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December 2025

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Dear Residents,

'Tis the season to be jolly and we have events and activities throughout the magazine that will get you in the Christmas spirit! From being a spectator of Santas on a bike, to carols around the tree at the Bickeridge Centre, enjoying Christmas performances from the Frampton Cotterell Male Voice Choir and Crossbow Singers to joining in with the Big Christian Sing or one of the many local services. Carols in the Barn is always a highlight and Paul's Place are pleased to invite you to their first Christmas Market this December.

The Willowbrook Centre kick off the festive cheer on 28th November with their Christmas Jamboree offering an evening of festive fun with lots of free activities for the whole family to enjoy!

Please do support local businesses when you work down your Christmas gift list, Hair and Beauty vouchers make a wonderful present or tickets to a local show or workshop perhaps. We are pleased to welcome Artisan's Den, a new local store celebrating

local craftsmanship, creativity, and community, do visit them soon and discover some treasures.

Winterbourne Down Village Carnival and Ram Hill Scouts are looking ahead to 2026 and asking you to support these local groups please.

All this, as well as updates from the Floral Friends of Frampton, Fromside Benefice, Winterbourne Library, the Village Diary and much more!

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

We wish you a happy festive season and look forward to writing again in 2026!

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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Santas On A Bike was started way back in 2004, starting with around 25 bikes meeting on the Downs in Bristol. Each year it has grown exponentially and the last few years we have had around 1,000 bikes attend.

Date for this year's ride is Saturday 6th December – bikes meeting from 10:30 to 12:30 and setting off shortly after 12:30.

We're very pleased to confirm that we've been invited back to start the ride at Winterbourne Academy (BS36 1JL). All bikes, trikes, quads and scooters are welcome to join us - there is no charge to attend but all donations to Children's Hospice South West are appreciated. Meet from 10:30 onwards and enjoy the festive atmosphere. Get there early and you'll be first in the queue for a complimentary hot drink and mince pie!

Route will be from the Winterbourne Academy through Bradley Stoke as per previous years – but due to the closure area on Bradley Stoke Way the ride will go down past Baileys Court Pub, and join Brook Way. We ride along Brook Way then turn right heading towards the Three Brooks Pub, passing across the roundabout on the entrance to Tesco. We then rejoin our normal route on Bradley Stoke Way adjacent to Tesco and the Liesure Centre.

Bikes will then go down Gloucester Road into Bristol with the ride ending at the Long Ashton Park and Ride. The route will be fully marshalled. The ride takes place entirely on open public roads – so all bikes should be road legal and all normal road rules apply!

Collection buckets will be available along various parts of the route.

Plus there will be a Raffle with hopefully some pretty special "pledges" kindly donated by local companies and hotels.

Every penny raised is donated to the Bristol Children's Hospice South West with our main contact at the Hospice being Lucie Perryman.

A limited number of bikes attend the Hospice so it is not too overwhelming for the residents.

Please do look out for the Santas on their Bikes as they pass through on 6th December and support their fundraising efforts if you can.

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December at Winterbourne Medieval Barn



Craft Workshops

**Metalwork Christmas Decorations – Wednesday
3rd December, 6.30–9pm**



Create your own brass or copper Christmas tree decoration in this relaxed and festive evening workshop. You will use a piercing saw and a combination of texturing hammers, Christmas-inspired

punches and letter punches, and spend time playing with heat colouring and patina techniques using cooking torches, before polishing and adding your chosen ribbon. The price includes full tuition and all equipment and materials, along with mince pies, mulled wine and Christmas music to enjoy your evening.

Music and Drama

**Carols in the Barn – Saturday 13th and Sunday
14th December, 3pm**

Experience the old Christmas story told through a light-hearted drama suitable for all ages. The medieval Barn makes a very atmospheric setting for a quirky re-telling of the story by members of St Michael's Church, and the drama is interspersed with lots of well-known traditional carols for everyone to sing along. Tickets include mulled wine and mince pies, served from 2.15pm before the Carols start at 3pm.

Looking for Christmas presents?

Why not book a workshop place or a ticket for an event in 2026 for an unusual gift? A selection of craft workshops for January to March 2026 will be on sale shortly, including fused glass, wood carving, making medieval clay tiles, and willow weaving. Numbers are limited to small groups and workshops tend to sell out very fast. Varied musical events restart in

March with a St Patrick's Day ceilidh. Full details of the early spring events will be on the website in December.

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.

Interested in Volunteering in 2026?

The Barn is a wonderful heritage building kept open for the community by a large team of local volunteers. The Trust is always looking for more people (age 18+) to help with maintaining the site, preparing for events (setting out chairs, tables, stage blocks) or clearing away, helping on the day at events (on the door, bar work, car parking, etc), or being part of the team running community events (including admin, publicity, social media etc). It is very rewarding to be part of this community team and know you are preserving a very important historic building. More information can be found on the Barn website and Facebook.

www.winterbournebarn.org.uk

Facebook @winterbournemedievalbarn

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



AZTEC
HOTEL & SPA

Wreath Making

26th November & 3rd December
4pm to 6pm

Join us and Daisy Lane to create a beautiful large moss based wreath with a range of decorations to suit all tastes with full tuition throughout. Includes a glass of mulled wine on arrival.

£70 per person

To make a booking call 01454 201090
or email events@aztechotelbristol.co.uk

Pre-booking required.

News from the Floral Friends of Frampton

This time of year is always busy for gardeners as well as our volunteers. Lots of work clearing leaves, emptying pots and replacing them with winter colour – even if it's mostly green! It's always sad for us to remove the flowering plants but we do it to allow the new ones time to set down strong roots, spread and look good throughout the colder months. All of our planters have been renewed so please have a look if you're passing. Any ideas or suggestions are always welcome.

We held our annual Autumn Family Fayre on November 1st at the Brokeridge Centre and we must say to everyone that came and supported us, bought and donated crafts, ate our cakes, bought raffle tickets and joined in the activities with such enthusiasm – thank you so much. The carved pumpkin competition was judged by Councillor Tristan Clark, who also gave out the prizes for the Scarecrow Trail winners. Altogether we raised almost £600 which is absolutely amazing! Our events, the May plant sale and the Autumn Fayre, raise funds for new planters, spring bulbs and flowers in our Beesmoor Border and to fill the many existing planters with flowers and compost twice yearly. So thank you again, as your continued support is what makes this all possible.

Finally, we must say a special thank you to the children of Year 3 of Watermore School, who worked so hard helping to fill the planters and tubs at the Brokeridge Centre Sensory Garden with bulbs and winter bedding. Their enthusiasm was a joy to behold and it only goes to prove, you're never too young to volunteer!

