroft Rd, BS36 2HW, 11am–1pm. Bring bikes, electrical, toys, clothes etc for volunteers to mend. More volunteers welcome too.

Sat 5th – FCDCA (Crossbow) 50th Anniversary, Crossbow House, 1–5pm. Free tea, coffee, cake. Bar open. Free nibbles. Celebrate our community and its history!

Sat 5th – Steve's Soul & Motown Disco, Royal British Legion club, Ryecroft Rd, £6. Music from 8.30pm. New visitors welcome. Cash only. More on Facebook.

Sun 6th – Car Boot Sale, Beesmoor Road playing field BS36 2JN, 9.30am–12.30pm. Refreshments available. Pitches £10 / car (£8 in advance). Set up 8.30–9am. Book by email: field@beesmoor.uk. All proceeds to park running costs.

Sun 6th – Frome Valley Growing Project Open, Swan Lane Winterbourne, 11am–2.30pm (weather dependent). More info: thegrowingproject123@gmail.com.

Mon 7th & Tues 8th – Crossbow Singers' Summer Concert, Crossbow, 7.30pm. Light-hearted music for all. Bar available. In aid of charity. Tickets £8. Rose 01454 772675 (Mon) Mary 01454 887885 (Tues)

Tues 8th, 22nd & 29th – Coffee & Cakes, Brockeridge Centre, 11am–1pm. Open to everyone.

Thurs 10th – Vale of Frome Men's Probus, The Miners, 10am–12pm. Variety of speakers. Free tea, coffee, biscuits, parking. Sec: Terry 0117 956 4259 or 07521 613154.

Thurs 10th – The Story of Our Barn, Winterbourne Medieval Barn, 7pm. Hear about the Barn from medieval to modern, and look at its historic features. Tour St Michael's church too. Book online www.winterbournebarn.org.uk.

Fri 11th – Children in Permaculture, Frome Valley Growing Project, 1–3pm, for children who are electively home-educated or flexi-schooled.

Fri 11th – Folk club, Crossbow, School Rd, 8–10.30pm. £3. Acoustic music. Play, sing, listen. Info, Tel: 07974 151437 or Facebook: folkatframptoncoterrell.

Sat 12th – Volunteer morning, St Peter's churchyard, 9.30am to 12.30pm. Tidy up and improve environment for wildlife. Just turn up, everyone welcome! Refreshments provided. More info: Steve Birch, tel: 07500 898179 or email: stevebirch7@btinternet.com.

Sat 12th – Watermore School Summer Fair, 2–4.30pm.

Sat 12th – Bridge House Light Railway Open Day, 2–4pm. Train rides to the public. Email: bridgehouserailway@gmail.com.

Sat 12th – Andy Tee, Royal British Legion club, Ryecroft Rd, £6. Bingo at 8pm. Music and dancing from 8.30pm. New visitors welcome. Cash only. More on Facebook.

Sun 13th – Moth club, Brockeridge Centre garden, 10am. Just turn up and meet the moths! Great close encounter with local wildlife. No dogs (except assistance dogs).

Thurs 17th – Coeliac UK Local Café Meet, Iron Acton Garden Centre, 10–11.30am. Share experiences of living gluten free. Info: volunteering@coeliac.org.uk.

Fri 18th – Barn Dance, Winterbourne Medieval Barn, 7.30pm (picnics from 6pm). Live traditional folk music from Sargents Mess. Book online at www.winterbournebarn.org.uk.

Sat 19th – Centenary Field volunteers 10am–12pm. All welcome. Refreshments provided. Just turn up. More Frampton Nature info on parish council website or Facebook.

Sat 19th – Party in the Park – 10am–12pm at the Greenfield Centre, BS36 1NJ.

Sat 19th – Repair Cafe, All Saints hall, Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. Email: winterbourneenvironmental@gmail.com.

Sat 19th – Messy Church, St Saviours church hall, 3.30–5.15pm. All welcome.

