

Winterbourne & Frampton *Matters*



January/February 2026

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Dear Residents,

Welcome to the New Year issue of your community magazine, we hope 2026 brings you peace and good health. As we reflect on the year that has gone, now is a great time to think about what we would like to do more of or reconnect with in the months ahead. We are lucky in our community that we have a wealth of caring groups that would welcome new members or volunteers. From gardening groups to art classes, choirs to carnival organisation, nature groups to social clubs, scouting to tea and chat, there is something for everyone. So, if you are feeling lonely or would just like to embrace more of what our local area has to offer, I hope you will be inspired by the many local groups we feature throughout the magazine.

Now is the perfect time to allow yourself some selfcare and address any niggly aches or anxieties you have carried for too long, or just allow yourself a restorative beauty treatment, there is care available from many local businesses who can support you.

community@mattersmagazines.co.uk

If you are looking for a creative activity to keep you amused these long winter nights, why not get working on a design for the Frampton Cotterell Window Art Trail? This year the theme is – Love Is In The Air! We know there will be some wonderful ideas on display during the February half term.

As always, Winterbourne Medieval Barn has a whole host of activities for all to enjoy throughout 2026.

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 12th February 2026.

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 look forward to sharing all the great things that go on in our community throughout 2026!

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News from St Michael's Primary School – Festivals of Light

Term 2 was an extremely busy one for St Michael's Primary School. As the nights drew in we learnt about festivals of light celebrated by different faiths.

We were lucky enough to have one of our parents come into Year 4 to make rangoli patterns and talk about how their family celebrates Diwali. The story of Rama and Sita is remembered during the Hindu festival of Diwali, when diva lamps are lit to guide Goddess Lakshmi to their homes to bring luck and good fortune, and fireworks are let off to celebrate.

We also learnt how Jewish people celebrate the Miracle of the sacred lamp that burned for eight days with just one bottle of oil. Every night during the festival of Hanukkah, a candle is lit on a special candle holder called a Hanukkah.

Our Key Stage 2 children held a Christingle Carol Service at St Michael's Church. Reverend Joanne Hodge introduced the service and children and parents filled the church with the traditional Christmas carols, 'Oh Little town of Bethlehem', 'Once in Royal David's city' and 'Oh come all ye faithful'. It was a very special moment to sing 'Away in a manger' as all the Christingles were lit. Children took turns to read to the congregation, reflecting on the meaning of the orange, ribbon, sweets and candle.

The last few weeks of term are always exciting as we prepare for Christmas. The school was treated to the Reception and Key Stage 1 nativity dress rehearsals with some wonderful singing, and the Church Assembly team lead a service to remind the children of the story of the birth of Jesus and what it means to Christians. The last week was full of festive fun as we enjoyed our Christmas lunch and class parties, as well as the whole school taking a trip to the Hippodrome to watch the Pantomime, 'Jack and the Beanstalk'.

Throughout all the festivities, our school candle continued to be lit in assemblies, reminding us of the light that Jesus brings to many Christians' lives. Each day at the end of our school assemblies, the flame is extinguished and the message is taken with us with the words 'Let the light shine in us today'.

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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

A wonderful production from the Winterbourne Musical Theatre



Winterbourne Musical Theatre (WMT) put on the wonderful heart-warming and heart-wrenching story of 'The Christmas Schooner', from 25–29th November at WADCA.

The story followed the fortunes of a family of German immigrants to the USA in the

1880s, who first took Christmas trees from the Canadian border down to the city folk of Chicago, sailing the full length of the very dangerous Lake Michigan during winter storms. Until then, German immigrants in Chicago had missed their old Christmas traditions of bringing evergreens into the house and decorating them with fruit and nuts. But that custom has of course now spread firmly across America (and thanks to queen Victoria, with German heritage, across the UK too).



The show is based on a true story, including the eventual fatal wrecking of the schooner in a violent storm after some years of transporting Christmas trees. The schooner captain's family continued the business in his memory, until eventually rail and road transport took over from shipping.

Both cast and audiences loved this show with its hummable music and ultimately uplifting message of hope and love.

WMT's next show will be the comedy Kipps, based on the book of that name by H. G. Wells, and known to many people from the 1960s adaptation 'Half a Sixpence'. The show runs in mid May at WADCA.

Get involved! We would welcome more help with backstage, including stage management, costumes, or front of house. The society currently has no vacancies for women or children in the cast, but would be willing to consider a few more men. Rehearsals are Thursday evenings. Principal characters will be auditioned in mid January.

If you are interested in any of these opportunities, please contact WMT via the website: winterbournemusical.co.uk or Facebook page: Winterbourne Musical Theatre.



Images thanks to Gary Woodruff ©

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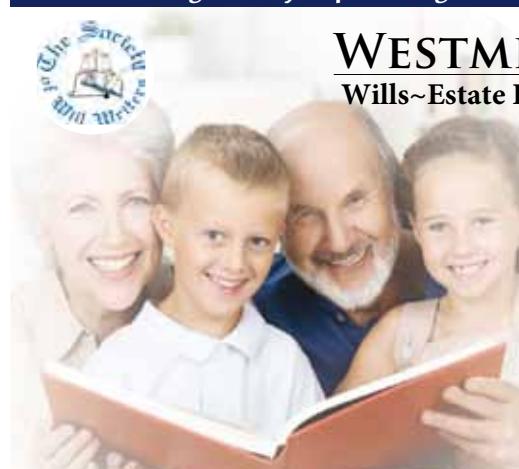
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News from the Floral Friends of Frampton



Well, that's it for another year – Christmas, New Year and all that goes with it, is over and for the volunteers at Floral Friends, that means it's time to plan our schemes and themes for 2026! We're thinking about acquiring another new planter bench, planting up a new recycled half barrel planter and of course, what we'll be growing on for our May plant sale.

Last year, some of our volunteers grew on plug plants and our own seedlings for the sale at the end of May. However, we felt that lots of people had bought their summer bedding and veg plants by then, and therefore missed out, so we will hold it at the Brockridge Centre on the 9th of May in 2026. So, please put it

in your diary and come and enjoy the morning with us. As always, there will be drinks, cakes and even hot dogs this time, so well worth a visit. If you feel you would like to help us by nurturing a tray of plug plants or even just growing on your extra seedlings, please let us know as this would help enormously, especially as volunteers' greenhouses are in short supply. I promise you, there's nothing more satisfying than seeing the fruits of your labour snapped up by a grateful gardener at the plant sale.