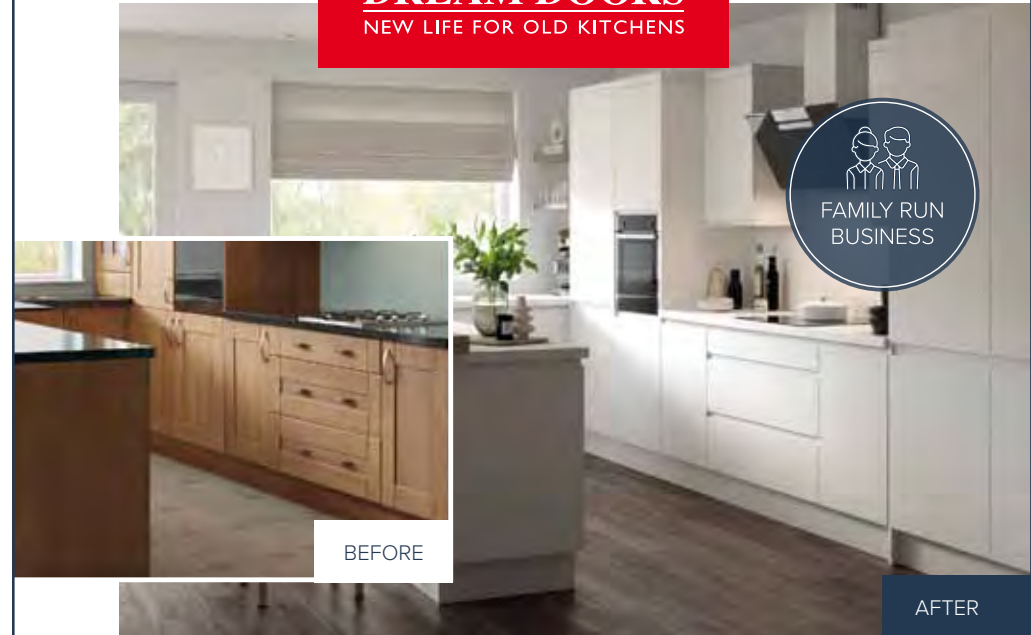
Well, that's about it for now. Don't forget, if you'd like to contact us we are on Facebook or
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9:30AM - 12:30PM
1:30PM - 4:30PM

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1:30PM - 4:30PM

THURSDAYS,
6:30PM - 8:30PM

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JAN - APRIL

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BRUSHSTROKES

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.

www.chsw.org.uk | 01275 866600



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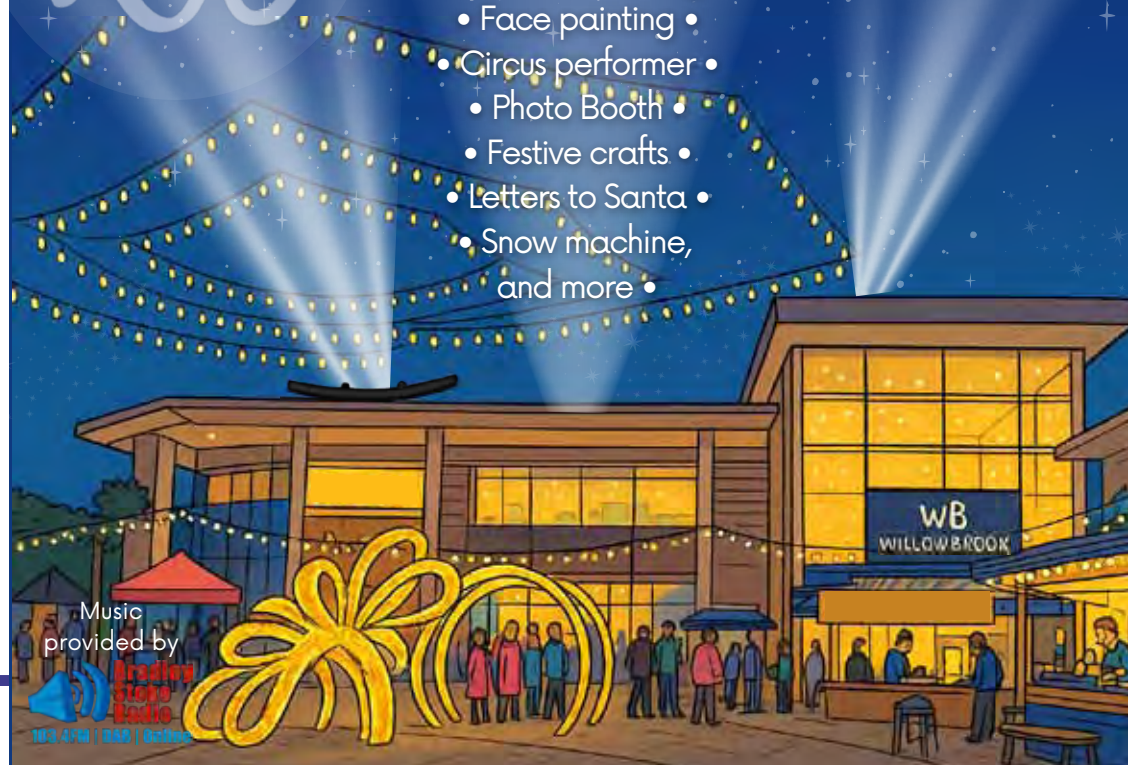
Christmas JAMBOREE

JOIN US FOR AN EVENING OF FREE FESTIVE FUN

FRIDAY 28TH NOVEMBER 4.30PM - 7.30PM

- Free bouncy castle, Rodeo Rudolf, Obstacle course, Mega slide, & Bungee run
- Meet and greet with Santa & The Grinch
- Meet Glinda and Elphaba
- 300 Festive goodie bags
- Mince pies and mulled wine
- Glitter tattoos
- Balloon modelling
- Face painting
- Circus performer
- Photo Booth
- Festive crafts
- Letters to Santa
- Snow machine, and more

Free Event



Why not learn Reiki or Reflexology for yourself?

with experienced holistic therapist Dawn Clode Lic MET Lic CR

As well offering holistic treatments for many years, local practitioner Dawn Clode teaches them to others too. She has developed courses for the "lay person" to enable individuals to have a better understanding of holistic therapies and be able to use them safely at home on themselves, their families and friends.

Dawn understands how many of us would prefer to try natural, holistic practices to soothe 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 say, "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. Sessions are located at Dawn's holistic therapy space in Little Stoke.

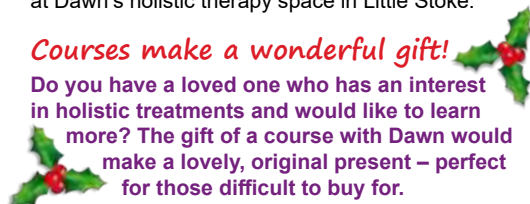
Courses make a wonderful gift!

Do you have a loved one who has an interest in holistic treatments and would like to learn more? The gift of a course with Dawn would make a lovely, original present – perfect for those difficult to buy for.

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



Holistic teacher Dawn



As the excitement begins to build for the Winterbourne Down Village Carnival 2026, we're thrilled to announce that this year's chosen charity is the Great Western Air Ambulance Charity (GWAAC). Mark your calendars – **the carnival will take place on Monday, 4th May 2026**, bringing our community together once again for a day filled with fun, friendship, and fundraising!

Each year, our carnival unites the village in celebration while supporting a worthy cause, and

this year we're proud to help the GWAAC continue their lifesaving work across the region.

The Great Western Air Ambulance provides critical care and rapid emergency response to people in urgent need, often reaching patients faster than road ambulances and delivering specialist medical treatment at the scene. Funded almost entirely by charitable donations, their team of pilots, paramedics, and doctors serve our communities 365 days a year – saving countless lives.

By coming along to the carnival, joining in the activities, and contributing to our fundraising efforts, you'll be helping to keep this vital service flying. Whether you're enjoying the parade, browsing the stalls, or cheering on the competitions, every pound raised will make a real difference.

