Winterbourne & Frampton *Matters*



October/November 2025

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Welcome to the autumn edition of your community magazine, we are pleased to share with you details of local events and activities that will be sure to spread some seasonal cheer!

Frampton Cotterell Parish Council welcome local residents to get creative and build a scarecrow on the theme of Rock & Pop Legends! This wonderful trail will take place from 16th-30th October. They are also inviting people to volunteer for their Help Hedgehogs Hibernate Event over half-term.

Winterbourne Medieval Barn has a whole host of events lined up, from Halloween crafts to live music, cider tasting to mosaic workshops and much more!

Looking ahead a little, The Floral Friends of Frampton invite you to their Autumn Fair on Saturday 1st November. There will be refreshments for sale, craft and activities for kids, plus a raffle. All proceeds go to keeping the village in beautiful bloom for every season.

We enjoyed catching up with local resident Frederick Hopkins, who shared with us his family's summer adventure, when he cycled the 933 miles from John O' Groats to Lands End, with his wife and daughter in the support vehicle. The challenge was embarked on to raise funds for Breast Cancer Now. a charity that has supported his family so brilliantly.

All this, as well as updates from the local WIs, Fromeside Benefice, Winterbourne Library, Hambrook Sports Club, the Village Diary and more!

If you are a business looking to promote your services across the local area in 2025 to 2026, do get in touch with us and we will be happy to help. Deadline for the next edition is 7th November 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

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Crossbow Singers' Golden Celebration Concerts

Report by Louise Lewis and **Anne Angus**

This summer marked a truly golden milestone for the Crossbow Singers - our 50th anniversary concerts, and what a celebration they were!

We are so grateful to our wonderful audiences

who joined us and made the concerts feel so special. Together we enjoyed a joyful look back over the past five decades, with a programme chosen by choir members. The music included old favourites such as Moon River and Take Me Home, Country Roads, alongside a rousing medley from Les Misérables. There was something for everyone, with plenty of singalongs and moments where the choir's talents shone through in full.

A real highlight was stepping into a new technological age with our brand-new interactive screen. Photos from across the years brought back fond memories, while on-screen lyrics made the singalongs even more fun. A big thank you to Eric Bray for organising the purchase and safe installation of the wall-mounted screen - it will also be a brilliant resource for other community groups using Crossbow House Hall.

We were delighted to welcome guest performers Chris Parker and Jake Lewis (grandsons of choir members) along with their friend Ali Rice. Their lively set - featuring songs from The Beatles, Billy Joel, and The Monkees was a huge hit with the audience.

Our very own brilliant pianist, Anthony Davies, wowed the hall with a solo performance that even had the audience joining in, ping-ponging along to the music!

As always, the fabulous Rosie Williams was our compere. With her anecdotes and fun Crossbow Singers facts, she kept us all entertained. Rosie even revisited a poem she first shared 15 years ago when she began her role a lovely touch. Thank you, Rosie, for bringing your sparkle once again!

Thanks to the generous audience contributions to the end of concert bucket collections we were able to make several charitable donations: £500 to Emmanus Homeless, £300 to Warmley wheelers and £300 to Frampton friends, the dementia charity.

And of course, our deepest thanks go to our inspirational Musical Director, Carolyn Dutton. Not only did she

guide us to perform at our very best, but she also gave us a spectacular finale - complete with confetti cannons and balloons bouncing around the audience. It was a truly golden ending to our Golden Anniversary Year.

Here's to the next 50 years of music and memories!

The Crossbow singers are back rehearing after the Summer break and will be singing at care homes, weddings and community events as we swing into autumn.

Inset photo shows Chris Parker in the foreground with Anthony Davies in the background



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October - November at Winterbourne Medieval Barn



Talk

Filton in Space: 65 Years and Counting - Tuesday 7th October, 7pm - 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. In that time over 60 spacecraft were launched with Filton designed and built hardware on board. Terry Ransome tells the story. Tickets are £7.50 and the talk can also be watched live on Zoom.

Participatory Activities

Mosaics course - Friday mornings, 10th, 17th, 24th October, 10.30am - Decorate a small bistro table with your own mosaic design in this three-day course on successive Friday mornings. Full details are on the website and Ticketsource.

Cider Tasting - Friday 17 October, 7pm - David Lindgren from Bushel+Peck has many years experience in managing his own orchards and producing his own cider and perry. He guides you through the aromas and flavours of a range of ciders and perry in this informative but fun workshop. Strictly over 18s only. Tickets £20, includes bread and cheese to go with the ciders.

Wine Tasting – Saturday 8 November, 7pm – With 25 years' experience in the wine trade. Ian Redfearn makes the ideal host for this evening, guiding you through a varied range of wines and port from Spain and Portugal, with an eye to the approaching festive season. He will give some background information on each wine, and welcome questions and comments in this enjoyable workshop. Strictly over 18s only. Tickets include a selection of cheese and biscuits to go with your wines.

Halloween Family Craft Morning - Thursday 30 October, 10.30am - Join volunteers in the Barn to make your own spooky junk models and anything else you like! Ideas, materials, and plenty of space are provided, but this is not a guided workshop. Come along any time between 10.30am and 12.30pm. An adult must remain with their children. Young crafters get squash and a biscuit, and a treat for completing the Halloween Scavenger Hunt. Aimed at age 5+ but all are welcome. Book your space online.

Willow Reindeer Workshop - Saturday 1st November - Learn to weave your own endearing sculpture in this one day workshop.

Festive Fused Glass Workshops - Thursday 13th or Monday 24th November - Make your own colourful miniature glass Christmas trees or wreaths. in a morning or afternoon session. No experience needed. Tuition and all materials provided.

Live Performance

Midwinter Revels - Sunday 30th November, 4.30pm - Chris Green and Sophie Matthews kick off the festive season in great style with carols, folk songs and tunes from Yuletides past. With a plethora of weird and wonderful instruments, lively music and GreenMatthews trademark wit and humour in the atmospheric Medieval Barn just as dusk falls, this will really get you in the festive mood! Tickets are selling fast. Free parking at the Barn. Bar available.

Event booking – All events at the Barn should be booked online at Ticketsource or via the Barn's website. If you need to book in person, contact the office (open part-time) to arrange a time to visit.

The Medieval Barn is fully accessible for wheelchairs. Free parking at the Barn for all events, and plenty of space for drop off / pick up and bicycles. A pop-up bar is open for all evening events.

www.winterbournebarn.org.uk Facebook @winterbournemedievalbarn

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





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News from the Floral Friends of Frampton

Well. can vou remember how dry and hot it was this summer? Hard to believe now. isn't it? This change in the weather has perked up the grass and suddenly our gardens and open spaces look lush and green again.

We will be holding our Autumn Fayre on Saturday, 1st November at the Brockeridge Centre. Last vear we included lots more activities for children and this proved to be a great success, so please, put the date in your diary and come and join us. As always, there will be crafts, drinks, cakes and biscuits for sale, plus a really good raffle and all proceeds will go towards flowers, bulbs, compost and replacing our planters. There will be more information in our newsletter and on social media next month.