Sat 19th – City Limits, Royal British Legion club, Ryecroft Rd, 8.30pm. £6. Music and dancing. New visitors welcome. Full details on Facebook page.

Tues 22nd – Mothers Union evening group, St Saviours Church, 7.30pm. Short service, tea, cake, craft, various speakers. Led by Sarah Blake. Tel. Mary Head, 01454 887870.

Weds 23rd – Ladies Circle, Zion, 7.30pm. Varied speakers. Small charge on the door. More info: jeanbradbeer@gmail.com or call Gill on 01454 850684.

Thurs 24th – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info from The Alzheimers Society.

Thurs 24th – Jane Austen's, Sense and Sensibility, Winterbourne Medieval Barn, 7pm. Performed by The Pantaloons. Book online www.winterbournebarn.org.uk.

Sat 26th – Practical Conservation 10am–12pm. Learn skills, ecology, and help local nature. Refreshments provided. All ages welcome (and well-behaved dogs!). See Parish Council website for location or email: nature@framptoncoterrell-pc.gov.uk.

Sat 26th – Chapter 2, Royal British Legion club, Ryecroft Rd, £6. Music and dancing from 8.30pm. Bingo at 8pm. New visitors welcome. More on Facebook page.

Weds 30th – Litter Busters, meet at British Legion, Ryecroft Rd, 10am. A voluntary group who help to keep our village tidy, once a month. Do join in. Wear gloves. See Village Action on Facebook or website or email: framcottva@hotmail.co.uk.

Weds 30th – St Saviour's church open 1–3.30pm for tea, coffee, prayer or quiet space.

August

Fri 1st & 29th – Laughter Club: Coffee, Cake, Chat, St Peters church, drop in 10am–12pm.

Fri 1st – Quiz. **Fri 15th** Bingo. Both at Crossbow, 8pm. £1.50 ppn. Tel. 01454 772947, email: crossbowhouse@gmail.com

Sat 2nd – St Saviours Church open to visitors, 10am–12pm. Tea, coffee etc available.

Sat 2nd – Repair Cafe, British Legion, Ryecroft Rd, BS36 2HW, 11am–1pm. Bring bikes, electrical, toys, clothes etc for volunteers to mend. More volunteers welcome too.

Sat 2nd, 9th, 16th & 23rd – Live Music and Dancing, Royal British Legion club, Ryecroft Rd, £6. from 8.30pm. New visitors welcome. More on Facebook.

Sun 3rd – Car Boot Sale, Beesmoor Road playing field, BS36 2JN, 9.30am–12.30pm. Refreshments available. Pitches £10 / car (£8 in advance). Set up 8.30–9am. Book by email: field@beesmoor.uk. All proceeds to park running costs.

Sun 3rd – Frome Valley Growing Project Open Day, Swan Lane Winterbourne, 11am–2.30pm (weather dependent). More info: thegrowingproject123@gmail.com.

Mon 4th – Talk: Merlin, the most Famous Wizard in Literature, with, Prof Ronald Hutton, Winterbourne Medieval Barn, 7pm. www.winterbournebarn.org.uk.

Tues 5th & 19th – Crotchet & Knit Club, Brockeridge Centre, 11am–1pm. Any ability. For more info, tel: 01454 864442 or email: office@framptoncoterrell-pc.gov.uk.

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

Weds 6th – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. Email: 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. Info, Edna 07789 662694.

Weds 6th & 20th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information email: henfieldhall@yahoo.com.

Thurs 7th – Coffee mornings – 9–11am, at the Greenfield Centre, Winterbourne.

Thurs 7th – 50+ Wellbeing in Nature Gardening group, Frome Valley Growing Project, 10.30am–1.30pm. Email: thegrowingproject123@gmail.com.

Thurs 7th – Family Bushcraft with Steve England, Winterbourne Medieval Barn, 10.30am–12.30pm. Plants, food, wildlife, fire! Book online: www.winterbournebarn.org.uk.

