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July/August 2026

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Dear Residents,

The sun has got his hat on hip-hip-hip hooray!
And hopefully it will stay bright for the fabulous
Frampton Festival taking place at Centenary Field,
on Saturday 11th July. Live music, stalls, fairground
rides, refreshments all culminating with a silent
firework display.

As you can see from the front cover, St Michael's
Primary School Year 6s had an amazing time on
school camp creating memories for life with all of
their adventures.

Frampton Cotterell Parish Council are working with
Swift Sports Coaching to run a series of fundays
to promote physical well-being, exercise and a
healthy lifestyle for children in the local area.
Activities available will include football, netball,
hockey as well as other enrichment activities
including Nerf Battlegrounds, Ninja Academy,
gymnastics, dodgeball, football and arts & crafts.
Thanks to the subsidy from the Parish Council,
tickets for this event will only cost £5 per child.

Winterbourne Medieval Barn has a programme of
theatrical comedy performances lined up over the
summer months to keep everyone in good cheer!

The Crossbow Singers are in fine voice preparing
for their uplifting "The Sky's the Limit" concerts
that will take place over 6th to 8th July.

Do join the Willow Brook Centre for their Ohana
Funday on Wednesday 29th July, activities and
refreshments for all to enjoy.

If you are a business looking to promote your
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in touch with us and we will be happy to help.
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From left: Emma, Geoff, Georgia and Maggie
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Community spirit shone as brightly as the weather on for the annual Frome Valley 10k

Under glorious April sunshine, over 100 runners tackled this year's scenic course, hitting the roads around Winterbourne, Mooredend and Hambrook before heading along the stunning off-road section along our beautiful Frome Valley Walkway.

First to cross the finish line was Jessie Sanzo, with a fantastic time of 41 minutes 45 seconds. Only 4 seconds behind her was Lee Lewis, who was also the fastest Elm Park male parent. Fastest Elm Park female parent was Hannah Griffiths (photo), who successfully defended her title from last year with a time of 51 minutes 28 seconds!

All winners and finishers were treated at the finish line with an early summer BBQ, an impressive spread of homemade cakes, and plenty of cheering from friends, family and supporters. One notable supporter was Dark Lord of the Sith, Darth Vader, who was seen uncharacteristically handing out jelly babies to runners at the halfway point (photo).

Thanks to entry fees and sponsorship from many generous local businesses, the event raised over £5,000 for the Elm Park Primary School PTFA. This money will directly support enrichment activities for all year groups at the school, including class trips and resource upgrades.

The organisers would like to extend a massive thank you to all the runners, marshals, volunteers, sponsors, cake bakers, and residents who made this spectacular community day possible.



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News from Frampton Cotterell WI



We recently enjoyed a group visit to Chavenage House near Tetbury – a place of great historic interest, which has also been used as a film location for popular TV drama series such as Poldark and Rivals. A really interesting trip as the family who have lived there since 1891 have many stories to tell, involving the likes of Thomas Cromwell and Queen Mary, wife of George V.

As we go to press, we look forward to being joined by Bob from the Yate Food Bank (Trussell Trust), to find out more about the work that's done there, as well as bringing along food donations for Bob to pass on.

Other upcoming talks include:

July 28th – Bristol's Blue Plaques (Bristol Civic Society)

September 22nd – The Amazing Honeybee (Richard Rickett, Beekeeper).

In July, we will be running our popular cake stall again at the Frampton Festival (Sat 11th), as well as holding our Summer meal – an Italian night at Magnolia Mews, in the village. So there is plenty to look forward to over the coming months!

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.** Watch this space and our Facebook page for confirmation of future event dates and more details about our WI.

There is a non-member charge of £4.00 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. Special interest/social groups that meet separately including a book club, lunch club, gardening group and skittles team.

Please search **FramptonCottWI** to find out more, and to like our Facebook page.



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For more information contact
Jessica 01454 228666 or Mary 01454 887870

Win Big While Making a Difference

Imagine the excitement of winning up to £10,000 while helping children and young people with life-limiting conditions receive the care and support they need. By joining the Children's Hospice South West Raise a Smile Lottery, every ticket purchased helps provide vital funding for local hospice services and gives players the chance to win fantastic weekly prizes.

There are 35 prizes to be won every week, including a £1,000 first prize, a £100 second prize, two £25 prizes, five £10 prizes and five £5 prizes, plus 20 Bonus Draw Entries for the following week's draw. A single play costs just £2 per week, making it an easy and affordable way to support an incredible cause while enjoying the thrill of taking part.

Players are also automatically entered into the Bonus Rollover draw, which starts at £200 and increases by £200 every week until it reaches an impressive £10,000 jackpot. The lottery draw usually takes place every Friday, with 14 guaranteed winners selected at random.

Last year alone, the lottery helped raise more than £10,000 every week for Children's Hospice South West. These funds can make a life-changing difference, helping to provide specialist equipment and facilities, such as accessible baths for babies, children and young people with life-limiting conditions at the hospices.

Playing is simple. Regular players can enter up to five times each week, with every play allocated a unique lottery number. One-off play tickets are also available from local CHSW charity shops.

As well as the chance to win cash prizes, every ticket sold helps Children's Hospice South West continue providing expert care, respite and support for families when they need it most.