Let's make the 2026 Winterbourne Down Village Carnival one to remember: a celebration of community spirit, generosity, and support for a cause that touches us all. Save the date, spread the word, and help us lift off for Great Western Air Ambulance!

winterbournedowncarnival.co.uk
www.facebook.com/wdcarnival

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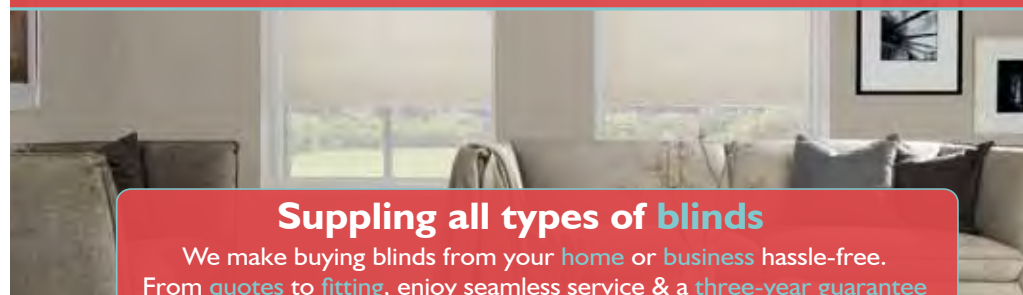
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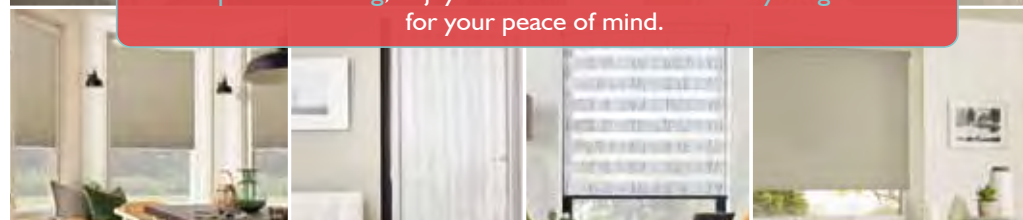


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What's on at Winterbourne library



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 13th and 27th December.

Christmas Coffee Morning – Every Wednesday in December, 11am–12pm. Festive treats available by donation.

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

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

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

Children's FREE Activities

FREE crafts for children – Winter Wonderland – 10am–12pm, Tuesday 23rd December.

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 6th December and 3rd January.

Rhymetime – Every Wednesday, 10am (term time only).

Storytime – Every Friday, 10am (term time only).

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

Christmas opening hours – Tuesday 24th December – close at 1pm. Thursday 25th December and Friday 26th December – closed. Thursday 1st January and Friday 2nd January – closed.

Email: winterbourne.library@southglos.gov.uk

Telephone: 01454 868006

www.southglos.gov.uk/libraries

South Gloucestershire Libraries
 southgloslib

The Artisans Den –

A New Home for Creativity and Community

The Artisan's Den is more than just a new shop, it's a celebration of craftsmanship, creativity, and community.

Opening its doors this season, the Den offers a space where local makers, artists, and designers can showcase their work, share their stories, and connect with those who value everything handmade. Opportunity to take part in workshops and course too.

In a world dominated by mass production, The Artisans Den stands as a reminder of the beauty found in slow, intentional creation. Every item tells a story - of skill, tradition, and imagination.

By supporting this space, the community invests not only in local talent but also in sustainable practices and cultural preservation. The Artisans Den invites everyone to discover something unique, meet the makers behind the work, and be part of a movement that keeps creativity alive and thriving in our neighbourhood.

A shelter for handmade items - where creativity lives, community grows.

Find us on:

145 Church Road, Frampton Cotterell BS36 2JX

NOW OPEN: The Artisan's Den is your go-to destination to shop, create, and connect with the local artisan community.

Join us for our festive launch night:
Fri 28 November, 5pm–9pm

For more information follow our socials
145 Church Rd Frampton Cotterell BS36 2JX

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Email: info@salon98.co.uk



AZTEC
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Santa's coming to town!

7th & 14th December, 12.30-2.30pm

At Aztec Hotel & Spa, Santa Claus always comes to town.

Enjoy a delicious Sunday lunch created by our award-winning chefs and make your little one's day with a visit from Santa.

Includes a visit from Santa and a gift for all children under 12.

£35 per adult
£17.50 per child

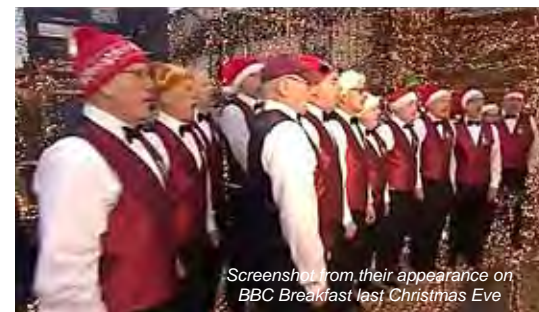
To make a booking call the Events Team on 01454 201090 or email events@aztechotelbristol.co.uk

Frampton Cotterell Male Voice Choir Christmas Concert

It's that time of year again and the Frampton Cotterell Male Voice Choir has resumed weekly rehearsals and is making preparations for their annual Christmas Concert. The concert promises to be an evening of festive music and seasonal joy and will take place on **Friday 19th December at the Zion United Church, commencing at 7:30pm.** Whether you're a longtime supporter of the choir or a first-time guest, you will be welcomed with warmth and cheerful hospitality. The concert programme will feature a rich blend of traditional carols, contemporary arrangements, and heartwarming favourites. The audience can expect a few surprises too, with this year's travel related theme generating one or two unusual melodies.

Steve Harrison the choir chairperson shares, "We are proud to continue this cherished local tradition. Our Christmas concert is not only a chance to sing carols, it is a celebration of music and togetherness and an opportunity for the community to share in the festive spirit."

Guests will be able to enjoy tea or coffee during the interval with mince pies and biscuits a plenty. The concert is suitable for all ages and offers a perfect



Screenshot from their appearance on BBC Breakfast last Christmas Eve

opportunity to initiate the holiday season with loved ones, friends and neighbours. **Tickets are available now via: www.fcmvc,** individual choir members or from the church office during its normal working hours. Following the success of the centenary concert in May, early booking is recommended as demand is expected to be high.

Listening to singing makes an audience feel good and singing makes choir members feel good when they are doing it too. Group singing has additional benefits that are not always obvious. Singing in a choir provides physical activity in the form of breathing control, social interaction and mental stimulation. All of these are enormously important to general wellbeing and happiness as well as combatting the deteriorating effects of ageing. Studies have shown that singing can lead to improvements in mood and measurable reductions in stress and inflammation. Singing is also good for heart health as it mimics exercise by increasing the amount of oxygen taken in and increasing heart rate while helping synchronisation between heart rhythms and respiration. All in all, singing is intrinsically beneficial for health and just good fun to boot. As always, **the choir is actively seeking new voices to join its ranks.** No auditions are required – just an enjoyment of singing and a willingness to be part of a welcoming, down to earth musical ensemble. Interested individuals are encouraged to speak to choir members at the event or visit the website for more information. Merry Christmas!

RMG ENGRAVING

Trophies & Glass Supplied

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M: 07881 863408

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Wellbeing Matters!

Your Winter Balance

The clocks have changed, the air feels sharper, and the evenings draw in fast. For some, winter feels like a warm blanket; for others, it can feel heavy, quiet and a little overwhelming. However you find this season, here are some simple tips to help you move through the colder months feeling more content.



Rest + Sleep

Shorter days naturally change our rhythms, so lean in. A consistent wind-down routine, lower evening light, and heading to bed earlier can make a noticeable difference to your energy, mood and immunity. Think of sleep as your winter medicine. Foods rich in tryptophan — such as turkey, eggs, oats, nuts and spinach — help your body produce serotonin and melatonin for a calmer mind and deeper sleep. *Tip: A warm drink, softer lighting and screens off 30 minutes before bed.*

Move Daily (and Wrap Up!)