Finally, we really want to plant some native bulbs – snowdrops, bluebells, daffodils etc in some new places around the village. We have a few ideas, but please feel free to let us know where you think they might be best appreciated. We will be planting them 'in the green' which just means already sprouting, so this will be done in early spring, weather permitting.

As always, thank you for all your support and kind words. If you would like to contact us, please email us at floralfriendsofframpton@gmail.com or follow us on Facebook.



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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 3rd and 31st January and 28th February, 10am – 11am.

February Half Term Children's Activity 'Monster Mischief' – Join us on Friday 20th February from 10.30am – 12pm 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 10th and 24th January, 7th and 21st February.

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

Adult Games Club – Fortnightly on Wednesday, 2 – 4pm with refreshments by donation. Next dates 14th and 28th January, 11th and 25th February. Come along on your own or with a friend to play a variety of board games and make new friends.

Computer Classes – Thursday (term time only) enrolment required with SGS College. For further information please contact Cindy, email: cindy.corbett@sgscol.ac.uk (this is a 16 week course that you can join at any time).

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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.

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

Email: winterbourne.library@southglos.gov.uk

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

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 courses too.

In a world dominated by mass production, The Artisan's 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 Artisan's 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.

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A SHELTER FOR HANDMADE PRODUCTS



Thanks go to outgoing president Jan Moore

News from Frampton Cotterell WI

In November, we had our AGM and Quiz Night, where the committee was voted in once again for the year ahead. Our president Jan Moore sadly stepped down, however we are all delighted that Ann Tunstall has taken over the role. Huge thanks go out to Jan who has been a fantastic president over the last few years and congratulations and thanks to Ann for stepping in to take over this much-appreciated role. Like any other WI, the Frampton Cotterell group can only exist with a trusted President in place.

We are looking forward to the year ahead with a promising line up of future events.

Up-coming events and talks include:

27th January – Food/drink demo

3rd February – Annual Meal – members only

24th February – UN Peace-building talk with Biljana Hutchinson

24th March – Yoga/Chair Yoga with Sam

26th May – Resolutions & Quiz night

We have many other events/socials lined up for the year ahead, including meals out, garden/historic visits, theatre trips, etc. We have a monthly 'lunch club', open to all members and held at a different local venue each time. We also have special interest groups that meet separately including a book club, craft group, gardening group and our skittles team.

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

In the meantime, if you're interested in joining us please let us know and get in touch via our Facebook page, please search FramptonCottWI to find out more, and to like our page.

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Winterbourne Down Village Carnival 2026: Supporting Great Western Air Ambulance

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.

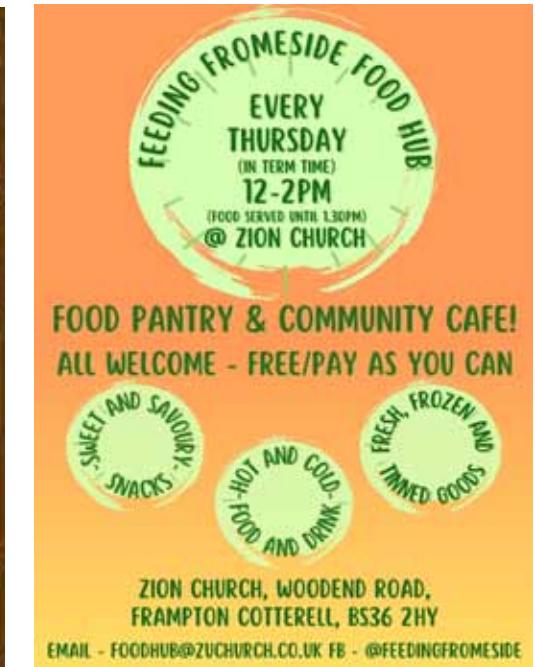
By coming along to the carnival, joining in the activities, and contributing to our fundraising efforts,



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!

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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.

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As we start 2026, we wanted to reflect on all the events that 2025 brought.

We want to thank all who visited us last year. We feel incredibly fortunate to be a part of such a fantastic community! We are very excited for what is to come in 2026, and we look forward to welcoming you again.



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Local window company wins national award

Bristol window company, The Window Hub, has won a major national award after being judged the best by its peers in the glass and glazing industry.

With a head office in Staple Hill, The Window Hub won Installer of the Year at the G-Awards, an annual glittering event, which recognises and awards the best window, glass and door companies in the UK. The local business welcomed judges from respected inspections and auditing body, Risa, earlier in the year, who compared entries from dozens of window companies from across the British Isles.

Managing Director, Danny Robb, shared, "We've got a 'Treating Customers Fairly' policy, to make sure that we do the right thing for our customers, from when they first speak to us all the way through the process to when we leave them with a Fensa certificate after the installation. And I'm hopeful that that's what shone through during the judging process."

The win came just weeks after two employees won awards at the National Fenestration Awards, another national event where winners are judged by their peers. Adam Smith won Office Manager of the Year, while Bradley Barber won Young Person of the Year.

Danny said The Window Hub has strict guidelines that its employees must follow to ensure the customers

are always looked after. This includes an ethical sales policy which, in addition to following legal obligations, includes a 'canvassing etiquette' which all sales-people must read, sign and stick to.

"It really isn't rocket science," Danny said. "But we make sure our employees close gates behind them, and don't walk on the lawn. And if they are asked not to return, they must inform their Team Leader immediately, so Head Office can make a record and ensure all canvassers know never to go back."

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

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

90% of reviews for The Window Hub on Trustpilot are five stars, with customers celebrating the company's professionalism, friendliness, tidiness and attention to detail. (The company doesn't invite customers to leave a review, so all comments on that site are genuinely organic.) www.thewindowhub.co.uk

