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August/September 2025

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Dear Residents,

We hope you have been enjoying a good summer so far. We are pleased to bring you details of local activities taking place to keep the family entertained over the school holidays, thanks to – Winterbourne Medieval Barn, the Willowbrook Centre and Winterbourne Library.

As you can see from the front cover, Winterbourne Short Mat Bowls Club enjoyed a recent win in the pairs and they are inviting new members to join them.

We are delighted to celebrate Frampton resident, Louise Harrison winning a Community Award thanks to Frampton Cotterell Parish Council.

As always, Frampton Cotterell Parish Council have a variety of projects and groups on the go open to the public. They are pleased to share plans of the work due to start on The Park at Crossbow to improve its facilities. They also invite you to enjoy this year's show case of creative talent at their Climate & Nature Local Art Exhibition this August.

Looking ahead to September, Bristol & S.Glos. Stationary Engine Club, Vintage Rally & Tractor Event takes place on 7th and, in association with 5678 School of Dance, free tap sessions commence for local children invited to join in the Tapathon 2025.

All this, as well as updates from the local WIs, The Floral Friends of Frampton, Winterbourne Down Carnival, Fromeside Benefice, Frampton Cotterell Male Voice Choir, 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 19th September 2025.

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

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

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

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

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People make places – a thank you to local resident Louise Harrison

Ever since I started working on this community magazine a decade ago, I have been kept well informed on a number of local events and groups thanks to Frampton Cotterell resident, Louise Harrison. Matters Magazines was set up to share good news stories, to celebrate the community we live in and to connect people to local groups. I have learnt while working across the magazines in North Bristol that it is people that make places special. The hard-work, dedication and passion of volunteers make good things happen.

Louise winning an Achievement Award for her work on the Village Diary, thanks to Frampton Cotterell Parish Council recently, is what prompted me to shine a light on this local star.

Louise spoke of the diary, "*The Village Diary grew out of the Zion Church Social Events committee, having been started (not by me) as a way to co-ordinate events run by the three churches in Frampton and Coalpit Heath. I was in the lucky position of being involved with lots of children's groups in Frampton (toddler group, pre-school, scout group, rugby and school activities) as well as the churches and community centres (Crossbow and WADCA), and I sang with Crossbow Singers and Winterbourne Musical Theatre (and still do), so I was able to pull together dates of the various events each group was putting on and try to avoid clashes. Gradually the list of events grew as more groups provided dates, and once the internet came along it was much easier to get information to a wider section of the community.*"

"*The Village Diary first went online on the Village Action website, but as that group gradually declined (having met it's original brief of getting the village together to see what people wanted in their*



community, and encouraging new volunteers to get new activities going) Frampton Cotterell Parish Council increased the information on their website and included the Village Diary, for which I am very grateful."

For the last 15 years Louise has also been heavily involved in promoting the much-loved, Winterbourne Medieval Barn and all the wonderful events that take place there.

She was secretary of the Community Association at WADCA for some years too and still belongs to the Musical Theatre group there and helps publicise their brilliant shows.

Louise is also a volunteer with Wellbeing Friends, a fun social group for people with dementia and their carers, and also at Winterbourne Memory Cafe run by the Alzheimers Society. She shares, "*My links with both dementia sufferers and singing come together when I lead the Crossbow Singers in entertaining the residents in local care homes. The power of music is incredible, and it never ceases to amaze us how often people who can speak very little now are able to join in songs and know all the words from somewhere deep in their memory.*"

I am exhausted just hearing about all Louise fits in! I think you'll agree she definitely deserved a Community Award and we thank her for all that she does to make this area a happy place to be.

I will let Louise have the final words, "*We've lived in Frampton for 35 years, and have seen the village grow a lot in that time. But, thanks to lots of people being prepared to volunteer to run a wide range of activities for all ages, Frampton has retained a village community feel and folk do look out for each other.*"



I was honoured to receive an award and slightly overwhelmed!

I am passionate about the need for a community to keep in touch with all of its members and keep everyone involved in being an active community.

Louise Harrison

◀ Louise accepting her award. Image thanks to Frampton Cotterell Parish Council.



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Sound Meditation

with Craig Rogerson from Soundworks

I founded Soundworks, my sound therapy practice, four years ago with a simple aim: to help others through sound. My main offerings include 1:1 sessions and group sound meditations - also known as sound baths. Using a range of sound tools and instruments, we create true moments of rest.

In a session, you'll experience anything from the grounding beats of worldly percussion, to the resonant frequencies of singing bowls, gongs, and a few other sonic treats. We use their audible qualities to tap into a phenomenon called brainwave entrainment - this allows us to access lower brainwave states. We also use their mechanical vibration that signals our parasympathetic system - our natural "rest and restore" mode. So it's not just what we *hear*, but also what we *feel*. These long, sustaining tones can carry us into a still, meditative state - a quiet place that many of us rarely get to visit.