Movement in winter just needs to be consistent. Even 10–20 minutes outdoors gives your metabolism a nudge, supports immunity, and boosts mood thanks to daylight exposure and those lovely endorphins. So, layer up, and think “keep warm, keep moving”. If a full workout feels tough, a brisk walk, gentle mobility session or dancing in the kitchen still counts. *Tip: Try not to sit for longer than an hour at a time. Winter sedentary syndrome is real! Local? Check out Walk Mates - Winterbourne on Facebook for friendly walking buddies and motivation.*

Stay Connected

It's tempting to hunker down when it gets dark at 4pm, but winter isolation can creep in.

Aim to spend time with others at least once a week — a walk, a coffee, a craft activity / exercise class or even a phone call. Social connection isn't optional for wellbeing; it's essential. Balance cosy nights with people-time.

Eat to Nourish + Energise

Comfort food is one of winter's great joys — just keep it balanced. Pair satisfying carbohydrates with quality protein: stews, chilli, bean dishes, casseroles, soups with lentils or chicken, or roasted fish and veg. You'll stay fuller for longer, keep blood sugar steady, and support mood, muscle and



Tip the Balance
NATURAL NUTRITION & WELLBEING

energy. *Tip: Get those recipe books out or join Tip the Balance Support Group on Facebook for some inspiration. Winter produce can still be vibrant. Think squash, beetroot, mushrooms, parsnips, cabbage and winter greens. Frozen berries and mixed vegetables are brilliant too —*

nutritious, budget-friendly, and zero waste. More colours = wider nutrients = a happier immune system.

Hydrate (Even When You Don't Feel Thirsty)

Cold weather dulls our thirst and central heating dries us out. *Aim for 6–8 glasses of fluid a day* - water, herbal tea, even tea & coffee count - It all supports hydration, digestion and a winter glow.

Support from the Inside

Vitamin D is important in winter when sunlight exposure is low. Public Health England recommends 10 micrograms (400 IU) daily in autumn and winter for most adults. Omega-3 and probiotics can also support immunity, mood and gut health. *Tip: Unsure what you need? just ask — personalised guidance beats guesswork.*

Warmth & Fresh Air

A warm body supports your heart, immune system and mental wellbeing. Layer clothing, use blankets or hot-water bottles safely, and aim to keep living areas comfortably warm — ideally >18°C. *Tip: Once a day, open a window briefly to let stale air out, shift germs, moisture and condensation, and gives your brain a lift.*

Winter isn't about perfection — it's about rhythm, nourishment and connection.

Choose two or three practices that feel achievable and revisit them each week. Small, steady actions create big seasonal shifts.

Need some help with all this?
You know where to find us
(details below)!

Becca



Our contact links can be found at
www.linktr.ee/tipthebalance
or call 07721 907780

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

Earlier in the autumn it was great to hear from 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 Darcy.

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."



Gem, Darcy & Frederick at John O' Groats End Signpost

"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 life-changing work this charity does, please show your support if you can."

Visit: www.justgiving.com/page/frederick-hopkins-jogle

If you would like to know more about Gem's story, you can follow her on Instagram at:

www.instagram.com/littlegem_andthebigc

Sound Meditation

with Craig Rogerson – Musician & Sound Therapy Practitioner

The work of sound is the reinstatement of flow wherever there is restriction – physical, mental, or emotional. Craig's group sound meditations (also known as sound baths) offer regular spaces that cultivate community moments of true rest.

Using an array of sound tools and instruments – from percussion to singing bowls and gongs, you're invited to drift away to wherever the sound may take you. While sound remains at the heart of every monthly session, Craig also enjoys bringing adapted session formats



to Turnberries Community Centre in Thornbury. At times, he welcomes guest musicians to collaborate, or hosts Breathwork and Sound sessions, and even all-night Gong Pujas – overnight sound "sleepovers" where the soft tones of gongs embrace you as multiple

practitioners guide you through the night.

You'll often experience Craig playing the beautiful tones of the handpan during a session – a melodic, soft and calming accompaniment to the wider sonic landscape created.



Martine & Craig hosting a Breathwork and Sound session

These moments are about community. Craig has been hosting sessions in Thornbury over the last four years, where a wonderful community has grown – one that understands the power of sound in supporting wellbeing. A yearly family gathering has naturally formed, offering space for deeper connection and shared experience.

As a gift to the community, use the code WFM5 when booking to receive a welcome discount.

Visit welcometosoundworks.com to find out more.

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Frampton Cotterell Computer Group



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

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

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

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

For the latest information contact the Brockridge Centre, Tel 01454 864442 or Email: over50it_1@hotmail.co.uk

Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Email: over50it_1@hotmail.co.uk


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The Yeomen of the Guard

Gilbert and Sullivan's dark masterpiece



Bristol Gilbert & Sullivan Operatic Society (BGSOS) returns with The Yeomen of the Guard, the show that nearly made it to the stage in 2020 before the world shut down.

Under the direction of Sarah

Nash, and with John Pitts conducting a professional orchestra, this darkly dramatic tale finally comes to life at our new home, the Olympus Theatre. Widely regarded as Sullivan's finest score, Yeomen blends grandeur, melancholy and wit in a uniquely powerful masterpiece.

BGSOS will be performing The Yeomen of the Guard from 19 to 21 March at the The Olympus Theatre, Filton, BS34 8LP.

Tickets available at
www.ticketsource.co.uk/bgsos



The Big Christmas Sing for Christian Aid

Your local churches are once again delighted to invite you to come along to the Big Christmas Sing 2025! There will be choirs from our local community, plus carols, singalongs and fun for all!

When: Tuesday 2nd December, 7pm

Where: Zion United Church, Frampton Cotterell

Entrance free with retiring donations for Christian Aid

Call 01454 776618 for further information

This is always a hugely popular concert and will definitely get your Christmas off to a great start!

Local Christmas Church Services

Zion United Church

Woodend Rd, Frampton Cotterell, BS36 2HY

Sunday 14 December, 10.30am – Nativity for all

Sunday 21 December, 10.30am

All-age Christingle

(make your own Christingle – everything provided)

Sunday 21 December, 6pm

Candlelight Carol Service and Mince Pies

Christmas Eve, 11.15pm

Christmas Communion

Christmas Day, 10.30am

Christmas Day Celebration

St Michael's Church

Winterbourne, BS36 1SE

Friday 19 December, 6pm – Candlelit Carols

followed by mulled wine & mince pies

Christmas Day, 10am

Family Communion

All Saints' Church

Down Rd, Winterbourne Down, BS36 1BN

Christmas Eve, 4pm – Crib Service

Christmas Eve, 9pm

Bethlehem Midnight Mass

St James Church

High Street, Iron Acton, BS37 9UQ

Sunday 21 December, 6pm – Candlelit Carols

Christmas Eve, 4pm – Crib Service

Christmas Eve, 9pm – Bethlehem Midnight Mass

St Peter's Church

38 Mill Lane, Frampton Cotterell, BS36 2AA

Sunday 21 December, 6pm – Carol Service

Christmas Eve, 5pm

The Spiritual Space Crib Service

Christmas Eve, 11.30pm – Midnight Mass

Christmas Day, 10am – Family Communion

St Saviour's

Beesmoor Road, Coalpit Heath, BS36 2RP

Friday 19 December, 6pm – Carol Service

Christmas Eve, 5pm – Crib Service

Christmas Eve 11.30pm – Midnight Mass

Christmas Day 10am – Family Communion



Do the seasons of Advent and Christmas fill you with a sense of wonder? We may all approach this time of year differently. For some it will be a time of joy and thankfulness; for others it may be a time of dread or sadness; or a mix of many emotions. In the churches in the area there will be much activity and many possible Christmas Nativity services, Carols and Christingles to engage with. What they all have in common is the desire to encourage and inspire us to consider the Christmas story and to ask ourselves if there is any wonder to be found in it?