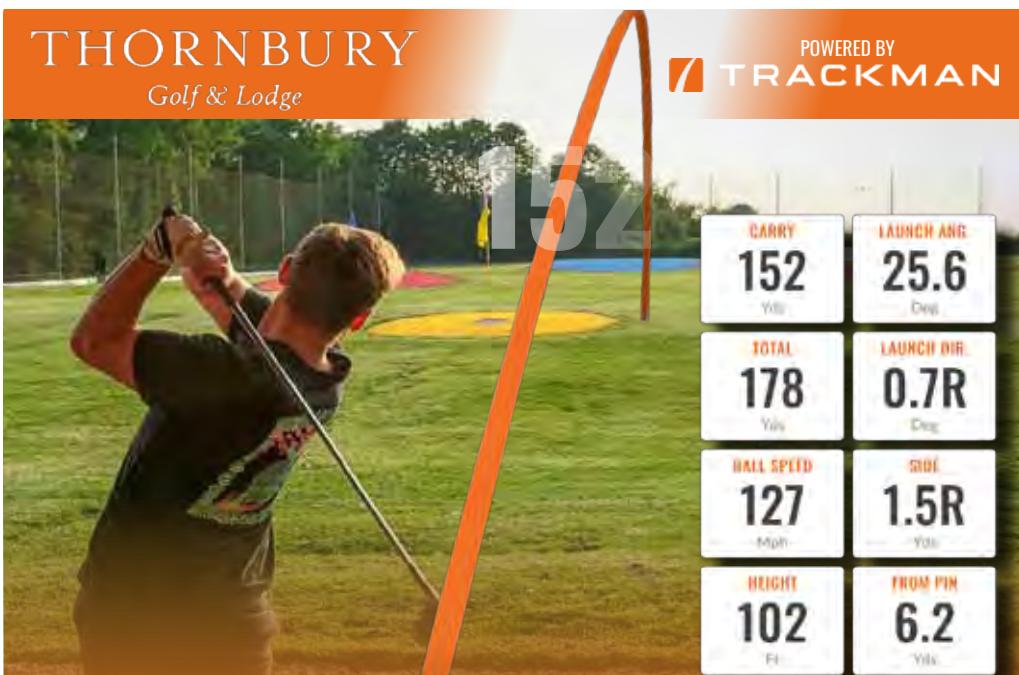


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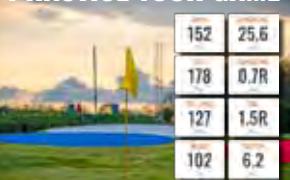
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Wellbeing Matters!

Your Winter Balance

The seasons have definitely changed; we have cold, wet, windy days, and the evenings are drawing in fast. For some, winter feels like a warm blanket; for others, it can feel heavy, quiet and 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 (turkey, eggs, oats, nuts & 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". Remember... 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 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. *Tip: 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!**

Becca

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

Future-proofing our kids' spine health

with experienced holistic therapist Dawn Clode Lic MET Lic CR

Most of us do not experience serious aches and pains in our bodies until we hit our 50s, 60s and beyond. Some of the injuries or wear and tear are inevitable with age and our working or leisure environment – or so we think! A number of our issues, especially when it comes to spine health (that links with nerves to all areas of our body) could be prevented or significantly reduced if we looked after our backs before any sign of problems occur. Never a truer word spoken that, 'prevention is better than cure.'

It was extremely interesting to hear Dawn speak on the subject with the extensive knowledge and experience she has. Having Dawn in my life as a holistic therapist for over a decade has benefitted both myself and my boys. There are two key times to get kids' holistic health off to the best start.

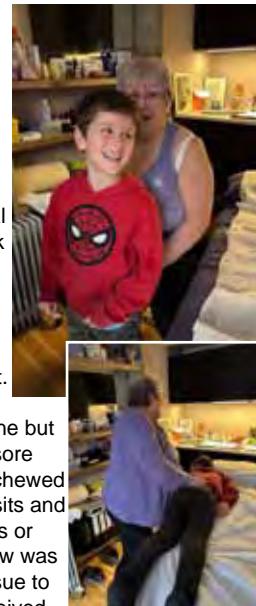
The first is when they are young babies, birth involves a significant physical stress on babies (and mother's too of course!). Both my boys benefitted from a baby cranial sacral session with Dawn. My first born was uncomfortable latching on his left side. One session and we never looked back. My youngest son suffered with an aggressive rash in the nappy area and again, one session of baby cranial sacral and the rash and associated discomfort calmed and then disappeared.

Fast-forward ten years and Dawn asked to see the boys again. Now they both play regular, physical sport, it was time to check their spine alignment.

My eldest's (10) spine wasn't running quite straight, some gentle manipulation put this right.

My youngest (8) was running straight in his spine but complaining slightly of a sore ankle. Dawn asked if he chewed things a lot (he regularly sits and chews or sucks on clothes or soft toys) as an area of jaw was related through fascia tissue to the foot and he again received some gentle manipulation to ease this. It really was a fascinating session and my boys think Dawn can work magic! For advice on children's spine health, do get in touch with Dawn.

Dawn. Call: 0795 1099 491 or visit: www.life-and-soul-empowerment.co.uk



Winterbourne Short Mat Bowls Club

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



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

Although many members are happy to just play socially, we also enter two teams in the Bristol and District League and also run club competitions and there are plenty of competitions held in the local area.

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

Santas on the Run success at local children's hospice

More than 300 participants joined Santas on the Run North Somerset to raise vital funds for Children's Hospice South West on Sunday 7 December.

This popular fundraising event saw over 300 supporters of all ages dressed in a range of Christmas costumes, take on the festive 2K route around the hospice's beautiful grounds and saw participants enjoying the event village with food vendors and festive activities based at The Downs Preparatory School.

Hollie Thorogood, Events Fundraiser at CHSW, said: "We are so delighted at what was a fantastic Santas on the Run event this year, and it was brilliant to see so many people dressed up and running around our wonderful Charlton Farm surroundings. We saw Santas, reindeers, elves and much more."

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 in Wraxall, Somerset.

The hospice supports children with life-limiting illnesses or conditions, and their families, providing short breaks, respite and palliative care, as well as end of life care and bereavement support. Charlton Farm's doors are open 365 days a year and will be a home from home for families over the festive period too.

Get involved in 2026! If you are interested in taking part or organising a fundraiser this year for the charity, we would love to hear from you. www.chsw.org.uk | 01275 866600



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Happy New Year from Winterbourne Medieval Barn

are now open for booking. Why not try a new craft, or come to a music event, or book a place as an unusual gift for a special person?

Craft Workshops

Fused Glass – Tuesday 27 January, 10am or 1pm

Join Rachael Durkan from The Glass Cabin in a fun, informal 2 hour session, to make your own choice of item from a list of options including a Wave or Mandala in a Frame, a Curve, a Dish, or a Balloon or Beach Hut decorative hanging. You can see images of all the options online. Suitable for complete beginners (age 16+) as well as those who've caught the fused glass bug! Prices vary for the different items, so you will need to select your option when you book. The price includes all materials, full tuition, and tea and coffee.

Medieval Tile Workshop – Friday 6 February, 10.30am – 2.30pm

Learn to make replica medieval tiles... on a genuine medieval site! Martin Webb from MVW Ceramics hosts this workshop where you will make up to four tiles which will then be glazed and fired after the class. You will start by inlay a pre-pressed tile, made with a replica mould copied from tradition design, and then you can create tiles using your own designs.