Thurs 7th & 14th – Men's Chat Afternoon, Brockeridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. Socialise, make new friends, share thoughts, ideas, concerns, or simply find a friendly place with a cup of tea!

Fri 8th – Folk club, Crossbow, School Rd, 8–10.30pm. £3. Acoustic music. Play, sing, listen. Info, tel: 07974 151437 or Facebook: folkatframptoncoterrell.

Sat 9th – Volunteer morning, St Peter's churchyard, 9.30am–12pm. Tidy and improve environment for wildlife. Refreshments provided. Everyone welcome, just turn up! More info, Steve Birch tel: 07500 898179 or email: stevebirch7@btinternet.com.

Sun 10th – Moth club, Brockeridge Centre garden, 10am. Just turn up and meet the moths! Great close encounter with local wildlife. No dogs (except assistance dogs).

Tues 12th & Tues 26th – Coffee & Cakes, Brockeridge Centre, 11am–12pm. Open to everyone.

Weds 13th – Community Allotment Volunteering, Mill Lane, 10am–12pm. Learn skills and help grow food, trees, wildflowers. Refreshments provided. All welcome. Just turn up. More info, email: wildlife@framptoncoterrell-pc.gov.uk.

Thurs 14th – Shakespeare in the Barn – As You Like It, Winterbourne Medieval Barn, 7pm. Performed by The Festival Players. Book online at www.winterbournebarn.org.uk.



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Sat 16th – Centenary Field volunteers, 10am–12pm. All welcome. Refreshments provided. Just turn up. More Frampton Nature info on parish council website or Facebook.

Sun 17th – Cinderella, Family theatre, Winterbourne Medieval Barn, 3pm. Book online at www.winterbournebarn.org.uk.

Mon 18th – Family Mosaics workshop, Winterbourne Medieval Barn, 10am–12pm. For adults and children. 1–3.30pm, for ages 16+. Book online at www.winterbournebarn.org.uk.

Tues 19th – Happy Tuesdays, St Peters church, 10am–12pm. Free. Tea, coffee, cake, chat, board games, jigsaws. Bring along your knitting, sketching, crafts. All welcome.

Thurs 21st – Coeliac UK Local Café Meet, Iron Acton Garden Centre, 10–11.30am. 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, call Edna 07789 662694.

Thurs 21st – Bat Walk with Drink and Nibbles, Winterbourne Medieval Barn, 8pm. Walk with naturalist Ed Drewitt. Drinks back at the Barn approx 9.30pm. Min age 12. Book online at www.winterbournebarn.org.uk.

Sat 23rd – Practical Conservation, 10am–12pm. Learn skills, ecology, and help local nature. Refreshments provided. All ages welcome (and well-behaved dogs!). See Parish Council website for location or email: nature@framptoncoterrell-pc.gov.uk.

Sat 23rd – Bridge House Light Railway Open Day, 2–4pm. Train rides to the public.

26th–31st – Climate & Nature Art Exhibition, Brockeridge Centre. Tel: 01454 864442 or email nature@framptoncoterrell-pc.gov.uk.

Weds 27th – Volunteer Day at Frome Valley Growing Project, Swan Lane, Winterbourne, 10am–2pm. Email: thegrowingproject123@gmail.com.

Weds 27th – Litter Busters, meet at British Legion, Ryecroft Rd, 10am. A voluntary group who help to keep our village tidy, once a month. Do join in. Wear gloves. See Village Action on Facebook or website or email: framcottva@hotmail.co.uk.

Weds 27th – St Saviour's church open 1–3.30pm for tea, coffee, prayer or quiet space.

Weds 27th – Ladies Circle, Zion, 7.30pm. Varied speakers. Small charge on the door. More info: jeanbradbeer@gmail.com or call Gill on 01454 850684.

Thurs 28th – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info from The Alzheimers Society.

Sat 30th – Live Music, Royal British Legion club, Ryecroft Rd, £6. Bingo at 8pm. Music and dancing from 8.30pm. See Facebook for more info.