We'll soon be meeting to decide on our planting schemes for autumn and winter, and where we can place any new planters and possibly move a couple that are not really as visible as we'd like. Also, it won't be long before we're thinking about

planting bulbs for a really good show in early spring 2026. We would love to increase the number of displays, so you may see us in October busy scattering



bulbs and making holes – after all the recent rain, the ground may be a bit softer by then! Please let us know if you'd like to help with this. Just an hour of your time to plant bulbs would be fantastic - there would be no commitment to join us long term; just wear sturdy shoes and if possible bring a bulb planter or spade, although we will provide tools, if needed. We'll put information on newsletters and social media nearer the time. You'll be made very welcome and actually, it's a lot of fun!

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://ffframpton.wixsite.com/frampton-cotterell







bringing high quality drama productions to the local community at an affordable price. Following the sold-out run of Shrek in May, the group is now working hard on The Christmas Schooner which will be staged at WADCA Community Centre from 26-29th November 2025. Tickets cost £13 and are available from Ticketsource now online, or by ringing

The Christmas Schooner tells the story of the German immigrants to America 120 years ago, who shipped pine trees on the Great Lakes and brought their tradition of Christmas trees and wreaths to the people of Chicago. Based on the experiences of a real family and a real ship, the show is full of hummable tunes, humour and heartache, spreading the message of peace and love at this special time of year. The Musical was written by Julie Shannon, based on the book by John Reeger, and this amateur production is presented by arrangement with Musical Theatre International.

www.winterbournemusical.co.uk

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News from Coalpit Heath WI

In August, we used a gap in the programme to make new name badges (pictured right) for ourselves. Members were able to choose coloured felt. threads.



buttons, and other small decorative items to decorate their badge. Items were sewn or glued on in a variety of ways and the badges will be finished with names shortly.

John Robinson, a retired Orthodontist and Magistrate, was our September speaker. He talked about historical murders where convictions were given without the body being found. He referenced the case of Mrs McKay, who was kidnapped in 1969 after being mistaken for Rupert Murdock's wife, Anna. Her body was never found but it was one of the earliest case of a trial and conviction secured for murder without the presence of a body. He also mentioned the Dingo murder trial, where the mother was convicted and spent three years in jail before the convictions were overturned. Without a body circumstantial and forensic evidence must prove the victim is deceased and that the defendant is responsible. A very interesting talk.

Thanks go to all the members who supported the raffle, either by bringing items or buying tickets, nearly £100 was raised.

We will shortly be reattaching all of the poppies we have to some new netting, they needed to be washed after last autumn's wet and windy weather. Dates have been planned so that the display will be ready for November.

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. Programme updates for the year will be found @WICoalpitHeath on Facebook or @coalpitheathwi on Instagram. Visitors £5.

Future meetings:

Oct 1st - Rob Jones, Educating a Death Squad

Nov 5th - AGM. Naomi Johns Birds of Prev

Dec 3rd - Christmas Crafts

Dec 10th - Christmas Carols in St Saviour's church

Turn Back the Clock Without Botox - Discover Focus Fusion in Winterbourne

They say you can't have it all. .. but when it comes to skin, **The Restore** Clinic in Winterbourne begs to differ. Enter Focus Fusion - the latest, award-winning treatment that's making wrinkles quiver and jawlines sharpen.

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It helps smooth fine lines, lift sagging areas, tighten pores, and boost collagen like your skin's had a triple shot of espresso.

Whether you're tired of crepey skin, dreaming of a sharper jawline, or just want to take back the years, Focus Fusion delivers results that last.

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November Launch Offer (worth £140) All bookings include FREE Alumier MD Peel, LED Light Therapy and home aftercarekit. Contact 07947 864036 for more info

The Restore Clinic. Winterbourne Facebook/therestoreclinic www.therestoreclinic.co.uk @the_restore_clinic_





The Hopkins Summer adventure 2025 - raising funds for Breast Cancer Now

This month we spoke with Coalpit Heath resident. Frederick Hopkins, who has kindly shared his family's epic summer adventure when he cycled the 933 miles from John O' Groats to Lands End!

The journey, over twelve legs, was a true family affair, with his wife Gem and daughter Darcy driving the support vehicle with him all the way.

This story began in September 2023 when Gem was diagnosed with breast cancer and their world turned upside down. Gem's journey has been difficult. Chemotherapy, mastectomy, central lymph node clearance followed by a full lymph node clearance, Radiotherapy and 10 years of medication.

Now, a year on from Gem receiving treatment in hospital, Frederick wanted to show his appreciation to Breast Cancer Now, who supported Gem and their family so magnificently throughout. Frederick also felt Gem deserved something big, to mark the resilience and courage she fought cancer with, all while continuing to be the best mum and role model to Darcv.





Frederick shares his thoughts on the challenge.

"Whenever it got tough, I just had to think, my wife Gem had it worse. It was emotional enough, but on my first day. I started receiving messages of support from friends and family that she had co-ordinated. What a woman!

"Spiritual wellbeing means different things to different people, but for me, it's about doing something bigger than yourself. A sense of wellbeing by giving back. It's good to be good, and as a bare minimum, I hope we have been able to show Darcy this.

"I've been overwhelmed by the support our personal and professional networks have given. It hits you right in the feels. What an experience. An adventure our little family will never forget."

The Hopkins have raised over £10,000 at time of writing and would be grateful to receive further donations. Frederick adds, "Every donation, no matter how big or small, will contribute to the lifechanging work this charity does, please show your support if you can."

Visit: www.justgiving.com/page/frederickhopkins-ioale

If you would like to know more about Gem's story, vou can follow her on Instagram at: www.instagram.com/littlegem andthebigc

News from Hambrook Sports Club

September marks the end of Hambrook's 2025 cricket season, and what a season it was! Our youth tournament and barbecue celebrated the wonderful efforts of our players, who all showed excellent progress and sportsmanship this season. Now our volunteer coaches can have a well-earned rest... well, at least until Winter Nets starts up.

Autumn sees Hambrook football club return to Whiteshill Common, with Hambrook & Brimsham United playing in the Bristol Premier Combination League, and Hambrook Sunday and Hambrook United playing in the Premier Sunday League. There's always room for more players (and supporters) if you're looking for a side!

As the nights draw in, why not while away the evenings with a game of skittles, played every Monday, Wednesday, and Thursday from 7:30 pm. Shout out to our home teams, the Flyers, Sinners, Outcasts, Filton Wanderers, and last but not least, Hambrook Sports. Cards lover? Our crib nights are on Thursdays, too.

Pilates focuses on core strength and flexibility – both of which are key for maintaining good health. We consider it an essential, and not just for sporting types! Our Wednesday pilates class at 8 pm is led by Abigail F Schmidt, just £8 for club members. Why not get in touch to try a free class? We're looking to increase the class schedule this winter, if interest is high enough.

We're looking forward to hosting Hambrook Primary School's PTA Halloween Disco this October. If you're planning a party, we could be just what you need: we can host up to 100 people, with two bars, a skittle alley option, and plenty of parking – all for the extremely competitive price of £70 for all-day hire. Rates for shorter hire periods are negotiable; please get in touch at officialhambrooksportsclub@gmail.com.





We're planning special one-off events for Christmas; find out more at our newly relaunched website www.hambrooksportsclub.co.uk.