When was the last time you truly took a moment for yourself?

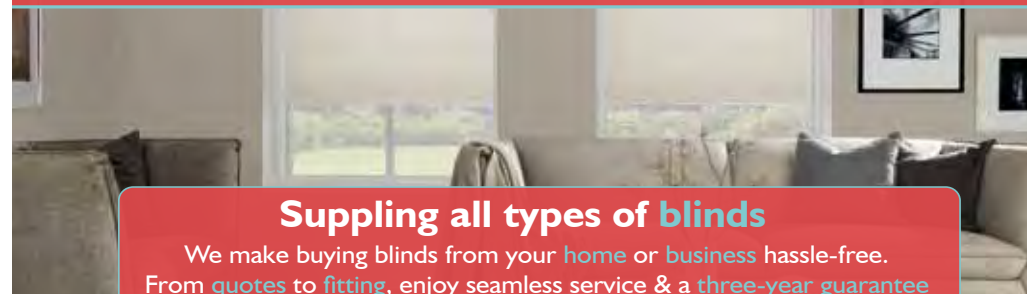
Beautiful things happen when we really stop, and, when we add the aid of sound to that, I've witnessed real shifts in people. My mission is to create regular, accessible spaces for people to rest in sound, and I'd love to let more people know about these spaces.

We gather every month on a Sunday afternoon at Turnberries Community Centre in Thornbury. It's a grounding space - and it's open to everyone. You don't need to have any meditation experience. You don't even need a yoga mat as I always bring a few spares. All you need is the willingness to show up with an open mind, and let the sound do the rest.

Visit <https://welcometosoundworks.com/> for more information and to book in your session online.
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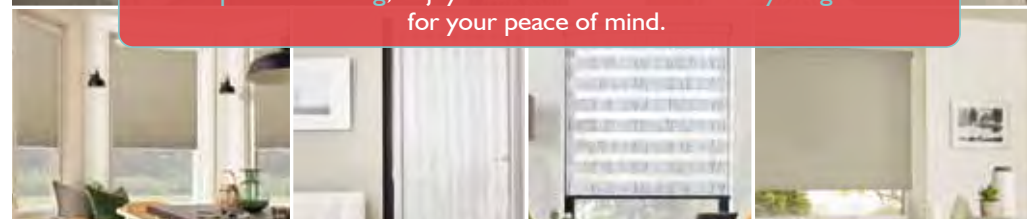


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News from the Floral Friends of Frampton

We receive so many compliments about the flower border along Beesmoor Playing Field that we thought it might be useful to explain a little of its evolution from overgrown brambles to the beautiful space you see today.

Many of you probably remember the poor state of the ninety metres of border with brambles and weeds hanging over and growing in the already cracked retaining wall, damaging it further. When Floral Friends adopted the border in 2014, it took hours of work to remove everything – including a lot of builders rubble to render it workable.

The original idea of a wildflower border hit a snag when the flowers, although lovely, only lasted a few weeks, meaning the border looked neglected again for the rest of the year. So, the decision was made to turn it into a herbaceous border, still attracting pollinators, that would have something in flower every month of the year.

In 2018, the damaged wall clearly needed repairing. Thanks to Councillor Dave Hockey who secured funding for this very expensive work, and our band of dedicated volunteers, plants were removed, the wall fixed, plants were put back and order was finally restored.



Now of course when you walk along Woodend Road you only see the lovely display of flowers. While it was all of the volunteers that worked so hard to clear the border originally, we'd like to give a special shout out to Brenda and John who devote hours of their time maintaining, watering and replanting the border. You have probably seen them in their orange vests so please, don't be afraid to ask about the different flowers lovingly chosen by them or maybe just give them a wave and a smile. It really is their labour of love and we all benefit from it.

Support Floral Friends – You would be warmly welcomed as a volunteer so, if you can donate time, money or plants please do get in touch.

Email: floralfriendsofframpton@gmail.com.
<http://fframpton.wixsite.com/frampton-cotterell>



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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
Restore
CLINIC

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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What's on at Winterbourne library



Join the 2025 Summer Reading Challenge – Story Garden – FREE at your library and earn rewards for reading – Join the 2025 Summer Reading Challenge, Story Garden at a South Gloucestershire library during staffed hours from Saturday 5 July finishing by Saturday 13 September and pick up your FREE activity bag.

Children's FREE Activities during August and September

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

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

Friday 15th August, 12–2pm – Teddy Bear's Picnic – bring your 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.

Weds 3rd September, 10am–10.30am, Rhymetime restarts weekly, term time only.