There were no fanfares when Jesus was born. In fact, the surroundings were far from royal, he was squeezed into a small home in a small, provincial

town called Bethlehem. Churches will reflect on the wonder that we call the incarnation, when God takes on flesh in the birth of the baby in the manger – this infinite life found in this small infant Jesus.

This year at Zion United Church we are inviting people to join in with a Christmas devotional journey – brought to us by the London Institute for Contemporary Christianity (LICC). Sign up is open to anyone for the 25 days from 1st – 25th December, it can be found by putting 'LICC small wonder' in a search bar online and following the links. LICC say this:

"The Advent season invites us to zoom out and see a bigger, deeper, hope-filled plan – God's wonderful plan for the whole world. We're living at a time when so many fear the future and are desperate for hope: hope for a purpose, for an end to war, for relief from poverty, hope for our planet. The carol 'O Little Town of Bethlehem' captures this theme: 'The hopes and fears of all the years are met in thee tonight.' Even though it was written in 1868, 157 years ago, that line feels as poignant now as then. Our hopes and anxieties find their answer in Jesus. In a world of displacement, division, and disconnection, God's plan offers a radical hope. As we zoom out to see this bigger picture of this wonderful plan, it's a plan that brings hope to all in our world".

'I wonder if the story is true?' 'I wonder if Christmas really is about Christ?' 'I wonder if there is hope to be found'? All are welcome to any of the Christmas services in the area – see full details on opposite page.

And to close, many blessings to you for the Advent and Christmas period – may everyone bring a spark of small wonder into all of life.

Rev Sharon Lovelock

Rev Sharon Lovelock – Zion Church



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thornburygc.co.uk



info@thornburygc.co.uk



01454 281144

1st Ram Hill Scouts Group needs your help!

Youth groups in the UK continue to clamour for more volunteers amid a rise in the number of parents seeking affordable and sociable outdoor activities for their children away from screens. The Scouts in particular are facing substantial unmet demand for their sessions and have said their waiting list, nationally at 170,000, has hit a historic high.

1st Ram Hill Scouts was established in late 2024 to meet a local need and opened with Beavers (6-8 years) and Cubs (8 - 10 years) based around the ages of the children of volunteers who were invested in the project. This was extended later in 2025 to include Squirrels (4 - 6 years) and more recently Scouts (10 - 14 years) as more volunteers arrived. 1st Ram Hill, like the rest of the UK, are a victim of their own success and now has over 60 places on their waiting list!

Benefits for the children attending are many and varied; where they can earn badges for different topics, including: Camps, Hikes, Crafts, Outdoor Cooking, Fire Starting, Contributing to the Community, Gardening to mention only a few. Additionally there have been visits organized for the troop to the RNLI at Portishead, Westonbirt National Arboretum, Slimbridge Wetland Centre and 'We the Curious' science museum with a Panto show in Bath planned for Christmas.

Volunteers' commitment can be surprisingly small at only a few hours a month with the flexibility to 'dip in and out' where and when they feel they have free time. As people's situation changes then the organization has the flexibility to respond appropriately to meet the new circumstance. The point being that there is a place for anyone to have an opportunity to support the team. Experience does show that volunteers get so much from the venture and the table below shows typical commitments that each of the opportunities might take. Training is provided where necessary and you would always have the help and support of the team.

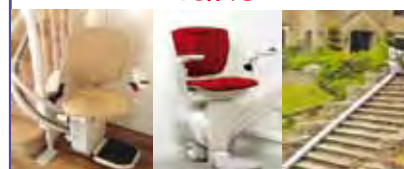
If you think you can step up and help the children, while getting something from it yourself, then to know a little more detail please drop us a line at:

hello@1stramhillscouts.org.uk

- Weekly Team Members - approx 8 hrs a month
- Badge Secretary - approx 1-2 hrs a month
- Meeting Minute Taker - approx 1 hr a month
- Chair of Trustees - approx 1 hr a month
- Grant Funding Finder - approx 1-2 hrs a month
- Fundraising Team Member - approx 1-2 hrs a month



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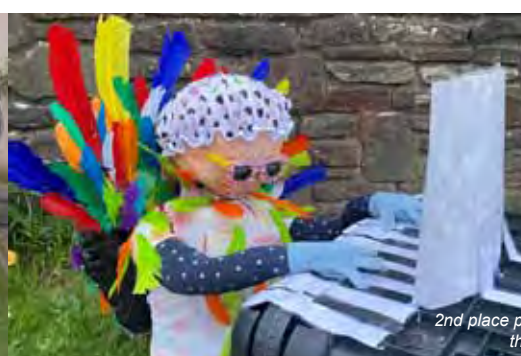
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1st place prize went to Zion Community Pre-school for their scarecrow – The Beatles – Yellow Submarine



Ozzy Osbourne



2nd place prize went to Annabelle & Douglas for their scarecrow – Elton John



Dolly Parton

News from Frampton Cotterell Parish Council

Frampton Cotterell Christmas Celebration

Frampton Cotterell Parish Council will be hosting our always popular **Christmas Celebration event on Friday 12th December, 2025**. Everyone is invited to The Bickeridge Centre for a fun and festive evening of carol singing, winter crafts, local stalls, a charity tombola, and free seasonal refreshments!

At this year's celebration, we will be raising money for our 2025 charities, the Ben Saunders Foundation and Yate Hedgehog Rescue. Donations gratefully accepted.



This Christmas Celebration is free for all to attend, and everyone is welcome.

We have stalls available at this year's celebration event for local people to sell items or to share information about your charity or community group. If you are interested in a stall at this year's event, please get in touch.

Frampton ReClothed Christmas Jumper Swap

Who's ready for a little Christmas Swapping? From 6 – 8pm on **Friday 28th November**, we'll be hosting a **Christmassy edition** of our popular clothes swap, **Frampton ReClothed!**

Come along to The Bickeridge Centre with your pre-loved Christmas jumpers (or any other Christmas-themed clothes and accessories!) for others to rehome this holiday season. You are also welcome to drop in and take home some fabulously festive new-to-you items donated by your neighbours!

But wait – there's more! We'll also be putting on a seriously seasonal spread for our guests to enjoy, including mince pies, mulled wine and both vegan and dairy cheese boards! And did we mention this is all for free? Merry Christmas to you!

Absolutely everyone is welcome to come along, even if you don't have any Christmas jumpers to donate. We will be raising money for our 2025 Climate & Nature charity, Yate Hedgehog Rescue. All donations will be very gratefully received.

Frampton Cotterell Christmas Lights 2025

We continue to bring festive cheer to the village this year by funding the 2025 Christmas Lights around the village! When the parish council originally got involved with the village Christmas lights, the lights were only placed outside of the local shops here in Frampton Cotterell. Originally, this was to help promote the "shop local" movement, which supports local businesses as well as being more eco-friendly.

Due to the popularity of these Christmas lights, we gradually increased the number of lights we could fund in the village. From Zion and St. Peter's churches to the length of Church Road and right up to the parish border, we are now proud to bring seasonal sparkle to our parishioners across Frampton Cotterell.

2025 Scarecrow Trail Winners

Our 2025 Scarecrow Trail, on the theme of Rock & Pop Legends, did not disappoint! Thank you to everyone who got involved, from our amazingly talented scarecrow display creators to all of the people who walked the trail, commented on social media, and voted for this year's winners.

All of this year's Rock & Pop scarecrows were legendary – but there can only be two winners! First place prize went to Zion Community Pre-school for their scarecrow, 'The Beatles – Yellow Submarine'. Second place prize went to Annabelle & Douglas for their scarecrow, 'Elton John'. Congratulations!