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-Walk With Us

Walk Mates Winterbourne

Weekly social walking group. Every Wednesday at 7pm from The Greenfields Centre Winterbourne, BS36 1NJ. 1hr session, steady pace, mixed terrain in Winterbourne, W. Down, Frampton, Hambrook area. Fitness; able to cover 2.5 - 3 miles in an hour. £5 monthly subs



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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Learn to Nordic Walk courses available (contact us for dates), then walk with us regularly thereafter. LTNW courses (4hrs) £50 then PAYG £8 per walk or discounted monthly membership available





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Dawn understands how many of us would prefer to try natural, holistic practices to sooth discomfort such as stomach or head aches and learn how to calm stress, anxiety and improve sleep. You can take courses with Dawn, that will equip you with the knowledge to treat yourself, family and friends.

If you are a professional therapist looking to extend the treatments you can offer. Dawn also runs courses that will enable you to achieve qualifications as a certified practitioner.

Two popular courses are Reiki and Reflexology.

Dawn shares. "I teach Reiki levels 1, 2 and Masters. This gentle practice is wonderful to relieve stress, worries and help your body re-set. It is soothing for the practitioner as well as the person receiving the treatment. To help counterbalance the stress of busy lives this is a lovely therapy to share with family and friends and it is great to aid mindfulness."

She went on to sav. "With Reflexology it never ceases to amaze me how much we can learn about our body from our feet! We can assist the healing of different kind of ailments from headaches to skin conditions, stomach complaints to achy joints. This is a fascinating and effective



treatment to both teach and deliver.

Course info

Day courses take place over the weekend and start from £150 per day – which includes lunch and work books. All sessions are located at Dawn's holistic therapy space in Little Stoke.

Whether you are a complete beginner with an interest in healing, or a professional looking to gain further qualifications, Dawn can tailor the courses for your needs.

To find out more and to book in, please contact Dawn, Call: 0795 1099 491 or visit: www.life-and-soul-empowerment.co.uk





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An update from Clare Moody -

Police & Crime Commissioner

'Your Streets, My Priority' is a coordinated programme of action I'm overseeing to enhance neighbourhood policing and create safer, more vibrant town centres and high streets across the region.

You've told me you want safer streets and more visible policing, and I'm doing it. I've listened to your concerns about anti-social behaviour, retail crime, and criminality in town centres. I'm working with the Chief Constable to put more officers where they are needed, tackling crime in high streets and areas you care about, because you should feel safe in your high street.

Over the summer, I have visited many places and have seen and heard the impact this work is having on people and their high streets.

Below are just a few of the policing activities that have been making a difference across South Gloucestershire

- Various Neighbourhood Policing teams joined forces with The Roads Policing Team, Special Constabulary, and the DVSA to conduct traffic patrols and checks throughout August around Easter Compton, Bradley Stoke, Winterborne Road, Yate, and Chipping Sodbury. Numerous offences were dealt with including one vehicle being found with multiple defects, no insurance, and the driver was arrested for drug driving and possession of cannabis. Another driver attempted to evade police - but the vehicle was successfully located and seized for no insurance.
- I joined South Gloucestershire Council and South Gloucestershire Neighbourhood Policing Team on the Bristol and Bath Railway Path, carrying out highly visible patrols and engaging with users of the path about their feelings of safety.
- The deployment of plainclothes officers at The Mall. Cribbs Causeway, as part of Project Servator - which is all about unpredictable, highly visible police deployments designed to disrupt criminal activity while reassuring the public. You'll see a mix of uniformed and plain clothes officers, working together with security staff and the local community to keep everyone safe.
- In addition to all the policing activity that has continued throughout the summer, there have also been community stalls and pop-ups happening, so our police and partners can hear from people about any issues they are facing.

If you'd like more information about the work happening under 'Your Streets', please visit Your Streets, My Priority - OPCC for Avon and Somerset.



On 9th September I held

a public forum at Chipping Sodbury Golf Club, offering members of the public the opportunity to engage directly with me and senior officers from the Local Policing Team. I am here to listen and represent local communities, so it was great to see so many people engaged and sharing their views.

Topics discussed included concerns around anti-social behaviour (ASB) and issues around motorcycle theft. resulting in a follow-up meeting dedicated to bike theft in South Gloucestershire.

To keep up to date with what's happening as part of the "Your Streets, My Priority", visit my website and social media pages.

www.avonandsomerset-pcc.gov.uk



What's on at Winterbourne library



Children's FREE Activities

Rhymetime - Every Wednesday, 10am (term time only)

Storytime - Every Friday, 10am (term time only)

Lego Club - 4 weekly on a Saturday, 10am -11am. Story and a themed build, children must be accompanied by an adult. Suitable for 4+ years. Next Sessions 11th October and 8th November.

Autumn Half Term Children's Activity – Join us on Friday 31st October from 10.30am, for our children's free crafts, or collect your craft bag to make at home. Suitable for 4-11 years.

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 4th and 18th October, 1st and 15th November.

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. Next dates 8th and 22nd October.

Computer Classes - Thursday (term time only) enrolment required with SGS College. For further information please contact Cindy on: 0117 909 2296 cindv.corbett@sqscol.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

Telephone: 01454 868006

www.southglos.gov.uk/libraries

South Gloucestershire Libraries

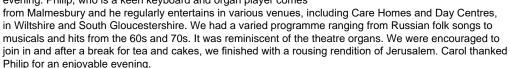
southaloslibs

News from Winterbourne Evening WI

On a very wet and windy September evening we met at the Greenfield Centre. As our President was away, Carol Shields led the meeting.

The business news was quickly completed. The AFWI Annual General Meeting will be at BAWA and Susan Marshfield will be our delegate. There will be a Public Affairs Day at Chipping Sodbury in November and the annual Carol Service will be held at St. Mary's Church, Thornbury. We were reminded of our birthday lunch next month and we heard that, Pat Dukes Tea Party raised £134.

After the raffle, Carol introduced Philip Dowding for a musical evening. Philip, who is a keen keyboard and organ player comes



Our next meeting will be on October 9th, at the Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ, Visitors are always welcome.







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It's Good to be Back!

by Kirsty Robson, Head teacher of St Michael's C of E Primary School, Winterbourne.

As we begin another academic year at St Michael's Primary, I have been reflecting on the achievements of our children last year. Their dedication and hard work have led to great outcomes, once again showing the potential within every child in our care.

Looking ahead, we have planned a range of opportunities and initiatives

to continue developing our educational offer. It was the end of our first year working with eleven other schools as part of the Mosaic Partnership Trust. This collaboration marks an important step for our school, creating new opportunities for staff development and shared learning.

Our focus on reading and teaching and learning approaches has already made a noticeable difference in the classroom, helping to shape better learning experiences. Working with other schools in the trust has allowed us to share ideas and learn from colleagues who are equally committed to high standards.

We're also looking forward to a number of exciting events this term, including our much-loved Grandparents' Afternoon, which is always a highlight of the school calendar. Children will also have the chance to enjoy a trip to the panto at the Bristol Hippodrome, offering valuable cultural experiences beyond the classroom. We continue to offer a broad and balanced curriculum that includes music, PE, and the arts - ensuring that every child has the chance to explore their talents and develop as a whole person.