Wood-carving – Saturday 28 February or Sunday 29 March, 10.30am

Professional woodcarver and teacher Alistair will guide you through the process of carving into seasoned oak using traditional mallets, gouges and chisels. At the workshop on 28th Feb, you will choose a design dating from around the time that the medieval barn was being constructed. On 29th March you will carve something inspired by nature. These 6 hour sessions are suitable for any skill level, from absolute beginners to those with some experience.



Music

Varied musical events restart in March with a fun ceilidh on Saturday 21 March. Swing from Paris bring vintage jazz

and stylish swing to the Barn in April, and GreenMatthews return in May with light-hearted folk songs and dance tunes played on a range of modern and period instruments. Bookings now open for:

Ceilidh in the Barn – Saturday 21 March, 7pm

Swing from Paris – Thursday 9 April, 7.30pm

Midsummer Revels – Friday 8 May, 7.30pm

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 for bikes.

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 would welcome more people to help with maintaining the site, preparing for events (setting out chairs, tables, stage blocks), 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 helping to preserve an important historic building.

More information can be found on the Barn website and Facebook.

www.winterbournebarn.org.uk

Facebook @winterournemedievalbarn

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

Beauty Plus by Myriam celebrates 16 years in business!

Having been in the spa and beauty industry in Europe and in the UK for the last four decades, my most recent project in Frampton Cotterell has turned 16 years.

My experience spans many countries, with many ups and thankfully only a few downs.

Through it all I have remained a proud member of BABTAC and have always encouraged therapists to join from their first day in the industry.

My training (many decades ago) was intense and I'm truly appreciative of how strictly we were taught to maintain high quality standards and to provide a safe, caring and relaxing environment for our clients.

It was also special to welcome Tyisha, who joined my team recently. The event was fun, with clients who braved a horrendously rainy evening to celebrate with me. I also appreciated the beautiful flowers which were a nice surprise from my thoughtful sons. Congratulations go to the winners of the special 16th birthday prizes. I look forward to seeing my lovely clients in 2026!

Myriam



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Get Ready for the New Season at Winterbourne Cricket Club!

It might be a little chilly outside, but Winterbourne Cricket Club is already buzzing with excitement as we look towards the 2026 season!

We recently held our annual End of Season Awards Night, which was a huge success. It was fantastic to see such a brilliant turnout from players, coaches, parents, and supporters across all areas of our club - Men's, Ladies, and Juniors - coming together to celebrate the highlights of the past year.

Join Our Friendly, Family Club!

We are on the lookout for new players for every section. Winterbourne CC is a true family club where everyone feels welcome. Whether you're an experienced player looking for a new challenge or you've never picked up a bat before, we have a spot for you. We run Men's, Ladies, and Junior teams offering regular training sessions, weekend matches, and social events throughout the year.

The club is proud to boast two quality cricket pitches with great, up-to-date facilities, providing an excellent environment for all levels of cricket.

Pre-Season Nets Are Just Around the Corner!

Ready to shake off the winter rust or try cricket for the first time? Our pre-season nets are starting soon:

Senior Nets start on Sunday, January 25th, from 4:00pm to 5:30pm at the Winterbourne Academy sports hall.

Junior Nets start on Friday, January 23rd, from 7:00pm to 9:00pm at the Winterbourne Academy sports hall.



Women's Indoor League starts on Tuesday 6th January at Oasis Academy Brightstowe and Sunday 11th January in Stroud.

If you want to be part of a welcoming, supportive, and active team, come on down!

Drop us a Direct Message (DM) on social media, or send an email to winterbournecricketclub@gmail.com.



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News from Frampton Cotterell Parish Council

Frampton Cotterell Parish Council Community Awards 2026



Community Award Winners,
Feeding Fomeside, with Parish
Council Chair Linda Williams

our community over the preceding 12 months.

We need your help. By nominating your local heroes, who shine a light on those deserving of recognition and thanks.

Nominations for the 2026 Community Awards are now open. Visit our website to learn more, at www.framptoncotterell-pc.gov.uk/community-awards.

Frampton Cotterell Window Art Trail – Love Is In The Air!

The Frampton Cotterell Window Art Trail is a community art project that transforms the windows of local homes and businesses into a vibrant village-wide art gallery! Our second (ever!) Window Art Trail hopes to lighten hearts as well as windows with this year's theme: *Love Is In The Air*.

The trail will be taking place from the 9th to the 13th of February 2026 (during the February half term). Sign-up opens on Monday 19th January and will close on Friday 6th February.

Winner window art from the 2025 Window Art Trail, 'Starlings'



Paper entry forms will be available at The Brockeridge Centre. The link to sign up online will be available on our website. Everyone is welcome to take part.

To learn more about this year's Window Art Trail (and to see photos from last year's) visit: www.framptoncotterell-pc.gov.uk/frampton-cotterell-window-art-trail.

Parish Council Purchases Riverside Woodland for Community Nature Reserve

Frampton Cotterell Parish Council has been successful in our auction bid to purchase the 0.65 acres of land for sale at the site of the old Mill pond, alongside the river. The land sits in between the Centenary Field and Black Rocks in Frampton Cotterell.

This land will now become part of our Community Nature Reserve, where we will be able to help protect the area for nature.

This purchase has been made using money from the Grange Solar Farm grant, which is used for local environmental projects. We hope that through this purchase, the land will prove to be a valuable asset for the local community.

Coffee Grounds Recycling

Did you know that there are loads of incredibly useful things you can do with your used coffee grounds?

Frampton Cotterell Parish Council has teamed up with local cafés Magnolia Mews and Daisychain Deli for a fantastic Coffee Grounds Recycling scheme!

As well as saving your own coffee grounds, you can now visit Magnolia Mews and Daisychain Deli to drop off your own container for coffee grounds.



The café staff will fill your container up with used coffee grounds which you can collect later and put to good use!

But what possible use is there for used coffee grounds? We're glad you asked!

The parish council has created a super handy leaflet jam packed with money-saving tips, health and beauty tricks, gardening magic, household projects and more – all using coffee grounds.

These free leaflets are available at The Brockeridge Centre and other locations around the village (including at Magnolia Mews and Daisychain Deli), as well as digitally on our website.

Kids Against Dog Poop Poster Competition

Dog poo left in parks, paths and public places is a seriously yucky problem – and a seriously dangerous one, too.

Not picking up dog poo does more damage than just ruining your new trainers (and that would be bad enough!). Dog poo can give people horrible illnesses, and even cause blindness. Dog poo also contributes to water pollution, environmental damage and can harm biodiversity. Not to mention that not picking up dog poo is against the law and risks fines of up to £1,000!