Help Hedgehogs Hibernate Autumn Event

During the October half term, our Hedgehog Heroes Here group helped us run a fantastic family event, Help Hedgehogs Hibernate.

With the help of around 50 guests, during this event we...

- Built eight hedgehog houses which were taken back to new homes;
- Constructed ten bug bunkers for our guests to take home;
- Made fifteen bird feeders (also for our guests to take home with them!);
- Made five footprint tunnels'
- Gave away ten "Hedgehog Highway" signs;
- Shared lots of information about our Community Nature Reserve – and had several new sign up!
- Raised £60 for our 2025 Climate & Nature charity, Yate Hedgehog Rescue.

Thank you so much to everyone who came along to have fun and help local hedgehogs. Thank you as well to our amazing staff and volunteers who helped organise and run this event.

If you are interested in learning more about the Hedgehog Heroes Here, visit www.framptoncotterell-pc.gov.uk/hedgehog-heroes-here or email Daisy on nature@framptoncotterell-pc.gov.uk.

Frampton Cotterell Community Awards 2026

The quiet helpers. The community leaders. The tireless volunteers. Our local heroes. Help us to thank those people and groups who do so much for our community by nominating your local heroes for a Frampton Cotterell Community Award!

Nominations will open in January 2026. Learn more at www.framptoncotterell-pc.gov.uk/community-awards.

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

Email: office@framptoncotterell-pc.gov.uk



News from Coalpit Heath WI



In November we held our annual AGM, during which we looked back over a varied programme of interesting guest speakers at our group over the past 12 months. These included speakers on diverse topics such as Aardman animation, Forensic Science, The Magic Circle, Victorian

Gardener, the 1% Club and Local History, amongst others.

The Poppy Display was completed in October with over 1,500 knitted and sewn poppies being attached to netting to create a poppy cascade. This beautiful display was installed at St Peters' Church in time for Remembrance Day. Thanks go to all members who helped knit, sew and stitch all the poppies.

Our next meeting will be making Christmas Crafts, along with a Christmas Raffle.

If our meetings sound like something you would enjoy, why not come along to our warm and friendly group? **We meet on the first Wednesday of each month at St Saviours' Church Hall Coalpit Heath at 7.45pm** and are always happy to welcome visitors or new members! Programme updates for the year can be found at **@WICoalpitHeath** on **Facebook**, or **@coalpitheathwi** on **Instagram**. Visitors pay £5.

Coming up:

December 3rd – Christmas crafts | **December 10th** – Christmas carols and poems at St Saviours Church
2026 speakers – yet to be confirmed – watch this space!



Preparation continues for the new A432 Badminton Road bridge

We were delighted to receive these aerial photos of the latest developments in the replacement of the Badminton bridge, which show the steel beams being installed during the recent closure of the M4 in late October. Our thanks goes to Winterbourne Down resident Paul Thomson, who is a member of a local model flying club and who took these excellent pictures by flying his drone as the works took place.

The original bridge was constructed in 1966 and underwent regular routine checks. In July 2023, detailed structural investigations took place and the bridge was deemed unsafe and thus the decision was taken to close the bridge and plan for the structure to be replaced.

In autumn 2024 the bridge was demolished and in autumn 2025 the installation of the new steel beams took place as the next stage in the progress of the new bridge. We are all eager for the new bridge to open, which is currently planned for spring 2026 (according to the National Highways website: <https://nationalhighways.co.uk/our-roads/south-west/a432-badminton-road-bridge-crossing-the-m4/>).



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Yate, Tel: 07393 730774

Octopus Drama Group Performs: **CINDERELLA**

From 7th to 10th January 2026 Octopus Drama Group will be performing their very own take on everyone's favourite fairytale, Cinderella, which is written and directed by Abi Baskerville. There will be many new faces on stage and this pantomime is sure to be a crowd pleaser!

After Cinderella's father remarries, his new wife (the elegant but jealous Baroness) and her two intriguing looking daughters move in. Life changes dramatically when the Baron dies, leaving Cinderella at the mercy of her stepmother and stepsisters, who force her into a whirlwind of chores day and night. Cinderella is loved by everyone, even the mice, and gets by each day with the friendship of her fellow house staff and the ever-cheerful Buttons. Meanwhile Prince Charming and his trusted bestie Dandini are avoiding the King and Queen's demands for the Prince to marry. In a final attempt to find love for himself the Prince agrees to host a Ball inviting every eligible lady in the kingdom to try and win his heart, but not before some dance lessons from a very special guest! As the story unfolds, Cinderella's fortunes change thanks to her Fairy Godmother and the support of her friends. She attends the royal ball, captures the heart of Prince Charming, and, after the famous glass slipper test, is finally freed from her life of drudgery. *Oh yes she is!*

There will be 5 performances: Wednesday, Thursday and Friday at 7.30pm and Saturday at 11am and 2.30pm at Christ the King Hall in Castle Street, Thornbury. Tickets go on general sale at 9am on Saturday 6th December at Rosie & Rex gift shop, 32 High Street, Thornbury. Tickets costing £8 for adults and £6 for children under 18 can be purchased Monday to Friday from 9am – 4.30 pm and from 9am – 4pm on Saturdays. Get your tickets soon to avoid disappointment!

Octopus Drama Group
presents
Cinderella
Panto written & directed
by Abi Baskerville
Co-director
Alison Bagnall

Tickets - £8, under 18 - £6
From Rosie & Rex Gifts
30-32 High Street
Thornbury
BS35 2AJ

Tickets
on Sale
from 6th Dec

Christ the King Church Hall
11 Castle Street, Thornbury BS35 1HA

Wed 7th to Fri 9th January 2026 at 7.30pm
Saturday 10th at 11am & 2.30pm

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ARTS APPRECIATION GROUP

Thurs 18th December at 2pm

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Winterbourne, BS361NJ

More details from Sally - 07946 508316



Charitable trust behind Active Lifestyle Centres celebrates 20th anniversary

The charitable trust responsible for running South Gloucestershire's five Active Lifestyle Centres is celebrating its 20th anniversary with a nod to the past and a vision for the future.

Circadian Trust was formed on 1 November 2005 when South Gloucestershire Council handed over the reins of its in-house leisure operation to the trust, a social enterprise operating as an independent charity, tasked with balancing commercial reality with social conscience.

Its not-for-profit status has enabled the Trust to reinvest more than £16m in modernising services and facilities at its centres in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate, including a £2.5m refurbishment programme for the gyms at all five centres, and £1m on rooftop solar panels.

Members and visitors will see the anniversary being celebrated with helium balloon displays, banners and bowls of sweets in each centre's reception.

CEO Mark Crutchley, who has been at the helm for all but six months of Circadian's 20 years, says: *"We've had to shape the vision - several visions over 20 years, in fact - to deliver congruent strategies that improve performance but also compliment stakeholders' requirements."*

"That's taken some doing in terms of coalescence, shared understanding and a direction that is seeing us pivot towards health and wellbeing and not just fitness."

The most recent example of the pivot is community support days for people with musculoskeletal (MSK) conditions at Bradley Stoke and Thornbury Active Lifestyle Centres, giving patients access to healthcare professionals, such as physiotherapists, to help them manage their condition while fast-tracking anyone in need of further help and support.

mamas

WISHLIST
Mince pies, selection boxes,
gravy granules, stuffing mix,
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cartons, yule log, tinned
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chocolate, family puzzles,
family board games and
family craft activities

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24th November - 12th December

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Find the Giving Tree in the Town Square lobby

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 self-propel, 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 queries.