Friday 5th September, 10am–10.30am, Storytime restarts weekly, term time only.

Saturday 13th September, 10am–11am, Lego Club.

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 9th and 23rd August and 6th and 20th September.

Coffee Morning – Every Wednesday, 11am–12pm. Join us for a coffee, chat 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.

Opening hours – Tuesday, 10am–3pm. Wednesday & Friday, 10am–5pm. Saturday, 9.30am–12.30pm.

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

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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 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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Winterbourne Down Carnival 2025 donations confirmed

What an incredible year it's been for the Winterbourne Down Village Carnival! Back in June, I had the absolute pleasure of reporting on the huge success of this year's event, and I promised to share the final figures once everything was tallied up. Well, the results are in, and we couldn't be more excited to share the fantastic news with you all!

As many of you know, this year we proudly chose to support **Young Lives vs Cancer**, an extraordinary charity doing life-changing work with young people across our region. It was an honour to partner with such a meaningful cause, and we're so grateful for the opportunity to contribute to their vital mission.

With a wonderful mix of new attractions and beloved family favourites, this year's Carnival drew the **biggest crowd we've seen in 35 years!** We had a sneaking suspicion that we might surpass last year's total of £4,000, but we never imagined just how far we'd go. Thanks to your incredible generosity and support, we're over the moon to announce that the **Winterbourne Down Village Carnival will be donating a staggering £5,700 to Young Lives vs Cancer this year!**

On behalf of the entire committee, we want to say a **heartfelt thank you** to every single one of you who



came along, joined in the fun, and supported this year's Carnival. Your kindness and community spirit has made a real difference, and we couldn't have done it without you.

But that's not all! In addition to our donation to Young Lives vs Cancer, we're also thrilled to share that we've been able to **donate an incredible £1,000** each to both the **Methodist and All Saints Churches**. These funds will go towards supporting the invaluable work they do right here in our local community. It's a privilege to be able to give back in this way, and we know these contributions will make a meaningful impact.

Join us! Now, as we catch our breath and reflect on this year's success, we can't help but wonder... how on earth are we going to top this next year? That's where you come in! **We'd love to see some new faces and fresh ideas at our AGM on 23rd September 2025, at 7.30pm**, held at the Winterbourne Down Methodist Church. Whether you've got a brilliant suggestion, a passion for planning, or just want to get involved, we'd be delighted to welcome you to the team. Let's make WDVC 2026 one to remember!

Once again, thank you from the bottom of our hearts for making this year's Carnival such a resounding success. Here's to the power of community, and here's to an even brighter future for Winterbourne Down!

Kathryn Hopes Publicity Officer



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Weekly social walking group.

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Fitness : able to cover 2.5 - 3 miles in an hour.

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Women Only Adventure Walks



Meet one Thursday a month (10am - 2pm) covering routes in South Glos, Bristol, B&NES, Somerset and Monmouthshire. Mixed off road terrain (inc stiles)
Fitness : able to walk 6 - 8 miles in 3 - 4 hours whilst chatting and enjoying our building community of female champions. Always involves BYO flask & flapjack or picnic. PAYG £5 per walk

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Weekly wellbeing walks using Nordic Poles.

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1hr walk covering 3+ miles, followed by tea/coffee & chat. Mixed terrain walking.

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LTNW courses (4hrs) £50 then PAYG £8 per walk

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07721 907780

Help Restore our Retreat so we can Support Carers

Local holistic therapist Dawn Clode, currently teaches healing courses in her Garden Clinic of Holistic Health in Little Stoke. Over the past few years she has been working with a team to restore an old rustic house in France, to enable her to offer Holistic Learning Retreats there too. She shares, "We're building a peaceful, healing retreat in the French countryside – a space for rest, reconnection, and community. Once completed, I wish to open up this space to carers of disabled and sick children and adults from the UK, who will be offered free stays as a thank-you for their dedication and care."

Dawn goes on to say, "We're so close to completing the build – but we need help getting it over the line. So, we're asking for donations and inviting you to join our Crowdfunder campaign with lovely, thoughtful rewards!"

Your support rewarded – if you are able to donate to this project, there is a range of wonderful rewards on offer to suit every budget. From £15 you can receive a Personalised Aromatherapy blend. From £30 Wellness pamper packages are available. From £100 you can have the opportunity to participate in one of the introductory courses or, if you are looking to book a retreat, you can save yourself hundreds of pounds by booking in now. For more information on the project and for the full list of the rewards please click on the QR code featured. If you would just like to donate to support the completion of this lovely retreat then you can pledge any amount on the crowdfunder page: www.crowdfunder.co.uk/p/help-restore-our-retreat-to-support-carers-in-need.