Despite all the reasons to pick up dog poo, lots of irresponsible dog owners still leave poop all over the place. Clearly the grown-ups just aren't listening. We need some real help. We need Kids Against Dog Poop! We are calling on local children to help us teach grown-ups about picking up dog poo.

Throughout January, under 16s can enter our Kids Against Dog Poop poster competition to help us raise awareness about dog fouling in Frampton Cotterell. Our lucky winners will not only receive a fantastic prize, but will also see their winning design turned into official Frampton Cotterell Parish Council posters displayed across the village!

To learn more about how to enter our Kids Against Dog Poop competition, visit our website at www.framptoncotterell-pc.gov.uk/kids-against-dog-poop-competition

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

Big Christmas Sing for Christian Aid

A huge thank you to everyone who came along or took part in our local churches' BIG Christmas Sing for Christian Aid! Zion Church was packed and we were treated to an evening full of superb singing from our local choirs, carols for all and some good old-fashioned Christmassy singalongs!



This year's concert was compered by Rev Dave Jones from St Saviour's and Rev Sharon Lovelock from Zion. We were delighted to welcome Junior FR, Frampton Cotterell Male Voice Choir, the Frampton Shantymen, Crossbow Singers and Winterbourne Musical Theatre, who closed the evening with 'The Blessing of the Branch' from the musical 'The Christmas Schooner'. The Christmas tree branch was blessed and branches were passed around the audience, with everybody singing – it was a beautiful moment.

All the choirs were amazing and, as well as being lots of fun, the evening was full to the brim with community spirit!

In terms of fundraising for Christian Aid this was our best ever year! We raised £1,236.81 to which will be added £119.50 in Gift Aid, bringing the total to £1,356.31! Absolutely amazing! Your support will bring lasting joy to those who will benefit from your kind donations.



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 highs.

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 organised for the troop to the RNLI at Portishead, Westonbirt National Arboretum, Slimbridge Wetland Centre and 'We the Curious' science museum and a Panto show in Bath.

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 organisation 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



Hambrook Sports Club – Community Update

In October, we sadly lost our Chairman, Alistair Kilfoil. Alistair was a dedicated leader, a tireless volunteer, and a true champion of community cricket. His wake, held at the club on 21st November, brought together friends, members, and neighbours to share memories and celebrate his enormous contribution to Hambrook Sports Club. He will be deeply missed.

At our AGM in November, Naomi Bowler was voted in as our new Chair – and the first female Chair for HSC! Naomi moved to Hambrook at the end of 2024 and has been an active member of the club; we are confident she'll help guide us forward into a positive new chapter. 2026 marks the beginning of new fundraising efforts to deliver significant upgrades to our facilities, which were built in the 60s and are ready for a change.

We warmly invite local residents to join Hambrook Sports Club — either socially, or through our friendly Cricket and Football teams. The club is home to five Skittles teams, weekly Pilates classes, darts, and cribbage nights. Membership is just £10 per year, and as a not-for-profit organisation, every penny goes back into making sport and community activities accessible for people in Hambrook and the surrounding villages.

We are also excited to begin laying foundations for a junior football programme for both boys and girls. To make this possible, we are seeking male and female volunteer coaches. Coaching training and DBS checks will be provided. In addition, we are looking for more ladies' cricket coaches. In the past, we have proudly been the only female-coached ladies cricket team in the area, and we would love to welcome more women who want to get involved for we can regain that title!

If you'd like to support the club, get active, or help shape its future, we'd be delighted to hear from you. Here's to building a stronger, more connected Hambrook community together! www.hambrooksportsclub.co.uk

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My Fair Lady in Tockington

The Parish Players' 2026 production of 'My Fair Lady' is taking place at Olveston and Tockington Parish Hall (Upper Tockington Road BS32 4LQ) at 7.30pm every evening from Wednesday 18th to Saturday 21st February 2026 (in February half term) – with an extra matinee performance at 2.00pm on Saturday 21st!

This well-known and lively show is packed with some of the most famous songs from the world of musicals: 'Wouldn't It Be Loverly?', 'With a Little Bit of Luck', 'The Rain in Spain', 'I Could Have Danced All Night', 'On the Street Where You Live' and 'Get Me to the Church on Time' – to name a few. It's great entertainment for all the family and certain to brighten everybody's winter evenings.

Based on George Bernard Shaw's play 'Pygmalion', My Fair Lady was written by Alan Jay Lerner and Frederick Loewe. It was first performed on Broadway in 1956, starring Rex Harrison and Julie Andrews, and won six Tony Awards, including Best Musical. The 1964 film version starred Audrey Hepburn and Rex Harrison, and won the Academy Award for Best Picture.

Tickets go on sale from Saturday 10th January, after which you can order online at <https://bit.ly/PPorders> or call 01454-202011. Prices are £12 Adults, £8 Children and £14 Premium seats.

Parish Players tickets always sell quickly, and My Fair Lady will be popular – so don't delay!

Find out more at www.facebook.com/OlvestonParishPlayers (not for ticket sales).

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*Whilst kingdoms come
and kingdoms go, rivers
run and rivers flow*

I saw something I had never seen before as I left St Peter's recently – the Frome, in full flood, visible from the vestry door. Normally hidden from view by the fall of the land, the angle at which I stood made it look as if the river could have stretched from the wall of the Churchyard all the way across to the hill that ascends towards Frampton End Road. Fortunately, for the horses that live in the field next to us, it wasn't quite as dramatic as it first looked, but the strength and domination of the river in flood was a reminder of the ways in which our lives and daily assumptions can be upended by our waterways.

By the time you read this, I will have been swept away by the life's tides having handed over my keys for the churches in Fromeside and vacated the 'Curatage' shortly after Christmas. I will be preparing to be installed as rector in Workington, a town which remembers only too well the ability of rivers to transform from life giving streams, to destructive life-disrupting forces.

On my first visit to the Cumbrian town, my guide made a deliberate point of taking me to the place where PC Bill Barker lost his life in the line of duty during the 2009 floods, when the bridge he was crossing collapsed severing pedestrian and road access from the Northside of the town to the other. Whilst a new bridge stands in its place, the impact of the water's power is still felt today.

When I became curate three years ago, I mused on the nature of rivers, and their role in the human imagination across history. Back then, focussing on nourishment, I referenced the river Nile which spirited the infant Moses to safety, the Jordan where Jesus was baptised, and the rivers of Babylon.



As nourishing as these rivers were, it occurred to me now that they also were catalysts of transition and change: Moses from slave baby to Egyptian Prince, Jesus from Carpenter to Rabbi and publicly acclaimed son of God, and the Israelites in exile resolving to seek restoration to their God and their home.