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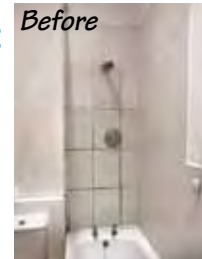
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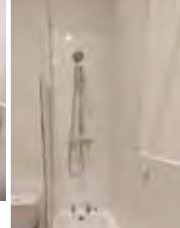
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Index of Local Advertisers

| | | | | | |
|----------------------------------------------|-------|--------------------------------------------|-------|-------------------------------------------|-------|
| Aerials | | Community Articles Cont | | Kitchens – Dream Doors | |
| Dan Grace Aerials | 47 | Winterbourne Down Carnival | 5 | Locksmith | |
| M D Aerials | 45 | Winterbourne Eve WI | 16 | Keymaster | 46 |
| Aggregate Supplies | | Winterbourne Library | 35 | Lock Stuck and Barrels | 48 |
| Earthworks – Aggregates / Topsoil | 19 | Winterbourne Medieval Barn | 26,27 | Opticians | |
| Art Classes / Courses | | Computer services: IT – Repair/help | | Mike Harbord Opticians | 37 |
| Brushstrokes | 10 | Frampton Cotterell Computer Group | 38 | Painter / Decorator / Tiler | |
| Barbers – Winterbourne Cuts | | Doors | | MW Property Maintenance | 41 |
| Barbers | 36 | Brunei Doors | 46 | NPD Decorating | 45 |
| Bathrooms | | DCL Doors & Windows | 44 | The Lady Decorator | 34 |
| AMW Plumbing & Heating | 47 | Dream Doors (kitchen) | 20 | Plumbing / Heating Engineers | |
| Lee Williams Tiling & Repair | 43 | Door Express (internal) | 48 | AMW Plumbing & Heating | 47 |
| Bedrooms – WAY Bedrooms | | Price Glass | 49 | Low Cost Plumbing | 44 |
| Blinds – North Avon Blinds | 29 | Southern Plasticad | 52 | Mayo's Heating & Plumbing | 44 |
| Builders / Groundwork / Property svcs | | The Window Hub | 39 | Rundle Plumbing & Heating | 45 |
| Beaufort Property | 37 | Electrical Appliance Repairs | | WJM Plumbing | 48 |
| CWG Design & Build Limited | 44 | DC-R domestic appliance repairs | 46 | Roofing | |
| ICP Handyman | 48 | Electrician | | Coverall Roofing | 47 |
| MW Property Maintenance | 41 | Gary Smart Electrical | 43 | Pinewood Roofing | 21 |
| Use Your Loft Space | 7 | LA Electrical & Solar | 45 | Rooftech | 46 |
| Care Homes | | Engraving – RMG Engraving | 36 | Webbs Roofing Specialists | 45 |
| Hamberley – Lovell Place | 13 | Estate Agents / Property Letting | | Rubbish Clearance | |
| Carpentry & Joinery | | Bundy and Bond Estate Agents | 1,3 | Bradley Stoke Rubbish Clearance | 45 |
| Stowells Carpentry & Joinery | 43 | Nathan Littleboy Estate agent | 34 | Earthworks – Grab, Tipper, Skip hire | 19 |
| Carpet & Upholstery Cleaners | | Flooring | | Harvey's Waste & Gdn Services | 15 |
| Bonne Fresh Clean | 37 | James Antony Flooring | 42,43 | Schools / Tuition | |
| Car / Motorbike- Repair / Valet / MOT | | Phoenix Flooring | 51 | Kumon Bradley Stoke | 35 |
| Frampton Garage | 48 | Garden Services | | Tockington Manor School | 14,15 |
| LCM Automotive | 1 | Harvey's Waste & Gdn Services | 15 | Security | |
| Central Heating Engineers | | ICP Handyman | 48 | Technisys – Home Alarm Systems | 47 |
| AMW Plumbing & Heating | 47 | Golf Course | | Shopping Centres | |
| Mayo's Heating & Plumbing | 44 | Thornbury Golf Club & Lodge | 24,25 | Willow Brook Centre | 6 |
| Rundle Plumbing & Heating | 45 | Hair / Beauty | | Solar Energy | |
| Charities | | Aztec Hotel & Gym | 2,8 | LA Electrical & Solar | 45 |
| Children's Hospice South West | 7 | Beauty Plus | 33 | Solicitors – HCB Solicitors | |
| Chimney Sweep | | Nat Austin SPMU – | | Stairlifts – Thornbury stairlifts | 23 |
| Chimney 2 Sweep | 46 | Aesthetics & Beauty Rooms | 17 | Storage Solutions | |
| Cleaning & Domestic Services | | Restore Clinic | 28,29 | North Bristol Container Storage | 18 |
| Capri Gems Cleaning Services | 23 | Salon 98 | 27 | Tiling | |
| Clean Oven Company | 26 | Winterbourne Cuts | 36 | Lee Williams Tiling & Repair | 43 |
| Clover Ovenclean | 33 | Health, Fitness & Wellbeing | | Travel | |
| Community Articles | | Aztec Hotel & Gym | 2,8 | Four Towns & Vale Link Community | |
| Coalpit Heath WI | 32 | Dawn Clode – Holistic courses | 16 | Transport | 28 |
| Crossbow House / Singers | 30,31 | Tip the Balance | 9 | Green Community Travelwest | 38 |
| Floral Friends of Frampton | 19 | Heating Installation | | Wellbeing | |
| Frampton Cotterell Parish Council | 11 | AMW Plumbing & Heating | 47 | Dawn Clode – Holistic courses | 16 |
| Fram Cotterell & Coalpit Heath RBL | 23 | Mayo's Heating & Plumbing | 44 | Tip the Balance | 9 |
| Fram Cott WI | 32 | Rundle Plumbing & Heating | 45 | Windows/Conservatories & Doors | |
| Fram Flames engineering club | 37 | Home Care | | DCL Doors & Windows | 44 |
| Hambrook Sports Club | 36 | My Homecare – Care at Home | 4 | Price Glass | 49 |
| Minister's Message | 22 | Hotels / Restaurants | | Southern Plasticad | 52 |
| Thornbury Art Club | 34 | Aztec Hotel | 2,8 | The Window Hub | 39 |
| Village Diary | 40,41 | | | | |