The Retreat is in Charente, France, set in the beautiful village of Suris, a ten minute drive from stunning lakes with their beaches and the Vienne river. See more at – holistic-retreats-france.com

 **Life & Soul Empowerment**  [life_and_soul_empowerment](https://www.instagram.com/life_and_soul_empowerment) | life-and-soul-empowerment.co.uk



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.

Find out more or book online:

- nat.austinspmu.co.uk
- aestheticsbylucille.co.uk

Follow on social media for updates, offers & transformations:

- Instagram: @natasha.austinspmu | @aestheticsbylucille
- Facebook: Nat Austin SPMU, Aesthetics and Beauty Rooms | Aesthetics By Lucille



News from Winterbourne Evening WI

Our July meeting, on a very hot evening, was at our new venue in The Greenfield Centre. Di Woodman, our President welcomed us and after singing Jerusalem, the business news for the AFWI and NFWI was quickly completed. Any suggestions for the AFWI Resolutions are needed by September.

The Group trip to Goodrich Castle was a great success and we have a summer Tea Party to look forward to soon.

After the raffle, Di introduced us to Ken's Ukes. This is a Ukulele Band that is with the Yate and Sodbury U3A Group and is led by Ken Thompson. They rehearse at The Lamb in Iron Acton. We were entertained with a variety of songs ranging from 60s hits to Protest songs, American folk songs, a 1920s medley and Irish traditional ballads. The group showed their versatility as they introduced tin whistles and fiddles with some band members singing solos. 'The Fields of Athenry' was very moving. The whole performance proved to be very entertaining and we all enthusiastically joined in.





After a tea and cake break, Di Woodman thanked the band for an enjoyable happy evening.


Our next meeting is on September 11th, 7.30pm, at The Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ.

Visitors are always welcome.

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News from Frampton Cotterell Parish Council

Plans for The Park in Frampton Cotterell



We have a number of exciting plans for improvements to facilities at The Park (Crossbow) to share with you.

On the 1st of July, we removed the

old Skate Ramp at The Park. Our annual, Royal Society of the Prevention of Accidents inspection raised a number of serious health and safety problems on the skate ramp, including – metal corrosion, insufficient barrier height, and faulty weld plates, among others. Considering these serious safety issues, as well as the feedback we received from young people in the village via our 2024 Youth Survey, the Parish Council approved the plan to remove the skate ramp and replace it with a new Youth Hangout.

We held a series of youth workshops alongside our FACE Youth Groups for local youngsters to create their own designs for their new youth hangout. The winning youth design (pictured above) will be used to create and install a bespoke youth hangout area on the former skate ramp site later this summer or autumn.

During this time we will also begin work to update and improve the basketball court at The Park. These improvements will see the current courts upgraded to a multi-use ball court. The planning of the ball court improvements has been overseen by our Courts Working Group made up of all stakeholders and was informed by our 2024 Youth Survey and our 2023 Courts Survey. The design of the new multi-use games court will be similar to that depicted in the designs provided by Sutcliffe Play (top right).

The National Lottery Awards For All fund is assisting with these ball court improvements via a £20,000 grant, for which we are grateful. The remainder of the work will be funded by the Parish Council.

Towards autumn, work will also begin on our Park Pathways project, which will see the installation of accessible pathways across The Park, as well as additional drainage works. These new pathways will make it easier for everyone to access the facilities, including the planned youth hangout and improved ball courts, as well as the tennis courts that were refurbished last year.



We are so excited for these improvements to facilities at The Park – we hope you are too!

Men's Chat / Social Afternoons on a new day!

These free, friendly afternoons will now be held weekly on Wednesdays, 1–3pm, (instead of Thursdays). This change of day is based on feedback we've received from local people. Men of all ages are welcome to join us for – card games, dominoes, refreshments, newspaper, books, pool and table tennis – or simply drop in for a chat!