Whilst rivers can bring change and turbulence, established rivers often remain consistent in their flow of water. As I referenced three years ago, the Scottish singer Karine Polwart sings, 'Whilst kingdoms come and kingdoms go, rivers run and rivers flow.' The Christian faith, likewise describes God as one in the same yesterday today, and forever. As my life changes, and the church communities in Fromeside continue to encounter change, it is comforting to know that, whilst the force and floods of life's events can overwhelm, these times are only ever temporary, while goodness and love endure forever.

Ben Thompson

Ben Thompson – Curate – Fromeside Benefice

Fromeside Benefice & Yate

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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 tutor (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.

ARTS APPRECIATION GROUP

Thursday 15th January – an illustrated talk by Justine Hopkins on
“May Morris, William’s talented daughter”

Thursday 19th February – an illustrated talk by Kirsty Hartsiotis on
“Stained glass in the Cotswolds from the 20th century to today”

Both events at 2pm, at The Greenfield Centre, Park Avenue, Winterbourne, BS36 1NJ

More details from Sally – 07946 50831

THORNBURY Art Club

the great outdoors 'alla prima'. In fact often she has been invited to paint live events such weddings, parties, fairs, circus shows and music festivals such as Glastonbury. Valerie is a member of the Royal Institute of Oil Painters and a founding member of The British Plein Air Painters group. Her teaching will encourage us to paint with freshness, confidence and spontaneity and will include tips for plein air painting. Valerie aims to depict the essence of a subject in a few well-placed brushstrokes. It should be a captivating evening.

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 say hello to our visitors. There will 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.

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.

Frampton Cotterell Computer Group



Frampton Cotterell Computer Group provides help and advice on the use of PCs, laptops and tablets. The group meets at

the Brockeridge Centre in Frampton Cotterell on Wednesday and Thursday mornings, from 9.30 to 11.30am and new members are always welcome to join on whichever day they prefer.

Nowadays many aspects of modern life, from banking to booking theatre tickets, are done online. However, for people who have not grown up using smart phones or computers this can be quite daunting. 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 your computer or brush up on old skills, we are here to help you with one to one and group sessions. We meet at The Brockeridge Centre, Woodend Road Frampton Cotterell.



To enquire about future sessions

Tel: 01454 864442

Email: over50it_1@hotmail.co.uk

Winterbourne Down Art Group

Winterbourne Down Art Group is held on Tuesday afternoons at All Saints Church Hall, Church Road, Winterbourne Down. We are a friendly, informal group and anyone interested in joining us can come and see for yourself without any commitment.



Artwork by group member Sue Blake

We start back on Thursday 9th January, so why not make it your New Years Resolution to reconnect or discover art as your new hobby and join us?

For more information contact Alison Sansum on 01454 775133

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Please contact Alex on 07919 554658 or alexcrice@hotmail.com

Village Diary January 2026

Fri 2nd – Laughter Club: Coffee, Cake, Chat, St Peters church, drop in 10am–12pm.

Fri 2nd – BSBI New Year Plant Hunt Walk, meet Beesmoor park, 1–3pm. A walk on pavements and lanes to identify plants in flower, to monitor climate change.

Fri 2nd – Quiz, Crossbow, 8pm. Tel: 01454 772947 or email: crossbowhouse@gmail.com

Sat 3rd – St Saviours Church open to visitors, 10am–12pm. Tea/coffee etc available.

Sat 3rd – Repair Cafe, British Legion, Ryecroft Rd, 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 to see us. Daisy Finniear, Climate & Nature Officer, Frampton Cotterell Parish Council.

Sat 3rd – Music and Dancing, British Legion, Ryecroft Rd, 8.30pm. Live Music. £6, non-member £6.50. New visitors welcome. More info on Facebook page.

Sun 4th – Frome Valley Growing Project Open, Swan Lane Winterbourne, 11am–2.30pm (weather dependent). More info: thegrowingproject123@gmail.com

Mon 5th – Happy Mondays, St Peters church, 10am–12pm. Free. Tea, coffee, cake, chat, board games, jigsaws. Bring your knitting, sketching, crafts. All welcome.

Mon 5th – Gardening and Social Club, Manor Hall Jubilee Room, 2–3.30pm. All welcome. £3 incl refreshments. www.manorhall.org | Tel: 07873 747513.

Tues 6th – Crotchet & Knit Club, Brockridge Centre, 11am–1pm. Any ability. More info tel: 01454 864442 or email: office@framptoncotterell-pc.gov.uk

Weds 7th – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome.

Weds 7th – Coffee Morning, Henfield Hall, Ram Hill, 10am–12pm. All welcome. Email: henfieldhall@yahoo.com

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

Weds 7th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info, call Edna on 07789 662694.

Weds 7th – Bingo, The Miners' (Coalpit Heath Village Hall), 2–4pm. Fortnightly.

Weds 7th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For info, email: henfieldhall@yahoo.com

Weds 7th – Singalong with The Jays and Joy, Crossbow, School Rd, 2–3.30pm. £5, includes 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 7th – Coalpit Heath WI, St Saviours Church Hall, 7:45pm. Visitors £5. Varied speakers. For more info tel: 07935 071291 or Facebook.

Thurs 8th – 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 8th – 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 9th – Folk Club, Crossbow, School Rd, 8–10.30pm. £3. Acoustic music. Play, sing, listen. Info tel: 07974 151437 or Facebook: folkatframptoncotterell

Sat 10th – Volunteer morning to tidy St Peter's churchyard, 9.30am–12pm. Improve environment for wildlife, just turn up, all welcome! Refreshments provided. For more info, call Steve Birch on, 07500 898179 or email: stevebirch@btinternet.com

Sat 10th – Music and Dancing, British Legion, Ryecroft Rd, 8.30pm. Live Music. £6, non-member £6.50. New visitors welcome. More info on Facebook page.

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

Tues 13th – Coffee & Cakes, Brockridge Centre, 11am–1pm. Open to everyone.

Tues 13th – Film Afternoon, Salem, Watleys End, 2pm. Free parking, free admission, warm welcome. www.salechurch.org.uk, Facebook: @ Watleysendmethodist

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

Weds 14th – Community Allotment Volunteering, Mill Lane, 2–4pm. Learn skills and help grow food, trees, wildflowers. Refreshments provided. All welcome. Just turn up. More info email: wildlife@framptoncotterell-pc.gov.uk

Thurs 15th – Coeliac Local Café Meet Up, Iron Acton Garden Centre café, 10–11.30am. Share experiences of living gluten free. Info, email: volunteering@coeliac.org.uk

Thurs 15th – 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 15th – 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 15th – Arts Appreciation, Greenfield Centre, Winterbourne BS36 1NJ, 2pm. 'May Morris, William's talented daughter' – Justine Hopkins. Tel: 07946 508316.