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 join 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-profit-making charity (Registered charity no. 1107379), funded by South Gloucestershire Council, donations, sponsorship and grants.

We look forward to seeing you soon!



Winterbourne Down Art Group

Our friendly art group meet on Thursday afternoons (2-4pm) at Winterbourne Down Church Hall in Church Road.

We have a break for Christmas from 11th December and resume on 8th January but until then all are welcome to come and see whether we can inspire you to pick up your paint brushes (or pencils, pastels etc) and have a go. There is car parking and good company.

For more information contact
Alison Sansum on 01454 775133.



Artwork by group member Sue Blake

Thornbury Art Club – New members always welcome

Thornbury Art Club members are a diverse group, brought together through the love of art and creativity. We enjoy meeting up to share ideas and techniques. Many find this a refreshing alternative to on-line learning. Our membership and activities are thriving. If you get a buzz from being arty and creative then maybe we're the Club for you?

Annual membership is just £46, which includes:

- Monthly evening Club Nights when a variety of professional artists will visit to demonstrate their art skills and style. During the tea break we can catch up with each other, chat to the artist about materials and techniques plus items for sale.
- Our monthly Saturday morning Outdoor Sketchers Group is very popular. We meet and sketch at different venues then socialise over tea and coffee in a local cafe. We try to car share where possible.
- Saturday Workshops with a professional tutors (additional fee).
- Members can display their work in Club Exhibitions and our Art In the Community programme.

Our club is open to everyone, regardless of artistic experience or medium. Some of our members just paint for fun, while others are successfully running their own art businesses. Come and give us a try, we're always keen to have new members.

Tuesday 27th January 2026 Club Night

For our opening night in 2026, we have a water soluble oils demonstration by Valérie Pirlot. This will be a landscape as Valerie loves to capture



To find out more, visit:-

www.thornburyartclub.co.uk,
www.facebook.com/ThornburyArtClub,
email: publicrelations.tac@gmail.com

Members free, non-members very welcome - £6 on the door, cash or card.

7.15 for 7.30pm until 9.30pm.

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



News from St Michaels primary

Reception has been learning all about Autumn this term. We've had fun going on an Autumnal walk around the school observing changes to the trees. We've collected lots of Autumn treasures such as conkers and acorns to use in our maths activities and made lovely leaf print pictures in art. We read the story of Leaf Man by Lois Ehlert. We had great fun creating our very own Leaf Men using leaves and other items that we found in the playground. We hope you like our creations.

Village Diary December 2025

Mon 1st – Gardening and Social Club, Manor Hall Jubilee Room, 2–3.30pm. All welcome. £3 incl refreshments. www.manorhall.org | Tel: 07873 747513

Mon 1st – Christmas Quiz with Mike Colbourne, British Legion, Ryecroft Road

Tues 2nd – Crotchet & Knit Club, Bickeridge Centre, 11am–1pm. Any ability. For more info tel: 01454 864442 or email: office@framptoncoterrell-pc.gov.uk

Tues 2nd – The Big Sing, Zion church, 7pm. Choirs from our local community and schools, plus carol singing and fun for all! A lovely way to start the festive season. Entry free with a retiring collection for Christian Aid. All welcome

Weds 3rd – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome

Weds 3rd – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. Email: henfieldhall@yahoo.com

Weds 3rd – Men's Social Afternoon, Bickeridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. Socialise, make new friends, share thoughts, ideas, concerns, or just find a friendly place to read the paper with a cup of tea!

Weds 3rd – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. For info, call Edna on 07789 662694

Weds 3rd – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For info, email: henfieldhall@yahoo.com

Weds 3rd – Singalong with The Jays and Joy, Crossbow, School Rd, 2–3.30pm. £5 incl refreshments. Carers free. Live music (40s, 50s 60s 70s 80s, films, musicals, country etc). Songbooks provided. All welcome. For info, call Hilary on 07515 351813

Weds 3rd – Metalwork Christmas Decoration Workshop, Winterbourne Medieval Barn, 6.30–9pm. Make brass or copper cutwork decorations in a festive evening with mulled wine and mince pies. Book at www.winterbournebarn.org.uk

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

Weds 3rd – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors £5. Tel: 07935 071291 or see Facebook

Thurs 4th – 50+ Wellbeing in Nature Gardening group, Frome Valley Growing Project, Swan Lane, 10.30am–1.30pm. Email: thegrowingproject123@gmail.com

Thurs 4th – Fromeside Food Hub & Cafe, Zion, 12–2pm. Food served till 1.30pm. Open to everyone. Free or 'Pay as you Can'. Email: foodhub@zucchurch.co.uk or Facebook

Fri 5th – Laughter Club: Coffee, Cake, Chat, St Peters church, drop in 10am–12pm

Fri 5th – FCCE Friends' Christmas Market, FCCE school, Rectory Road, 5–7pm

Fri 5th – Watermore School Winter Fayre, 5–7.30pm. Tombola, games, raffles, etc

Fri 5th – Quiz, Crossbow, 8pm. Tel: 01454 772947 or email: crossbowhouse@gmail.com

Fri 12th – Christmas Celebration for All, Bickeridge Centre, 6–8pm. Free. Carols, refreshments, local stalls, kids' craft, and more. Run by FC Parish Council

Sat 6th – St Saviours Church open to visitors, 10am–12pm. Tea/coffee etc available

Sat 6th – Repair Cafe, British Legion, Ryecroft Road, BS36 2HW, 11am–1pm. Bring bikes, electrical, toys, clothes etc for volunteers to mend. If you are interested in being a repairer please get in touch, or come along on the day. Email Daisy Finniear: nature@framptoncoterrell-pc.gov.uk

Sat 6th – Christmas Fair, Beesmoor Playing Field pavilion

Sat 6th – Messy Church, St Saviours church hall, 3.30–5.15pm. Free. All welcome. Fun, worship, craft, food. Aimed at families and children

Sat 6th – Solo Encounter, British Legion, Ryecroft Road, 8.30pm. Live Music and Dancing. £6, non-member £6.50. New visitors welcome. More info on Facebook

Sun 7th – Frome Valley Growing Project Open, Swan Lane Winterbourne, 11am–2.30pm (weather dependent). More info, email: thegrowingproject123@gmail.com

Mon 8th – Happy Mondays, St Peters church, 10am–12pm. Free. Tea, coffee, cake, chat, board games, jigsaws. Bring along your knitting, sketching, crafts. All welcome

Mon 8th & Tues 9th – Crossbow Singers Christmas concert, Crossbow House, 7.30pm. Light-hearted festive fun with some singalong carols. Bar available. Collection for charity. Tickets £8, from Rose, tel: 01454 772675 (Mon) or Mary, tel: 01454 887885 (Tues)

Tues 9th – Coffee & Cakes, Bickeridge Centre, 11am–1pm. Open to everyone

Tues 9th – Film Afternoon, Salem, Watleys End, 2pm. Free parking, free admission, warm welcome. www.salemchurch.org.uk or Facebook: [@Watleysendmethodist](https://www.facebook.com/Watleysendmethodist)

Weds 10th – Men's Social Afternoon, Bickeridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. Socialise, make new friends, share thoughts, ideas, concerns, or just find a friendly place to read the paper with a cup of tea!