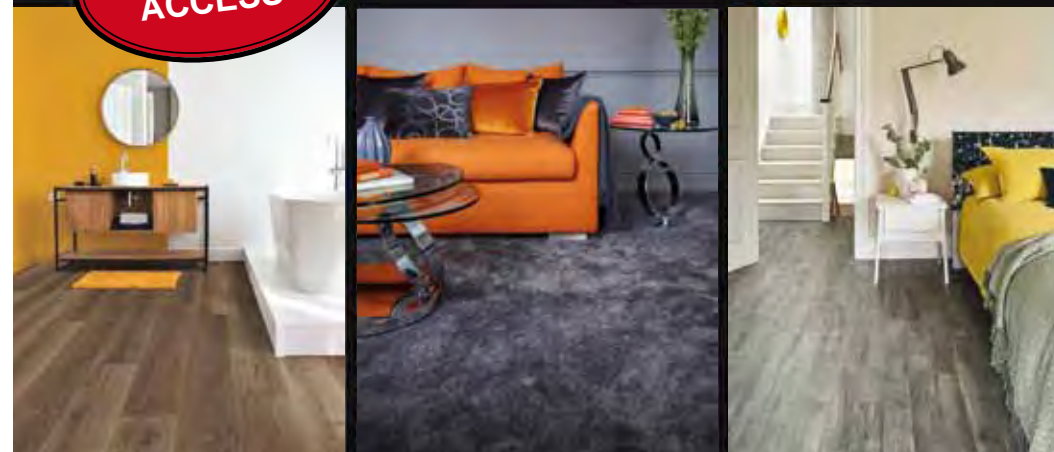
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