Fri 16th – Laughter Club: Coffee, Cake, Chat, St Peters church, drop in 10am–12pm.

Fri 16th – Bingo, Crossbow Community Centre, School Road, 8pm. Tel: 01454 772947.

Sat 17th – Repair Cafe, All Saints hall, Winterbourne Down, 10.30am–12pm. Frome Valley Environmental Group will try to repair your bikes, electricals, jewellery, clothing, wooden items, etc. Email: winterbourneenvironmental@gmail.com

Sat 17th – Music and Dancing, British Legion, Ryecroft Rd, from 8.30pm. Live music. £6 members, non-member £6.50. New visitors welcome.

Tues 20th – Crotchet & Knit Club, Brockridge Centre, 11am–1pm. Any ability. For more info, tel: 01454 864442 or email: office@framptoncotterell-pc.gov.uk

Weds 21st – Volunteer Day at Frome Valley Growing Project, Swan Lane, Winterbourne, 10am–2pm. Email: thegrowingproject123@gmail.com

Weds 21st – Men's Social Afternoon, Brockridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. Socialise, make new friends, share thoughts, ideas, concerns, or simply find a friendly place with a cup of tea!

Weds 21st – Table Tennis, Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For info, email: henfieldhall@yahoo.com

Weds 21st – FC Local History Society, Zion, 7.30pm. £5 incl tea/coffee. Members free (membership £20pa). Email: secretary_fcdlhs@yahoo.com

Thurs 22nd – 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 22nd – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free.

Fri 23rd – Soup lunches, St Saviours church hall, 12pm.

Sat 24th – Music and Dancing, British Legion, Ryecroft Rd, from 8.30pm. Live music. £6 members, non-member £6.50. New visitors welcome.

Tues 27th – Fused Glass workshops, Winterbourne Medieval Barn, 10am or 1pm.

Tues 27th – Coffee & Cakes, Brockridge Centre, 11am–1pm. Open to everyone.

Tues 27th – Women's fellowship, Salem church, Watleys End, 2.30pm. www.salechurch.org.uk

Tues 27th – Mothers Union evening group, St Saviours Church, 7.30pm. Short service, tea, cake, craft, various speakers. Led by Sarah Blake. More info, call Mary Head on 01454 887870.

Tues 27th – Frampton WI, St Peter's Hall, School Rd, 7.45pm. £4 visitors. For info, email: Fcwisecretary@outlook.com or Facebook: FramptonCottWI

Weds 28th – Litter Busters, meet entrance to the park Heather Ave, 10am. Voluntary group who help to keep our village tidy, once a month. Wear gloves. See Village Action website, Facebook or email: framcottva@hotmail.co.uk

Weds 28th – Men's Social Afternoon, Brockridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. Socialise, make new friends, share thoughts, ideas, concerns, or simply find a friendly place with a cup of tea!

Weds 28th – St Saviour's church open, 1–3.30pm, for tea, coffee, prayer or quiet space.

Thurs 29th – 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 29th – Filling Station, Manor Hall, 7.30pm. Christian gathering. Open to all. Speaker Keith Powell. www.thefillingstation.org.uk/station/south-glos

Sat 31st – Mark Knight is Elvis, WADCA, 8pm. £13. Book on Ticketsource.

Sat 31st – Music and Dancing, British Legion, Ryecroft Rd, from 8.30pm. Live music. £6 members, non-member £6.50. RBL, tel: 01454 772769.

Monthly listings at www.villageaction.org.uk

Frampton Cotterell Rugby vets biennial trip to Paris



November 2025 saw Frampton Cotterell RFC T.O.A.D.S embark across the channel for their biennial visit to their very good friends from Parisis RC, and the 2025 Le Crunch!

Initial housekeeping suggestions were announced on departure and suitably ignored as the sound of the first can opening was heard before the birds first song. Newcomers collected their tasks and outfits, and the tour was in full swing. A swift call from Eurostar to announce we may be pushing gate closure timings ensured we received a police escort through into the queue!

A very wise booking operator saw forethought and arranged for all of our tickets to literally take over a whole carriage, proving sensible considering the beers and buffet would be in full flow, as was the isle crowd surfing, in particular, a certain Tellytubby loving life! None the less, the T.O.A.D.S arrived at Gare du Nord and swiftly made their way to Belushi's in a last-minute change to the agenda. This was the perfect time to ensure our newcomers started to pay their way, and so the 11 'Where's Wally's' swiftly went hiding around Paris, to be hunted down by 'Waldo'.

Then onto the Metro to Franconville to meet our fellow Vets from Parisis RC. At Franconville, we met our hosts with standard French welcome of two cheek kisses and a shot of pastis.

Friday evening antics and their stories will remain on tour as per protocol, just suffice to say a Sunshine Mountain: Part deux incident took place!

Saturday and game day – Le Crunch. As always, this sees a fired-up consignment of French team togetherness warm up and fierce anthems sung, whilst our boys rock up, stagger out to the pitch,

and hope those low waist height tackles don't cause a consequence! However, in a beautifully crafted bluff, the mighty T.O.A.D.S played some outstanding rugby, towered in the lineout thanks to a Martin Johnson like performance from Adam Foord, delightful arching runs by newbie Cole Chaplin, power drives from Ade Obileye and Captain Keir, pace from Aaron Plant, and the physicality from Lee Poulton and Rich Mortimer. And most incredibly, the dancing feet and game management from eventual Man of the Match, Giles Fletcher.

Unfortunately, despite being the better team, *we let it slip in the dying minute when Les Vieux Loups scored to make the final score 22–21 and so reclaiming the Victory trophy. (* may or may not be the genius French officiating laws and may have been the 98th minute!).

Result aside, the game and the tour as a whole provided yet another example of friendship and comradeship that both clubs have excelled at for over 40 years. A beautiful and unique connection that is the envy of many.

Saturday evening was spent celebrating our relationship, whilst we sang, danced, and drank the night away. We would like to congratulate our generous hosts as, for the first time in our long-standing history, they ordered enough beer for us!

Sunday had its usual banter and antics during the trip back to England, of which should also stay amongst those on tour – we believe the authorities have put a red alert out to find one last 'Where's Wally' hiding in one of the Eurostar toilets!

What a weekend. What a relationship. What great clubs we have.