Weds 10th – Bingo, The Miners' (Coalpit Heath Village Hall), 2–4pm. Fortnightly

Thurs 11th – Vale of Frome Men's Probus, The Miners, 10am–12pm. Variety of speakers. Free tea, coffee, biscuits, parking. Sec: Terry 0117 956 4259 or 07521 613154

Thurs 11th – Fromeside Food Hub & Cafe, Zion, 12–2pm. Food served till 1.30pm. Open to everyone. Free or 'Pay as you Can'. Email: foodhub@zucchurch.co.uk or Facebook

Fri 12th – Folk Club, Crossbow, School Road, 8–10.30pm. £3. Acoustic music. Play, sing, listen. For info, tel: 07974 151437 or Facebook: [folkatframptoncoterrell](https://www.facebook.com/folkatframptoncoterrell)

Fri 12th – Gnasher, British Legion club, Ryecroft Road, 8pm. Rock & Pop classics live with local band Gnasher. More info on RBL Facebook. RBL, tel: 01454 772769

Sat 13th & Sun 14th – Volunteer morning to tidy St Peter's churchyard and improve environment for wildlife, 9.30am–12pm. Just turn up, everyone welcome! Refreshments provided. More info, call Steve Birch on 07500 898179 or email: stevebirch7@btinternet.com

Sat 13th – Carols in the Barn, Winterbourne Medieval Barn, 3pm. £5 adult/£1 child incl mulled wine/mince pie. Book online at www.winterbournebarn.org.uk

Sat 13th – Music and Dancing with Bennie Vee, British Legion, Ryecroft Rd, 8.30pm. £6, non-member £6.50. New visitors welcome

Sun 14th – Nativity service for all, Zion church, 10.30am

Sun 14th – Christingle service, St Saviours church, 4pm

Tues 16th – Crotchet & Knit Club, Bickeridge Centre, 11am–1pm. Any ability. For more info, tel: 01454 864442 or email: office@framptoncoterrell-pc.gov.uk

Tues 16th – Frampton Coterrell WI, St Peter's Hall, School Road, 7.45pm. Christmas social

Weds 17th – Men's Social Afternoon, Bickeridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. Socialise, make new friends, share thoughts, ideas, concerns, or just find a friendly place to read the paper with a cup of tea

Weds 17th – Table Tennis, Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For information email: henfieldhall@yahoo.com

Weds 17th – FC Local History Society, Zion, 7.30pm. £5 incl tea/coffee. Members free (membership £20pa). Email: secretary_fcdlhs@yahoo.com

Thurs 18th – 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 18th – Fromeside Food Hub & Cafe, Zion, 12–2pm. Food served till 1.30pm. Open to everyone. Free or 'Pay as you Can'. Email: foodhub@zucchurch.co.uk or Facebook

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

Thurs 18th – Arts Appreciation, Greenfield Centre, Winterbourne, BS36 1NJ, 2pm. Richard Box – Christmas & New Year Customs/Traditions. Info, tel: 07946 508316

Fri 19th – Carol service, St Saviours church, 6pm. Everyone welcome

Fri 19th – FC Male Voice Choir Christmas Concert, Zion Church, 7.30 pm. www.fcmmc.co.uk

Fri 19th – Bingo, Crossbow Community Centre, School Road, 8pm. Tel: 01454 772947

Fri 19th – The Miners Christmas Party, Coalpit Heath Village Hall, 8pm. Tickets £5

Sat 20th – Classic Touch, British Legion, Ryecroft Rd, from 8.30pm. Live music and Dancing. £6 members, non-member £6.50. New visitors welcome.

Sun 21st – Christingle service for all, Zion church, 10.30am. Everything provided!

Sun 21st – Candlelit Carol service with mince pies, Zion church, 6pm

Tues 23rd – Coffee & Cakes, Bickeridge Centre, 11am–1pm. Open to everyone

Weds 24th – Christmas Communion service, Zion church, 11.15pm

Thurs 25th – Christmas Celebration, Zion church, 10.30am

Weds 31st – New Years Eve Black Tie Event, Coalpit Heath Village Hall, 7.30pm. See Facebook

Wed 31st – Raindrops, Royal British Legion club, Ryecroft Rd. Tickets only available direct from the Club, £10 members, £12 guests. Tel: 01454 772769

Monthly listings at www.villageaction.org.uk

Christmas Market and Santa's grotto at Paul's Place Hub

Get into the festive spirit at the **Paul's Place Hub Christmas Market on Saturday 6th December!** Browse a wonderful selection of local stalls and visit Santa's Grotto for a truly magical experience. It's the perfect opportunity to shop for unique gifts, decorations, and treats, all while supporting Paul's Place and its vital work for disabled people. You'll feel great knowing your festive shopping is making a real difference!

Step inside Santa's Grotto to meet Santa Claus himself! Children can share their Christmas wishes and receive a special gift to take home. Don't let your little one miss out on this unforgettable festive moment. Spaces are limited, so pre-book your tickets at: paulsplace.org.uk/christmasmarket

And join the fun hunting for Elves! Santa's mischievous helpers are hiding all around the market. Can you find them all? At the entrance pick up a sheet and start your search. Find every elf to uncover the secret password and claim a small prize at the end. Perfect for families and young adventurers!

There's something for everyone to enjoy – from seasonal refreshments and festive games to activities throughout the day. Bring your friends, your family, and your Christmas spirit for a day filled with laughter, joy, and community warmth.



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Thomas the Tomte and the Reindeer

A new book by local author Freddie Hillberg

Freddie has lived in Bradley Stoke with his wife Maureen for over 25 years, and Matters Magazines has previously been pleased to showcase two of his other books within our pages - last year he published The Dangerous Journey which is based upon a true family tale of attempted murder, mystery and love and his first published book in 2023 was another children's book called Brave Cat Millie.

For this latest book Freddie has delved into his Swedish Ancestry to write this delightful story from Scandinavian Folklore.

A Tomte or Tomten, as he is known Sweden, is a little creature who normally lives around farms in the countryside, but now also lives in villages and towns. He is very industrious and will protect you, your family and animals; but, if you are unkind he will take revenge, and play all sorts of unpleasant tricks on you.

At Christmas time they will leave little gifts for the children and, in return for his care and all his work, Tomte likes to be rewarded with a big bowl of his favourite food. Porridge!

Humans never see a Tomte, well perhaps occasionally, but children especially know he is there. Only animals can see them and they can speak their languages due to their magical powers.

Thomas is no exception, but one day whilst in a strange area of the dark forest Thomas suddenly loses his powers and sinks into the deep snow and his life starts to fade. Fortunately he is found by a small herd of reindeer who have never seen a Tomte before but instinctively help him.

The Story Begins! And has a delightful twist in the end...



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Thomas and the animal friends are beautifully illustrated by Andrew Prescott and will be instantly recognised by children everywhere.

In Denmark Tomte are called Nisse. In Norway they are called Nese and in Finland they are called Tonttu. In the UK we probably know them as gnomes!

A fantastic stocking filler this Christmas, Thomas the Tomte is published by Brown Dog Books and is available to order on line or in local book stores.

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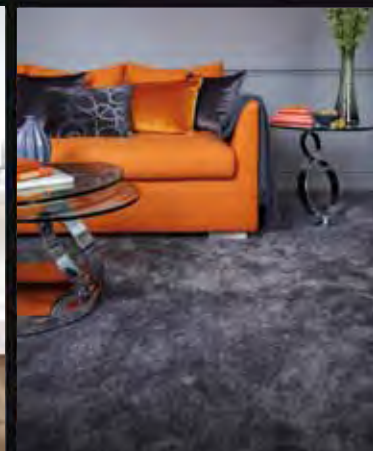
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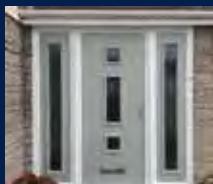
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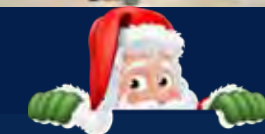
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