As we continue this journey with our partner schools, we remain committed to giving every child a strong and supportive education, helping them grow and reach their full potential. It is a privilege to lead our committed team at St Michael's and work with such fantastic children.

For anyone that would like to visit our school we have some open events for prospective parents of Reception children starting in September 2026. These will take place on Wednesday 8th October at 5pm and Wednesday 15th October at 9.15am. Alternatively, individual tours can be booked through the office on 01454 867105. www.stmichaelswinterbourne.co.uk.

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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 guiet 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. Use the coupon code WFM4 when booking to redeem a welcome discount.







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Santas on the Run returns!

A much-loved Christmas event – Santas on the Run, which will see people dressed as Father Christmas, elves and other festive characters, is being held on 7 December in the grounds of Children's Hospice South West's (CHSW) hospice at Charlton Farm in Wraxall.

This is the third year the 2k festive run has been held in the beautiful grounds of Charlton Farm. Last year's event raised an incredible £15 000 for CHSW

People are encouraged to arrive in festive fancy dress, with prizes on the day for the best dressed child, adult, pram and dog. Money raised from Santas on the Run will go towards offering care and support to local families who use CHSW's three hospices. including Charlton Farm.



Tickets are available to buy online at www.chsw.org.uk/event/santas-run-north-somerset-2025

Also included in the ticket price is half-price entry to Noah's Ark Zoo Farm on the weekend of the event for the ticket holder and up to four friends and family.

CHSW Events Fundraiser, Hollie Thorogood, said: "We can't wait to see all of Santa's little helpers at our Santas on the Run event this year and hope everyone can join us for another fun-filled day. We're delighted to hold the event at Charlton Farm for the third year and show people our amazing hospice."

All money raised from Santas on the Run will help CHSW to continue providing care to local children living with life-limiting conditions and their families. Participants are encouraged to raise £25 in sponsorship as an individual and £70 per family.



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News from Frampton Cotterell Parish Council

Scarecrow Trail 2025

The ever-popular Frampton Cotterell Scarecrow Trail is back for spooky-season 2025. This year's theme, as voted for by the parish, is Rock & Pop Legends!

If you'd like to make a scarecrow or window display for this year's trail, you can sign up online via our website or by filling out a paper entry form available at The Brockeridge Centre. The deadline to enter is 12pm, Friday 10th October.

This year's Scarecrow Trail will take place from the 16th to the 30th of October. Our official 2025 Scarecrow Trail Map will be available from the beginning of the trail period. You will be able to find the live digital map on our website or pick up your free print map from the Brockeridge Centre. Don't forget to vote for your favourite display - there will be prizes for the two with the most votes!

Local Nature Art Exhibition 2025

This year's Frampton Cotterell Climate & Nature Local Art Exhibition, at the end of August, proved to be as popular as ever! All created by local artists, the exhibits were both beautiful and inspiring.





During this year's exhibition week, we also held several fun and free special events for local people to enjoy. Our Nature Officer and resident bat expert, Daisy, held one of her popular accessible Bat Talk & Walk sessions. While local artist Nicky Stone hosted two incredible art sessions, which were fantastically well received.

We also led a "Community Nature Collage" project, inviting local people to bring in their photos of local nature to help us create a hedgehog-shaped collage board for display in the Brockeridge Centre (as pictured above). We'd like to say a huge thank you to our incredible Hedgehog Hero, Bob, for creating the hedgehog shaped template boards for this community nature project. Thank you, Bob, you're brilliant!

As part of this year's exhibition, we held an Under 16s Art Competition. We are very happy to announce this year's winner as Harriet Cocking, for her beautiful bat artwork. Congratulations Harriet. you are a very deserving winner. Enjoy your prizes!

Nature Champions Needed

Do you have an idea for a nature project? Is there a local green space you'd like to improve, or a species or habitat you want to support? Or perhaps you have an idea that can help other people connect with nature? Put your ideas into action by becoming a Nature Champion!

We can provide advice, training, and resources to help local people, help local nature. Whether you want to create a community garden or lead bug hunts, make bird boxes or transform unloved spaces into nature havens (and more) we can offer support.

To learn more about becoming a Nature Champion, please email our Wildlife Officer, David, at wildlife@ framptoncotterell-pc.gov.uk.

Half-Term Help Hedgehogs **Hibernate Event**

On Saturday 18th of October, vou're invited to join us and the Hedgehog Heroes Here, for our half-term Help Hedgehogs Hibernate event.

Come along to The Brockeridge Centre from 10am - 12pm for a morning of nature crafts. hedgehog box building, and our always popular Hedgehog Cake Bake Off - fun for all the family! At this event we will also be raising money for our chosen 2025 Climate & Nature charity -Yate Hedgehog Rescue.

This family event is free, but places are limited and booking is required - visit our website to learn more and to reserve your place.

Update on Ball Court Improvements at The Park

In the middle of September, installation began on our new and improved multi-use games area at The Park (Crossbow). Work is progressing well and is on track to be completed in time for the October half term!

The planning for this project was overseen by our Courts Working Group made up of all stakeholders, and was influentially informed by feedback from local people, including through responses to our 2024 Youth Survey and our 2023 Courts Survey.

Pathway at The Park - Update

At time of writing (at the end of September), work is due to begin to install accessible pathways at The Park (Crossbow). These new paths will improve the experience of all park users and help to make our facilities more accessible and inclusive for everyone.





this work may cause and thank you for your patience.

Silver Local Council Award for Frampton Cotterell Parish Council

We are very proud to have attained the Silver Award as part of the National Association of Local Councils (NALC)'s Local Councils Award Scheme.

"The attainment of the Silver Award signifies that a council excels in governance, community engagement, and continuous improvement. Distinguished by going beyond mere legal obligations, quality councils emerge as leaders within their communities, consistently seeking opportunities to enhance and develop further" -NALC Silver Award Criteria. We are now working towards Gold!

Community Christmas Celebration 2025

Our always-popular Community Christmas Celebration event will be taking place on Friday 12th December, 6 - 8pm at The Brockeridge

Everyone is welcome to attend this fun, free and festive Christmas Celebration!

We are now accepting stallholder applications for this year's celebration. If you are interested please get in touch via the contact details below.

The Brockeridge 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 Email: office@framptoncotterell-pc.gov.uk

Under 16s Art Competition winner, Harriet Cocking, with her art & prize



Bristol: 0117 3134 862 **Exeter: 01392 642 634** Newton Abbot: 01626 932 964

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News from Frampton Cotterell WI

In mid August, we had the honour of organising and hosting the regional "Sodbury Vale" annual group meeting at Crossbow House. Over 60 local WI members attended a social evening with food, drink and entertainment. Singer, Angie McCoy entertained us with a collection of songs through the decades from the 60s onwards, even managing to get a number of us up and dancing come the end of the evening! It was a very warm, enjoyable summer's evening and one to be remembered.



On the 19th August we held a very special Greek Night at Poplars Farm cafe, as our main "end of Summer" social event. There was a themed three course meal for members to enjoy - which was delicious. A great evening with great company and excellent service from the staff team at Poplars.

For our September talk, we welcomed back speaker Sarah Harris to talk about "Life After Barry" - Barry being her first goat, as she and her husband entered the world of goat and sheep farming. Sarah is a very funny and amusing speaker who always delivers a hilarious talk!