News from Frampton Cotterell Male Voice Choir

The Christmas season for the Frampton Cotterell Male Voice Choir kicked off with a set performed at the Big Christmas Sing. A wonderful evening of choral music from a variety of local choirs and ensembles hosted at the Zion United church. It was followed shortly after by a performance inside John Lewis store, Cribbs Causeway, as part of Southmead Hospital's charity buskathon weekend. A lunchtime soundscape was provided by members of the choir in the atrium of Nightingale house on Redland hill. Office workers there were treated to a carefully crafted programme of festive songs enhancing the seasonal mood and lifting spirits. An al fresco performance leading the locals in Christmas song around the tree outside the Ring O Bells in Coalpit Heath rounded off the season's recitals.

The choir's own annual Christmas concert was a very memorable and enjoyable evening attended by a venue filling crowd at the Zion United church. Tea, coffee and plentiful mince pies and biscuits were enjoyed by everybody at the interval and the choir sang with verve and emotion on either side of the break. Melodies ranged from a sacred choral Motet sung in Latin to an original carol, scored by the choir's music director Tim Warren, based on a John Masefield poem. There were also traditional carols and seasonal songs as well as individual performances from some courageous members of the choir; all of which added to a great evening's entertainment. As in previous years the variety of songs performed was quite extraordinary and the audience applauded each rendition enthusiastically.



How many songs relating to forms of transport can you think of? The theme for the choir's 2026 annual concert, on April 25th, is transport and the choir is now turning its attention to learning an eclectic mix of tunes to perform. Everything from steam trains and ocean liners to buses and a big yellow taxi will be included in the programme so be sure to get your tickets to ride! Tickets will be available in the spring.

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 can visit the website: www.fcmvc.com for more information.



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Index of Local Advertisers

Aerials	
Dan Grace Aerials	41
M D Aerials	43
Bathrooms	
AMW Plumbing & Heating	23
Lee Williams Tiling & Repair	32
Blinds – North Avon Blinds	8
Builders / Groundwork / Property svcs	
Beaufort Property	27
CWG Design & Build Limited	45
ICP Handyman	40
MW Property Maintenance	40
Sherbourne Home & Gdn Maintenance	44
Use Your Loft Space	31
Carpentry – Concept Carpentry	41
Carpet & Upholstery Cleaners	
Bonne Fresh Clean	41
Car / Motorbike- Repair / Valet / MOT	
LCM Automotive	1
Central Heating Engineers	
AMW Plumbing & Heating	23
Mayo's Heating & Plumbing	43
Rundle Plumbing & Heating	44
Charities	
Children's Hospice South West	23
Children's Activities	
Old Down Country Park	17
Chimney Sweep	
Chimney 2 Sweep	43
Cleaning & Domestic Services	
Capri Gems Cleaning Services	40
Clean Oven Company	14
Clover Ovenclean	10
Community Articles	
Floral Friends of Frampton	8
Frampton Cotterell Male Voice Choir	39
Frampton Cotterell Parish Council	29
Frampton Cotterell Rugby Club	38
Frampton Cotterell WI	11
Hambrook Sports Club	31
Minister's Message	33
Ram Hill Scouts	30
St Michael's school	5
The Big Christian Sing	29
Thornbury Art Club	34
Village Diary	36
Winterbourne Cricket Club	27
Winterbourne Library	10
Winterbourne Down Village Carnival	13
Winterbourne Medieval Barn	24
Winterbourne Musical Theatre	7
Winterbourne Short Mat Bowls Club	22
Computer services: IT – Repair/help	
Frampton Cotterell Computer Group	35
Doors	
Brunel Doors (garage)	44
DCL Doors & Windows	45
Dream Doors (kitchen)	9
Door Express (internal)	41
Southern Plasticaid	48
The Window Hub	19
Electrical Appliance Repairs	
DC-R domestic appliance repairs	44
Electrician	
Gary Smart Electrical	45
LA Electrical & Solar	44
Engraving	
RMG Engraving	27
Estate Agents / Property Letting	
aj homes	1
Bundy and Bond Estate Agents	3
Firewood	
Vince's Logs (free delivery)	19
Flooring	
James Antony Flooring	42
Phoenix Flooring	47
Garden Services	
Harvey's Waste & Gdn Services	41
ICP Handyman	40
Sherbourne Home & Gdn Maintenance	44
Gift shop / workshop	
The Artisan's Den	11
Golf Course	
Thornbury Golf Club & Lodge	20
Hair / Beauty	
Aztec Hotel & Gym	2,12
Beauty Plus	25
Nat Austin SPMU –	
Aesthetics & Beauty Rooms	10
Restore Clinic	14
Salon 98	15
Health, Fitness & Wellbeing	
Dawn Clode – Holistic courses	22
Soundworks – sound meditation	15
Tip the Balance	21
Heating Installation	
AMW Plumbing & Heating	23
Mayo's Heating & Plumbing	43
Rundle Plumbing & Heating	44
Home Care	
My Homecare – Care at Home	4
Hotels / Restaurants	
Aztec Hotel	2,12
Kitchens	
Dream Doors	9
Locksmith	
Keymaster	43
Lock Stuck and Barrels	40
Music Events / Evenings	
Aztec Hotel – 80s Disco	2
Opticians	
Mike Harbord Opticians	15
Painter / Decorator	
MW Property Maintenance	40
NPD Decorating	43
The Lady Decorator	35
Plumbing / Heating Engineers	
AMW Plumbing & Heating	23
Low Cost Plumbing	44
Mayo's Heating & Plumbing	43
Rundle Plumbing & Heating	44
WJM Plumbing	41
Roofing	
Concept Carpentry & Roofing	41
Overall Roofing	40
Rooftech	43
Webbs Roofing Specialists	45
Rubbish Clearance	
Bradley Stoke Rubbish Clearance	43
Harvey's Waste & Gdn Services	41
Schools / Tuition	
Kumon Bradley Stoke	5
Security	
Technisys – Home Alarm Systems	40
Shopping Centres	
Willow Brook Centre	16,17
Solar Energy	
LA Electrical & Solar	44
Stairlifts – Thornbury stairlifts	
33	
Storage Solutions	
North Bristol Container Storage	26
Theatre	
Bristol Gilbert & Sullivan Operatic Society	6
Tiling – Lee Williams Tiling & Repair	
32	
Travel	
Green Community Travelwest	6
Wellbeing Courses / Retreats	
Dawn Clode – Holistic courses	22
Soundworks – sound meditation	15
Tip the Balance	21
Wills / Estate / Planning / Probate	
Westminster Law	7
Windows/Conservatories & Doors	
DCL Doors & Windows	45
Southern Plasticaid	48
The Window Hub	18

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