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

Tel: 01454 864442 | framptoncotterell-pc.gov.uk

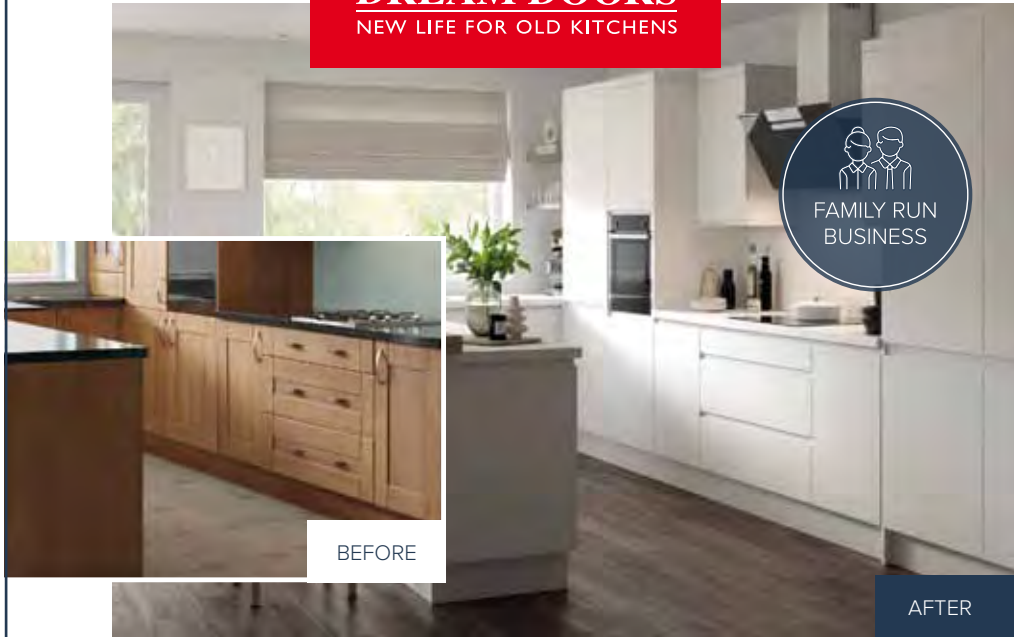
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August-September at Winterbourne Medieval Barn

Family Activities in the Summer Holidays

On **Thursday 7 August** local Bushcraft expert, Steve England will host 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 **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.

There is a **Mosaics morning** for adults and children (age 5–16) to enjoy together on **Monday 18 August**.

Drama and Music – As well as Cinderella, mentioned above, there is a more adult comedy drama 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 romcom.

On **Thursday 18 September** there is a live performance of South American inspired music on guitar, flute and voice by local, international prize

winning duo, **Correa-Andrew**. Entitled *Music from a Land of a Thousand Rhythms*, this promises to be a special evening in the atmospheric medieval barn.

Talks – Monthly talks continue on **Monday 4th August** with celebrated historian, **Prof Ronald Hutton** talking about King Arthur's great counsellor and magician, **Merlin**, the most famous wizard in traditional European literature. This excellent talk will also be available as a live-stream.

Winterbourne's lord of the manor, Sir Thomas de Bradeston had the Barn built in 1342. On **Thursday 25 September** we have two talks from local historians and archaeologists – firstly about **Sir Thomas** himself, and then about **the lost chantry chapel** he founded at Breadstone (ie. Bradeston) near Berkeley and the work currently going on to re-discover it.

For something completely different, **October's talk** on **Tuesday 7th** is **Filton in Space**. The British Aircraft Company at Filton entered the 'space race' in 1956, providing part of the first British rocket to reach space in November 1957, just a few weeks after Sputnik 1. The space business continued in Filton until 1999 in the hands of British Aerospace and Matra Marconi Space.

Heritage Open Day – For the 21st year the Medieval Barn will be part of the **National Heritage Festival**, which this year particularly celebrates Architecture. The site will be open for free on **Sunday 14 September, from 1pm**. Come and look at the superb medieval carpentry of the barn roof, made without a single metal nail, and learn something about its history.

Craft Workshops – There are just a few spaces left for the adult **Mosaics afternoon** on **18 August** or **Fused Glass** on **16 September** at 10am. A three-day **Mosaics course** is coming in **October** to make a bistro table.

Event booking – All events at the Barn should be booked online at Ticketsource or the Barn's website. Contact the office (open part-time) to arrange a time to visit if you need to book in person. The Medieval Barn is fully accessible for wheelchairs. Free parking at the Barn for all events. More information on the Barn website and Facebook. We hope to see you soon!

www.winterbournebarn.org.uk
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Winterbourne Medieval Barn, Church Lane,
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Summer Fun at Willow Brook!

Willow Brook Summer Beach has been open all summer and the recent beautiful sunny weather has provided lots of opportunity for fun in the sun (under the shade!)

It will remain open right up until 8th September.

Two fun days are also planned, Our Superhero funday on 31st July, which will have just taken place by the time this edition comes through your door and our Teddy Bear Picnic on Saturday 30th August - see poster for more details.

Save the date, 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.



Tapathon 2025 Free Tap Class

In association with 5678 School of Dance, local children are invited to join in the Tapathon 2025.

These free Tap classes are open to all children – reception to seniors. Starting in September, the weekly sessions will run until the big performance on 23rd November. Classes will take place on Thursdays, 3.45–4.30pm at the Greenfield Centre, Park Avenue, BS36 1NJ.

Kids are invited to join in fun while raising money for Children in Need. Learn this year's exciting tap routine at the free sessions (apart from £10 for a T-shirt to wear in the performance that you get to keep). All proceeds go directly to the charity Children in Need.