Visitors and new members are welcome to our monthly meetings at St Peter's Hall, on School Road, at 7.45pm, normally on the fourth Tuesday of the month. There is a charge of £4 for the evening and any new members can also join by paying a membership fee.

Up-coming events and talks for the Autumn schedule include:

28th Oct - Christmas Craft Evening | 25th Nov - AGM & Quiz night | Dec (date TBC) - Christmas social.

We have many other events/socials lined up for the year ahead, including trips for meals out, garden/ historic visits, etc. We also have a monthly "lunch club", open to all members and held at a different local venue each time. Watch this space and our Facebook page for confirmation of future event dates and more details. 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.



Bristol Brunel Lions and their branch club Bradley Stoke Lions plan to celebrate World Sight Day at the Willow Brook Centre, Bradley Stoke

on 11th October 2025 from 11am to 3pm.

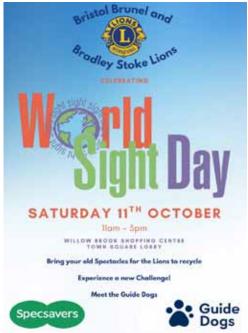
The World Health Organisation observes World Sight Day annually, a global event to draw attention to blindness and visual impairment. It was originally initiated by the Sight First Campaign of the Lions Club International Foundation in 2000.

We plan to show people how difficult life can be for those with sight problems and how we can help them in different ways.

Bring along your old unused spectacles for the Lions to recycle. Try some of the challenges that are experienced on a daily basis by some.

Meet the guide dogs which are a lifeline for so many blind people and talk to the team who support the sight impaired with different equipment, advice and practical help.

We ask for your support to enable us to buy cameras for the Lions Child Sight Campaign. This will take vision screening into schools to identify early sight issues to see whether referral to an optician is necessary.



Volunteers needed to help run the Roval



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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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.



a summer competition

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.

Severn Counties Foreign & British Bird Society Cage Bird Show



The Methodist Church Hall, Down Rd, Winterbourne BS26 1BN

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

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

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

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













The importance of quiet reflection

This September I have been away with my wife in Northumberland which is a beautiful part of the United Kingdom. Generally, it is unspoiled by the trampling of too many tourists and it has been described by some as 'England's best kept secret'! It has beautiful rolling hills, long

sandy beaches, mountains, lakes, rivers, historic villages and a number of premier league National Trust properties to visit as well. A wonderful place all-round in which to spend a restful break.

As a Christian, Northumberland is significant as one of the cradles of Christianity in England, with the establishment of a 'Celtic Spiritual tradition' by monks from Iona in Scotland making missionary journeys to bring the faith to the Northeast, among their number were two of the great English saints Cuthbert and Aidan. The centre piece is Holy Island where they set up a monastery which formed the base for their missionary forages onto the mainland.

My wife and I love to visit Holy Island, which is one of the great places of pilgrimage with people flocking to cross the sands when the tide is low, making their way to the abbey church and the historic parish church of St Mary's.

Twice a day when the tide is in, the Island is cut off from the mainland and there is nothing better than being on the island when all the tourists have departed, leaving the die-hard pilgrims to embrace the true spiritual wonder of this holy place.

I always think that it is a wonderful metaphor for our lives, where there is the wonderful balance of being connected by the causeway when the tide is out and yet having quiet moments of seclusion when the tide is in.

For us as human beings to be fully whole and for our general well-being, we need to have in our lives times of connectivity with others, after all we are generally social creatures and being in communication with others is really important for us. However, we also need times of quiet reflection, a chance to recharge our batteries and assess who and what we are, as spiritual beings this should be a critical part of life.

The Celtic Saints were superb at getting this balance right and rooting it at the heart of their very existence. I encourage you in your lives, whether you are of faith or not, to strike this balance if you can. You just may discover it helps in ways you never imagined, and in a strange way you will engage with what is at the essence and heart of Holy Island and become even more rounded and whole as a person.

God Bless.

Fr Malcolm

The Revd. Malcolm Strange

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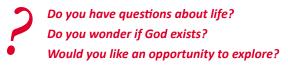
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If yes, then the Alpha course could be for you!

It is an opportunity to share honestly, ask questions and discover more about the Christian faith.

@ Zion United Church, Frampton Cotterell, we are running Alpha on Sundays 5-6.30/7pm from 12th Oct to 23rd Nov over 7 weeks.

Each gathering will begin with a light tea (sandwiches, quiche, cake), we will then watch a short film on a theme such as 'Who is Jesus?', followed by discussion, questions and sharing for those who would like to. Alpha is open to all and is a safe, friendly space for those who would say they have no faith, for those who would like to explore their faith further and for those intrigued and interested.

Alpha courses are run in many churches, homes, prisons, workplaces and in many more locations all across the world. Alpha guests particularly value the open conversation and the chance to ask questions of those who would say they have faith: Why do they believe what they do? How do they sense God with them? How do they know?!.

Please do let us know if you have any enquiries about Alpha. Alpha is for those 18 and over- no upper age limit! All are very welcome.

Register direct via the Church website: https://www.zuchurch.co.uk/welcome.htm or email Sarah, Church Administrator (office.zuchurch@gmail.com)





Thornbury Art Club -

October Club Night is Tues 28th - Mark Warner



Every 4th Tuesday of the month, Thornbury Art Club invites an artist to give a talk or demonstration. This Club Night, Mark Warner will demonstrate the use of tone and colour in the landscape. He will use acrylic paints to create an art piece depicting the Malvern Hills. Mark will show how he builds up layers within a painting. He will give a very informative demo, delivered in a popular and enthusiastic manner. Mark is an experienced practising artist and tutor. He works from his studio in North Shropshire.

We'll have a short break during the evening for free tea, coffee, and biscuits. This will give us an opportunity to catch up with each other and of course say hello to our visitors. There will also be some time to chat to the artist and ask questions. Don't miss this fantastic chance to learn, socialise, and

enjoy an evening of art, whether you're just starting out or looking to refine your skills.

Painting Workshop Saturday 1st November

Watercolours with Catherine Beale. Catherine will teach us some of her wet-in-wet techniques in capturing light and the use of punchy colours and tone to create atmosphere in our painting. A professional artist, her work has been in many group and solo exhibitions and can be found in private and public collections worldwide. Catherine is a member of the Society of Women Artists.



Members free, non-members very welcome - £6 on the door, cash or card. 7.15 for 7.30pm until 9.30pm. If you're interested in joining the Club, our membership secretary, Pat will be on the door to give you more information, or else contact us below.

Venue: - St Mary's Church Hall, Eastbury Road, Thornbury, BS35 1DR Free parking on-site.

We also run an Outdoor Sketching Group on the 2nd Saturday of the month.

For more details on any of the above, visit:

www.thornburvartclub.co.uk. www.facebook.com/

ThornburyArtClub,

or email:

publicrelations.tac@gmail.com



ARTS APPRECIATION GROUP

Please join us at 2pm, on Thursday 16th October, at The Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ. for a talk and projection by Patrick Furley on "Early cinema films 1870-1930".