No experience needed, just bring your energy and smiles!

For more information and to book a space, email: schoolofdance_5678@hotmail.co.uk



Join the Frampton Cotterell Male Voice Choir

There's something timeless and stirring about a group of men singing together in rich, resonant harmony. Whether performing in a concert hall or echoing through a village church, a male voice choir has a unique ability to move audiences and uplift communities. But behind the music lies something even more powerful: there is a connection, a joint purpose, and a joy.

One of the greatest joys and best kept secrets is inclusivity. You don't need to read music, no audition is necessary and you don't need a background in performing. All you need is the willingness to turn up and give it a go. **Many men join with no formal experience and are amazed at how quickly they find their voice**, guided by supportive members, our enthusiastic music director and specifically formulated teaching tracks, which are provided so you can learn and practice new songs at home.

The FCMVC is more than a musical group, it is a community pillar. We perform at charity events, care homes, schools, and, of course, our own Christmas and annual concerts. We have raised thousands of pounds for charity whilst bringing pleasure to audiences far and wide. We are an enthusiastic and friendly group who welcome singers of any level. Our repertoire ranges from traditional hymns and spiritual songs to contemporary favourites and sometimes surprisingly unusual folk tunes, any or all of which have been arranged by our own music director. This gives the FCMVC its unique sound and style amongst male voice choirs.

But it's not just about the performances—it's about the people. New members are always welcome, and many join not just for the music, but for the camaraderie, the laughs, and the chance to be part of something meaningful. Whether you're a shower soloist or a seasoned chorister, the FCMVC is ready to help you find your voice.



In a world that moves at breakneck speed, singing in a choir offers something rare and restorative. It brings men together to create something beautiful, one chord at a time. Whether you're looking to make new friends, improve your wellbeing, or simply do something different on a Friday night, **joining our male voice choir might be the most rewarding decision you'll make this year.** The FCMVC is recruiting new members so **come along and give it a go at 7pm, on Friday 12th September** at the Zion United Church, BS36 2HY. There will be a warm welcome and an unchallenging introduction to choir singing. www.fcmvc.com

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Bristol & S.Gloucs. Stationary Engine Club Vintage Rally & Tractor Event Sunday 7th September

The Bristol and South Gloucestershire Stationary Engine Club came into being in 1995 and is now celebrating its thirtieth year.

Although engine orientated the club's members have a variety of interests. With around eighty members the club has a "family atmosphere" which can sometimes be lost in a larger club.

Our members are from all areas of Bristol, Berkeley in the Severn Vale, the banks of the River Severn eastwards to the edge of Bath. Meetings are held at the Coalpit Heath Village Hall (Miners Club) on the first Thursday of the month starting around 7:45pm.

Guest speakers are arranged for most meetings whose subjects cover a variety of topics, not just stationary engines, a Winter Crank-up which occurs over the Christmas/New Year holiday period and an annual club day trip to a place of interest. With members individually exhibiting engines at events throughout the year.

www.bsgsec.co.uk



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Open a new chapter in your life's journey



There is a famous saying – never judge a book by its cover! So, apart from the images and author on the cover, what constitutes an enjoyable book? I like to read something recommended which challenges me to immerse into the story and leaves me not wanting to put it down! I wonder who would admit to reading the last page to know the outcome when only halfway through the book?

As it is holiday season, many of us will be taking time to relax – whether in faraway places or in the garden, even a swimming pool to cool down from recent heat wave! For me this summer, my holiday read is on hold because of eye surgery – so I am still anxiously wondering 'who done it' in my latest fictional read of murder and mystery.

This time out for me from reading my chosen novel, made me consider how much our lives are like an open book with blank pages. The question is how those pages can bring fulfilment and riches when life does not go the way we planned it? We might prefer to (shut and) tightly close our eyes to the reality, which can cause distress to people around us. We should understand that there are bound to be mysteries to unravel, as we venture outside of our comfort zones – taking on a new hobby, joining a new group to meet different people, or facing a new reality.

Investing more time for spiritual contemplation and prayer can open more pages to bring fresh insight – even excitement to what can feel like a mundane daily routine.

Unlike a conclusion in a novel, the outcome of the last page of life is unknown. But the certainty is that the light of love and hope prevails where there may be darkness and fear. Peace, that calms the most torrent storm that sometimes swirls within us can be found through prayer. Here we can hand over to God our concerns for world peace, the daily stresses of life, family, work, and health matters. In lifting our eyes from the pages of our favourite book (or digital book!) and focusing on something else, the beauty of creation, the kindness of strangers, who can become friends and the joy of living can be seen.

This intrigue and mystery – amid a backdrop of uncertainty are in the pages of the Bible and directs everyone to a relationship with Jesus Christ. The same Christ child born into a murky world to illuminate the darkness of suffering and fragile peace. The same unsettled world that fills our TV news channels from day to day.