For more details details call Sally on

07946 508316



Frampton Cotterell Computer Group



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

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

Although vounger 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 Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Email: over50it 1@hotmail.co.uk



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Local Pub's Fundraising Efforts achieve New Defibrillator Installation

Staff and customers at Bristol's 'CAMRA Pub of the Year', the Rising Sun in Frampton Cottrell, have been busy raising money over the past few months to install a defibrillator at the pub.

Zane Edwards, assistant manager at the pub, ran the Brighton Marathon and raised over £2,300 for Children with Cancer.

Simon Lloyd, usually found playing at Glastonbury and Motion, raised over £1,000 by dj'ing in the pub.

What a fabulous effort and, whilst we hope it is never needed, it is really good to know there is an additional local Defibrillator in the area.

Pictured with Zane and Simon and the new Defibrillator are the Rising Sun's managers Ed and Liv.

CAMRA stands for CAMpaign for Real Ale and each year the Bristol & District CAMRA branch invites local members to nominate pubs for consideration in the branch 'Pub of the Year' competition. The finalists from this nomination stage are then judged against various nationally designated criteria to decide the result. Earlier this year, The Rising Sun in Frampton Cottrell was declared the winner of the Bristol & District branch Pub of the Year! Pub of the Year is not just about the beer and judges are expected to consider the full customer experience and whether a pub offers that 'something' extra.



Winterbourne Down Art Group

We meet every Thursday, 2-4pm, at The Church Hall on Church Rd until 18th December (excluding 23rd and 30th October).

All are welcome to come along and see if our friendly group is just what you need to inspire you to enjoy art now the longer nights are drawing in.

Contact Alison Sansum for more details on

01454 775133

Plan early for the winter season!



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Vince and his team can also offer high-quality bags of kindling wood starting at £10 per bag (or five bags for £35). Please see website for full price list and current offers.



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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.

Crossbow House, 58 School Road, Frampton Cotterell, Bristol, BS36 2DA







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www.vinceslogs.co.uk e: vince@vinceslogs.co.uk

Shopmobility South Gloucestershire News Update

Shopmobility South Gloucestershire, based in Yate Shopping Centre next to the library are very pleased to be joined by a new Project Worker. Louise Harris. Louise has many years' experience working in the voluntary sector, managing services and volunteers, mainly people with disabilities and mental health issues.

After a period when we were open reduced hours, we are very excited to announce that we will now be open Tuesday, Thursday and Friday from 10am to 4pm. However, this will still vary occasionally subject to volunteer and staff availability, so we always advise you phone us first before dropping in.

We have a new telephone number 07749 954275 and if we aren't able to answer, please leave us a message. You can also email us at info@yate-shopmobility. org Our website is https://myyate.co.uk/yate/ shopmobility-yate and you can find us on Facebook too. facebook.com/yateshopmobility.

We offer for hire mobility scooters of different sizes, including those that can be taken apart and put in the boot of a car, and wheelchairs that you can selfpropel, or a carer can assist you with.

Yate shopping centre is an ideal location for people using mobility scooters and wheelchairs as it is flat and has over 100 shops, a mixture of independents and chain stores, all of which are accessible, along with a good choice of coffee shops and cafes. The shopping centre has plenty of disabled parking and we can meet you at your car or the bus stop with a scooter or wheelchair. The shopmobility office has a disabled toilet as does the shopping centre.

Anyone with limited mobility is welcome to use our service, young and older people, those with a permanent or temporary disability or injury, or perhaps you are deciding whether to buy your own scooter and want to try one out for a couple of hours first. If you or a relative are on holiday in our area, you are very welcome too.

As demand varies, it is advisable to book in advance, but feel free to drop in too or phone us with any aueries.

We also offer longer term hire of the scooters that dismantle and wheelchairs if you want to use one for a week or two due to a temporary disability such as following a hip replacement or have a relative visiting who needs one.

We are always on the look out for volunteers to ioin our small but friendly team, for either a regular half day or full day. Full training will be given, you can drink as much tea and coffee as you like, and if it's a quiet day, you can even read the



newspaper or a book! You do have to be fit enough to move the equipment around and demonstrate how it all works, including dismantling and reassembling the transportable scooters. Please call Louise for a chat if you are interested. Shopmobility is a non-profitmaking charity (Registered charity no. 1107379), funded by South Gloucestershire Council, donations, sponsorship and grants.

We look forward to seeing you soon!



Paul's Place Opens its Life-Changing Accessible Hub

A new hub recently opened its doors in Shire Way. Yate, to offer independence and opportunities for physically disabled adults. Around £2 million was spent on the former Shire Way Community Centre, so Paul's Place has its own fully accessible premises for the disabled adults it supports. An anonymous legacy donation kick-started the renovations, followed by a huge fundraising campaign, which received a massive response. It turned an abandoned building into a modern and fully accessible Hub where physically disabled adults can live life to the full and have more opportunities than ever before.

After years of planning, fundraising, and then repurposing the former Shire Way Community Centre, Paul's Place finally opened its hub on Thursday 28th August. As the members crossed the threshold, there were surprises, joy and tears, because this isn't just a building, it's their freedom, their dignity and a place rebuilt for them.

An open day on Wednesday 10th September, was held for funders. local councillors, businesses and commissioning services who supported the project and the charity's mission to see a world that fully embraces disability. The members (service users) proudly led the guided tours, gave speeches and demonstrated the multiple rooms in action. The local community was invited to explore and see the building in action on Saturday, 20th September. They took part in the many arts, music and Paralympic sport activities on offer. There's also a Christmas market (in the planning) for Saturday, 6th December.

Paul's Place Head of Fundraising and Communications, Kayley Waller, said, "Our members are always at the heart of everything. To have them lead tours and showcase what we have been working on for years as a charity is amazing. It was a huge moment for Luke who found his confidence to speak to a full room of visitors about



Boccia. Paul's Place and the difference the charity has made for him." Paul's Place member. Matt

Badman, said, "We've waited twenty-five years. It's now finally open, and it looks amazing."



The new facilities, including a music therapy room, a sports hall, and a fully adaptable kitchen empower members to do things for themselves that were once impossible.

Matt Badman added, "It's so much more adaptable, especially the facilities in the kitchen, where we can now cook our own food."

Not only does the Hub have more space to easily accommodate its one-hundred members, it can now grow and offer more accessible services. It will also host external events, including the Paralympic sport Boccia.

Lynda Williams, CEO, said, "The Hub is a one-off in the Southwest. It's completely adaptable. Fully accessible for a multitude of uses, and specifically for physically disabled people. Once you come through the door and see what's on offer, you'll never want to leave."

Transforming a disused community centre into the Hub it is today, was a massive undertaking. The list of donors big and small is a long one. Paul's Place member, Sue Milkins, said, "To them I would say we're very grateful and they have done a marvellous

Without Paul's Place, many physically disabled adults would face loneliness. The Hub offers more than its life-changing activities, it's a place to share laughter, friendship, and a warm drink together. Just £5 helps keep the kettle boiling and the conversations flowing.

Interested in Paul's Place or want to make a referral? Visit the charity's website or call them today and help change lives.

www.paulsplace.org.uk/30for30/ Call: 01454 777236

Village Diary 2025

October

Weds 1st - Coffee Morning, Salem church, Watlevs End. 10-11.30am. All welcome.