The Bible, with its mystery, cannot become a dull read, to go back on the bookshelf, dusty and forgotten

or used as a prop for a wonky table. It holds words of hope with an invitation to read more, of how one life born into a broken world – given in love, can transform a dampened spirit, seeking purpose and new life. It was a journey fraught with danger and mystery – that many others doubted and were unwilling to entertain.

But like the line from the classic film Forest Gump said, "Life is like a box of chocolates you never know what you're going to get."

If you invest in a few minutes of prayer every day you can handle whatever comes your way!

Resources are in all of our churches, so come along to open a new chapter in your life's journey.

Therefore, as we dwell on our 'book of 2025' with its yet to be read pages, I pray the content will soon reveal happy, joyous sentiments to bring excitement and new life to its reader.

Julia

Revd Julia Chard

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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.



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News from Coalpit Heath WI



It's hard to believe we are half way through the year already. Our varied speaker programme continued with

Ed Sams, talking about his time with Aardman Animations. Ed has been in the animation industry for 30 years, with his first job being on *Chicken Run*. It's a challenging industry to get into, Ed explained that he worked for free initially as a model maker to get a foot in the door. Ed has worked on many of the characters and sets for animated films that we are all very familiar with. He gave us a brief insight into how long it takes to create a frame for a film using our president as a model. Amazingly, 24 movements and shots make up one second, so it's no wonder the films take so long in production! It was brilliant to be able to get up and handle pieces from recognisable films and ask questions.

We were delighted to congratulate Barbara Moss on her 60 years as a WI member. She was presented with a special card signed by members and an orchid. Barbara (pictured) has been a very active

member of the WI, having been a Vice President, President and Treasurer. Special moments she recalls include making floats for the village carnival, going to the Royal Albert Hall and singing Jerusalem at the AGM.

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.**

Next meetings

Aug 6th – TBC

Sept 3rd – John Robinson – True Crime Odontologist

Oct 1st – Rob Jones – Educating a Death Squad

Nov 5th – AGM. Naomi Johns – Birds of Prey

Programme updates will be found on

Facebook @WICoalpitHeath or on

Instagram @coalpitheathwi on Instagram



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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Can Hambrook Sports Club be saved this winter?

Is there a more quintessentially British summertime sound than the gentle 'thwock' 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 tippie 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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Your 30 Your Way Challenge

This year, local charity, Paul's Place, celebrates thirty fantastic years of supporting physically disabled adults to live life to the full. You can help the celebrations by taking on its 30 for 30 challenge during 2025. For example, is there a habit you want to give up for 30 days? Is there a 30-day push-up challenge you want to achieve? Do you love baking? Could you make and sell 30 delicious cakes for work colleagues and donate the money you raise?

Thirty years ago, Paul Willmott and other founding members got together to form a club. They wanted to see a social group for physically disabled people. It would encourage them to come out of isolation to have fun, feel supported and form friendships.

Notably, eighty percent of adults were not born with their disability. Things like strokes, multiple sclerosis (MS) and brain injuries can happen later in life. Your life could change overnight, and you may feel there's no place to turn for support and friendship.

Unknowingly, Paul Willmott and the founding members had launched a small daily charity that quickly grew. Now, in its thirtieth year, the charity is bringing the former Shire Way Community Centre in Yate back to life and calling it Paul's Place Hub.

Paul's Place member, Rebecca Foreman, says, "Before, I was so lonely and depressed. I had a lot of problems. But since coming to Paul's Place, I've found a best friend. He's brilliant. We always have a laugh. Laughter is like medicine." Hannah continues saying, "Without Paul's Place I would stay at home, which would limit my life. At Paul's Place I'm with people who understand me and I have opportunities".

The charity's new Hub will have more space and multiple rooms tailored for each activity. It will benefit Rebecca and other physically disabled people from across Bristol, South Gloucestershire, B&NES and North Somerset.



But, the charity has never run its own sensory room, radio station, café, allotment, gym and physiotherapy services to name a few. These types of activities and opportunities,

Paul Willmott – one of the founder members of Paul's Place 30 years ago



which we can take for granted are life changing for physically disabled adults. So, the charity urgently needs funding to fully equip its new premises, as its relocation from Coalpit Heath Cricket Club is approaching fast.

To celebrate Thirty Years of Paul's Place, while supporting the charity – why not join its 30 for 30 challenge?

30 for 30 is simple: complete a rewarding activity linked to the number 30 to raise money for Paul's Place. Whatever suits your interests, abilities, and imagination!

The David Lloyd Club in Emersons Green recently ran 30K, cycled 30k and hosted a classathon to 1990s greatest hits to raise money for Paul's Place.

But there is no need to complete a 30K run in our 30-degree heatwave. It will be your thirty challenges, your way.

To get involved, please visit the Paul's Place website. Read its clear and easy to follow #30for30 challenge instructions and then sign up. Or call the charity on the number below:

Web: www.paulsplace.org.uk/30for30/

Call: 01454 777236



Winterbourne Short Mat Bowls Club

Although Winterbourne is a well established and thriving club with almost forty members, the after effects of Covid meant that we lost a lot of original members, and we had to reduce our playing sessions to meet the new reality. Unfortunately, the sessions we had to give up included evening ones that were more suitable to members of working age so, although we are always ready to welcome fresh recruits, we recognise that we are probably all retired players and that our playing hours are not very suitable for many younger people, men and women. Short Mat bowls is starting to attract younger players elsewhere, who are realising the level of skill required to play the game well and that men and women of all ages can compete together on an equal basis. We too would like to be able to offer younger people the opportunity to get involved in the sport.



For example, if you have children at school and you need to pick them up or be home when school finishes, we have the availability to alter our hours to suit you, providing there is sufficient interest. Maybe you can only play evenings or weekends, again there is availability to suit you. First though, we need you to let us know if you are interested and if you would like to come along for a free taster session, we have spare bowls we can lend you and we can provide basic tuition.

Although many members are happy to just play socially, we also enter two teams in the Bristol and District League and have been league champions in two of the last three years. We also run club competitions and there are plenty of competitions held in the local area if you are of a competitive nature.

For membership enquiries, or interest in trying the sport for free, Contact Club Secretary on 07542 052837, or Kelly at WADCA.

Vets dominate the pairs competition at Winterbourne!

Winterbourne Short Mat Bowls Club held its annual pairs competition in the Sports Hall at Winterbourne Community Centre on 14 June. Twenty players were drawn randomly into pairs and then into two leagues of five teams each. During the matches to determine the league winners, there were close fought contests, matches where favourites were roundly beaten and other matches with surprising results. The end results were that the worthy winners of the league sections were identified as Bob Harper and Anne Edwards and Don Swane and Judy Britton. A closely fought final between these two pairs had Don and Judy ahead by two shots going into the last end and holding a further shot lead, with Don to bowl the last bowl of the competition. Unfortunately and inexplicably, Don managed to deflect the jack back to where Bob and Anne's bowls were waiting, giving them a three shot win on the end and making them the well deserved overall champions by one shot. So ended a very enjoyable day for all concerned with one final twist. The photo right shows Bob and Anne with their trophies.



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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 club, 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 & 30th – 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 & 11th – Happy Mondays, St Peters church, 10am–12pm. Free. Tea, coffee, cake, chat, board games, jigsaws. Bring along your knitting, sketching, crafts. All welcome.

Mon 4th & 27th – Singalong with The Jays and Joy. Live music and songbooks provided. Miners Social Club, BS36 2QB, 2–3.30pm. Everyone welcome! £5 to include refreshments. Profits donated to registered charities. Car park and accessible facilities. Call Hilary on 07515 351813.

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

Tues 5th & 9th – 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, 13th & 27th – 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!

Weds 6th & Thurs 21st – 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 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.

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–1pm. 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.

Fri 15th – Motown Disco night with Mike Tremlin, Royal British Legion, Ryecroft Rd, 8pm. £6. New visitors welcome. Details on Facebook.

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.

Mon 18th – Police Drop-in, Brockeridge Centre, 10.30am–12.30pm. Everyone welcome.

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.

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.

Fri 29th – Mark Knight as Elvis "Party Presley", British Legion, 7.30pm. Book on Ticketsource. Club members £5. Tel: 01454 772769. Non-members £7.50.

Monthly listings at www.villageaction.org.uk

Frampton Coterrell Computer Group



Frampton Coterrell Computer Group are continuing to meet at the Brockeridge Centre in Frampton Coterrell 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 Brockeridge Centre, Tel 01454 864442 or Email: over50it_1@hotmail.co.uk

Frampton Coterrell Computer Group

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



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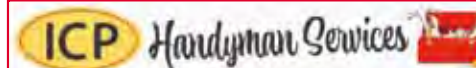
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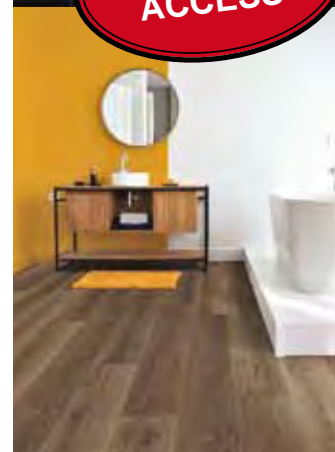
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