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

Weds 1st, 15th, 22nd & 29th - Men's Chat Afternoon, Brockeridge Centre, 1-3pm. Free for men of any age.

Weds 1st - Wellbeing Friends, WADCA 1,45-3,45pm, £3. For people with dementia and their carers. Call Edna: 07789 662694.

Wed 1st & 15th - Table Tennis at Henfield Hall, Ram Hill, 2-4.30pm. £2. Equipment provided. henfieldhall@Yahoo.com

Wed 1st, 15th & 29th - Bingo, The Miners' (Coalpit Heath Village Hall), 2-4pm. Fortnightly.

Wed 1st - Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors £5, Call: 07935 071291 or Facebook.

Thurs 2nd - 50+ Wellbeing in Nature Gardening group, Frome Valley Growing Project, Swan Lane, 10.30am-1.30pm. thegrowingproject123@gmail.com

Thurs 2nd, 9th, 16th & 23rd - Fromeside Food Hub, Zion, 12-2pm. Open to all. Free or 'pay as you feel'.

Fri 3rd, 10th, 17th & 24th - Laughter Club, Coffee, Cake, Chat, St Peters church, drop in, 10am-12pm.

Fri 3rd - Quiz, Crossbow, 8pm. Tel: 01454 772947 or email: crossbowhouse@gmail.com

Sat 4th - St Saviours Church open to visitors, 10am-12pm. Tea/coffee etc available.

Sat 4th - Repair Cafe, British Legion, Ryecroft Rd, BS36 2HW,

Sat 4th - Messy Harvest, St Saviours church hall, 3.30-5.15pm. Free. All welcome.

Sat 4th, 11th, 18th & 25th - Music and Dancing, Royal British Legion club, Ryecroft Rd, 8.30pm. £6, non-members £6.50.

Sun 5th - Frome Valley Growing Project Open, Swan Lane, Winterbourne, 11am-2.30pm (weather dependent). thegrowingproject123@gmail.com

Sun 5th - Video of St Saviours' 150th celebrations in the Hall, 3.30pm. To mark the 180th anniversary of St Saviours in 2025. Evensong at 6pm.

Mon 6th & 27th - Happy Mondays, St Peters church, 10am-12pm. Free refreshments and chat. All welcome.

Mon 6th - Gardening and Social Club, Manor Hall Jubilee Room, 2-3.30pm. All welcome. £3 incl refreshments. Tel: 07873 747513, www.manorhall.org

Tues 7th & 21st - Crotchet & Knit Club, Brockeridge Centre, 11am-1pm. Any ability. Tel: 01454 864442 or email: office@ framptoncotterell-pc.gov.uk

Tues 7th - Talk: Filton in Space - 65 Years and Counting, Winterbourne Medieval Barn, 7pm. www.winterbournebarn.org.uk

Weds 8th & 22nd - Volunteer Day at Frome Valley Growing Project, Swan Lane, Winterbourne, 10am-2pm. thegrowingproject123@gmail.com

Weds 8th, 22nd & 29th - St Saviour's church open 1-3.30pm, for tea and coffee, prayer or quiet space.

Weds 8th - Singalong with The Javs and Jov. Crossbow. School Rd. 2-3.30pm, £5. carers free, All welcome, Call Hilary: 07515 351813.

Thurs 9th - Vale of Frome Men's Probus. The Miners. 10am-12pm. Variety of speakers. Sec: Terry 0117 956 4259 or 07521 613154.

Fri 10th - Folk club, Crossbow, School Rd, 8-10.30pm. £3. Tel: 07974 151437 or Facebook; folkatframptoncotterell

Sat 11th - Volunteer morning to tidy St Peter's churchyard and improve environment for wildlife, 9.30am-12pm. Just turn up. Call Steve, 07500 898179 or email: stevebirch7@btinternet.com

Mon 13th - Police Drop-in, Brockeridge Centre, 10.30am-12.30pm. Everyone welcome.

Tues 14th - Coffee & Cakes, Brockeridge Centre, 11am-1pm. Open to everyone.

Tues 14th - Film Afternoon, Salem, Watleys End, 2pm. Free parking, free admission. www.salemchurch.org.uk

Weds 15th - FC Local History Society, Zion, 7.30pm. £5 incl tea/coffee. Members free (membership £20pa). secretary fcdlhs@vahoo.com

Weds 15th - South Glos Mines Research Group talk, Coalpit Heath Village Hall, 7.30pm. Non-members £3. Membership £20pa. www.sgmrg.co.uk

Thurs 16th - Coeliac UK Local Café Meet Up, Iron Acton Garden Centre cafe, 10-11.30am. Info: volunteering@coeliac.

Thurs 16th - Wellbeing Friends, WADCA 1.45-3.45pm. £3. For people with dementia and their carers. Call Edna: 07789 662694

Thurs 16th - Arts Appreciation, Greenfield Centre, Winterbourne BS36 1NJ, 2pm. For more info call Sally on 07946

Fri 17th - Cider Tasting, Winterbourne Medieval Barn, 7pm. Ticket £20 includes ciders. Book online. www.winterbournebarn.

Fri 17th - Bingo, Crossbow Community Centre, School Rd, 8pm. Tel: 01454 772947.

Sat 18th - Repair Cafe, All Saints' hall, Winterbourne Down, 10.30am-12pm. winterbourneenvironmental@gmail.com

Weds 22nd - Ladies Circle, Zion, 7.30pm. Varied speakers. More info: jeanbradbeer@gmail.com or call Gill, 01454 850684.

Thurs 23rd - Memory cafe, Greenfield Centre, 2-3.30pm. Chat and cuppa. Free. More info from The Alzheimers Society.

Thurs 23rd - Filling Station, Manor Hall, 7,30pm, Christian gathering. Open to all, www.thefillingstation.org.uk/station/ south-glos

24-31st - Frampton Cotterell Scarecrow Trail (incl mini scarecrows and window displays).

Tues 28th - Coffee & Cakes, Brockeridge Centre, 11am-1pm. Open to everyone.

Tues 28th - Women's fellowship, Salem church, Watleys End, 2.30pm, www.salemchurch.org.uk

Tues 28th - Mothers Union evening group, St Saviours Church, 7.30pm. Call Mary Head on 01454 887870.

Tues 28th - Frampton WI, St Peter's Hall, School Rd, 7.45pm, £4.Email: Fcwisecretary@outlook.com or Facebook: FramptonCottWI.

Weds 29th - Litter Busters, meet outside British Legion, Ryecroft Rd, 10am. Voluntary group who help to keep our village tidy, once a month. See Village Action on Facebook or email: framcottva@hotmail.co.uk

Thurs 30th - Halloween Family Crafts, Winterbourne Medieval Barn, 10.30am.

Fri 31st - Soup lunches, St Saviours church hall, 12pm. Fri 31st - Family Halloween Party, The Miners, 3pm.

November

Sat 1st - St Saviours Church open to visitors, 10am-12pm.

Sat 1st - Repair Cafe, British Legion, Ryecroft Rd, BS36 2HW, 11am-1pm.

Sat 1st. 8th. 15th. 22nd & 29th - Music and Dancing, British Legion, Ryecroft Rd. 8.30pm, £6.50.

Sun 2nd - Frome Valley Growing Project Open, Swan Lane Winterbourne, 11am-2.30pm (weather dependent). thegrowingproject123@gmail.com

Mon 3rd - Gardening and Social Club, Manor Hall Jubilee Room, 2-3,30pm, All welcome, £3 incl refreshments, www. manorhall.org, Tel: 07873 747513.

Tues 4th - Crotchet & Knit Club, Brockeridge Centre, 11am-1pm. Any ability. For more info call 01454 864442 or email: office@framptoncotterell-pc.gov.uk

Weds 5th - Coffee Morning, Salem church, Watleys End, 10-11.30am. All welcome.

Weds 5th - Coffee Morning, Henfield Hall, Ram Hill 10am-12pm, henfieldhall@vahoo.com

Weds 5th - Wellbeing Friends, WADCA 1,45-3,45pm, £3, For people with dementia and their carers. Varied activities, games, cuppa, chat. For more info call Edna on 07789 662694.

Weds 5th & 19th - Table Tennis at Henfield Hall, Ram Hill, 2-4.30pm. £2. Equipment provided. Refreshments available. henfieldhall@Yahoo.com

Weds 5th - Singalong with The Jays and Joy, Crossbow, School Rd, 2-3.30pm. £5 includes refreshments. Carers free. Call Hilary, 07515 351813.

Weds 5th - Coalpit Heath WI, St Saviours Church Hall, 7.45pm. AGM, Visitors £5, Tel: 07935 071291 or Facebook.

Thurs 6th - 50+ Wellbeing in Nature Gardening group, Frome Valley Growing Project, Swan Lane, 10.30am-1.30pm. thegrowingproject123@gmail.com

Thurs 6th, 20th, 13th & 27th - Fromeside Food Hub, Zion, 12-2pm. Open to all. Free or 'pay as you feel'.

Fri 7th - Laughter Club, Coffee, Cake, Chat, St Peters church, drop in, 10am-12pm. Fri 7th - Quiz, Crossbow, 8pm. Tel: 01454 772947 or email:

crossbowhouse@gmail.com

Sat 8th - Volunteer morning to tidy St Peter's churchyard and improve environment for wildlife, 9.30am-12pm, Just turn up. More info from Steve Birch, call: 07500 898179 or email: stevebirch7@btinternet.com

Sat 8th - Wine Tasting, Winterbourne Medieval Barn, 7pm. Book online. www.winterbournebarn.org.uk

Mon 10th - Happy Mondays, St Peters church, 10am-12pm. Free refreshments and chat. All welcome.

Tues 11th - Coffee & Cakes, Brockeridge Centre, 11am-1pm. Open to everyone.

Tues 11th - Film Afternoon, Salem, Watleys End, 2pm. Free parking, free admission, warm welcome. www.salemchurch.org. uk, Facebook: Watleysendmethodist

Weds 12th, 19th, 26th - Men's Chat Afternoon, Brockeridge Centre, 1-3pm. Free for men of any age.

Weds 12th & 26th - Bingo, The Miners' (Coalpit Heath Village Hall), 2-4pm. Fortnightly.

Thurs 13th - Festive Fused Glass workshop, Winterbourne Medieval Barn, 10am or 1pm. Book at winterbournebarn.org.uk

Thurs 13th - Vale of Frome Men's Probus. The Miners, 10am -12pm. Variety of speakers. Terry 0117 956 4259 or 07521

Fri 14th - Folk club, Crossbow, School Rd, 8-10.30pm. £3. Info, tel: 07974 151437 or Facebook: folkatframptoncotterell Sat 15th - St Peters Christmas Fair, 10.30am-1pm.

Sat 15th - Repair Cafe, All Saints' hall, Winterbourne Down,

10.30am-12pm, winterbourneenvironmental@gmail.com Sat 15th - Messy Church, St Saviours church hall, 3.30-5.15pm. All welcome.

Sat 15th - George Michael Tribute Night, The Miners, 8pm. Tues 18th - Crotchet & Knit Club, Brockeridge Centre.

11am-1pm. Any ability. Tel: 01454 864442 or email: office@ framptoncotterell-pc.gov.uk

Weds 19th - Volunteer Day at Frome Valley Growing Project, Swan Lane, Winterbourne, 10am-2pm. thegrowingproject123@

Weds 19th - FC Local History Society, Zion, 7.30pm. £5 incl tea/coffee. Members free (membership £20pa). secretary fcdlhs@yahoo.com

Thurs 20th - Coeliac UK Local Café Meet Up, Iron Acton Garden Centre cafe 10-11.30am. Share experiences of living gluten free. Info: volunteering@coeliac.org.uk

Thurs 20th - Wellbeing Friends, WADCA 1.45-3.45pm. £3. For people with dementia and their carers. Varied activities, games. cuppa, chat. For more info call Edna on 07789 662694.

Thurs 20th - Arts Appreciation, Greenfield Centre, Winterbourne BS36 1NJ, 2pm. For info call, 07946 508316.

Fri 21st - Bingo, Crossbow Community Centre, School Rd, 8pm. Tel: 01454 772947.

Sat 22nd - Christmas Coffee Morning, St Saviours, 11am. Mon 24th - Festive Fused Glass, Winterbourne Medieval Barn, 10am or 1pm.

Tues 25th - Coffee & Cakes, Brockeridge Centre, 11am-1pm. Open to everyone.

Tues 25th - Women's fellowship, Salem church, Watleys End, 2.30pm.

Tues 25th - Mothers Union evening group, St Saviours Church, 7.30pm. Short service, tea, cake, craft, various speakers. Call Mary Head, 01454 887870.

Tues 25th - Men's Night, The Globe. Church-based group enjoy pub meal and speaker every 6 weeks or so. You do not have to belong to any church. Contact Jeff, email: jeffpearl55@gmail.com or Tel: 01454 314184 or 07813 582589.

Tues 25th - Frampton WI, St Peter's Hall, School Rd, 7,45pm. £4. Email: Fcwisecretary@outlook.com

Weds 26th - Litter Busters, meet entrance to the park Heather Ave, 10am. Voluntary group who help to keep our village tidy, once a month. See Village Action on Facebook or email: framcottva@hotmail.co.uk

Weds 26th - St Saviour's church open 1-3,30pm for tea. coffee, prayer or quiet space.

Weds 26th - Ladies Circle, Zion, 7.30pm. Varied speakers. Our final meeting. More info: jeanbradbeer@gmail.com or call Gill on, 01454 850684.

26th. 27th. 28th - The Christmas Schooner, WADCA, 7,30pm. 29th, 2.30pm. Winterbourne Musical Theatre. Tickets £13 online at Ticketsource or tel: 0333 666 3366.

Thurs 27th - Memory cafe, Greenfield Centre, 2-3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info from The Alzheimers Society.

Thurs 27th - Filling Station, Manor Hall, 7.30pm. Christian gathering. Open to all. Various speakers each month. www. thefillingstation.org.uk/station/south-glos

Fri 28th - Soup lunches, St Saviours church hall, 12pm. Sun 30th - Midwinter Revels, Winterbourne Medieval Barn, 4.30pm. www.winterbournebarn.org.uk

Monthly listings at www.villageaction.org.uk

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