To sign up, visit: <http://www.chsw.org.uk/lottery>



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Frampton Cotterell RFC proud to host Southern Spartans Visually Impaired Rugby Club

On Saturday 6th June, Frampton Cotterell RFC hosted a great event - a touch rugby tournament for visually impaired players. Visually impaired rugby is an adapted version of the game that allows players with varying levels of sight loss to enjoy all the benefits of rugby through teamwork, competition and community.

Ex FCRFC player Ethan Hunt, who unfortunately suffers from this condition, brought his Spartans team to Frampton for a round robin event with Frampton players and a team of Ethan's friends who donned England football shirts.

Special laws apply in game and Ethan also provided special glasses for the Fram players to wear so they were partially sighted.

Some facts about visual impairment:

- Over 2.2 billion people worldwide live with a vision impairment.
- More than 340,000 people in the UK are registered as blind or partially sighted.
- Sport and physical activity can play a vital role in improving confidence, wellbeing and social connection.

A huge thank you to Southern Spartans for joining us and to everyone who helped make the day possible. Big thanks to Club captains Mark Smith and Joe Cleary for hosting event, Tommy Harris for sorting food after and Rhian for the very important role of opening bar for those important after match beers. It was a fantastic opportunity to learn more about inclusive rugby and see first-hand how the game can be adapted so that everyone has the chance to play.



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News from Coalpit Heath WI

In June we had a fascinating talk called 'Beyond Treasure Trove'. The presenter was Gail Boyle 'Museums, Archaeology and Heritage Consultant' who has worked at Bristol Museum for 38 years. Her talk covered 'What makes treasure treasure?' – and the various laws covering finds of coins and other treasure.

In South Gloucestershire several finds have hit the headlines, such as the Thornbury find of 11640 coins found in a pot which were originally made in Caldicot and which transpired to be 4th century coins of Emperor Constantine and his successors – you may remember seeing this on Blue Peter! And the Wickwar find of 3 pots of coins and another pot of silver coins, believed to be from a Roman Kiln site in Wickwar.

So what happens if you find 'treasure'? The TV programme 'Detectorists' has raised awareness of people searching for just that! Gayle explained that all finds are reported to Bristol Museum and advice given – all finds go to the Coroners inquest and Museums express interest in finds for their collections and raise funds to reward the person who found the treasure.

Treasure can of course be found anywhere, in gardens or in fields etc. Gail also shared the story of a haul of gold sovereigns dating back to 1847 that were found down the back of a piano in Shropshire! It was only the piano tuner who was called to take a look at the piano as it was out of tune who discovered the 913 coin find! These are now on display in a museum in Shropshire. Imagine that!

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 and are always happy to welcome visitors or new members! Visitors pay £5 which includes refreshments.

Our meetings start at 7.45pm, and programme updates for the year can be found on @**WICoalpitHeath** on Facebook, or @**coalpitheathwi** on Instagram.

Coming up:

Weds 5th August – 'Real Life Whodunnit!'

Weds 2nd September – 'Treading the 'Wards'

Update from Year 6 at St Michael's Primary School

Year 6 have had a very busy few weeks completing SATs and going on a residential to Morfa bay at the start of June. SATs week was very tiring, but we all tried our hardest and deserved our fish and chip treat on the school field at the end of the week.

On camp, we all had a fantastic time. We faced our fears, challenged ourselves and experienced lots of new activities. We completed many sessions including rock climbing, zip line, high ropes, the assault course and a mountain bike trail.

One of the highlights of the week was body boarding in the sea. We had such a great time splashing and surfing the waves. On our last night at camp, we had a barbeque tea followed by a disco. We had such a great time!



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Summer at Winterbourne Medieval Barn



Summer Comedies

Visiting professional touring companies bring fantastic drama to the Barn:

The Pantaloons: The (Almost) Complete History of Britain – Thursday 2nd July, 7pm.

Mud, blood and stiff upper-lips! A hilarious race through the centuries from the critically acclaimed Pantaloons Theatre Company, featuring live music, audience interaction and wild historical inaccuracy! Not to be missed!

Shakespeare in the Barn: The Comedy of Errors – Friday 14th August, 7pm.

Twins, with their twin servants, are separated in a shipwreck, leading to mistaken identity, great confusion and hilarious mishap. The Festival Players bring the very best in touring theatre with Shakespeares's famous crazy farce.

Family Drama: The Wonderful Wizard of Oz – Sunday 16th August, 3pm.

IKP provide a "bonkers" adventure in this relaxed inclusive family-friendly theatre adaptation of L. Frank Baum's classic book. Expect the unexpected in this comedy for all ages!

History Talks in the Barn

All talks start at 7pm. Bar opens at 6.30pm. Seating unreserved. Free parking on site.

Archaeology of the A417 'missing link': a Gloucestershire Landscape 12,000 years in the Making – Monday 20th July.

Hear from Cotswold Archaeology about their amazing recent discoveries.

The Quest for the Historical King Arthur, Monday 3rd August – Celebrated historian Prof Ronald Hutton looks at changing images of King Arthur over time and weighs up the actual evidence for Arthur's historical reality.

Tuesday 15 September – The Bayeux Tapestry, a new Interpretation – Prof Benjamin Pohl looks at how and where this tapestry was intended to be viewed.

Participatory Events

Basketry for Beginners – Tuesday 21st July, 10am – 2.30pm. Make a round willow basket.

Knight School with Get Mediaeval – Monday 10th August, 10am – 2.30pm. Learn the skills, discover the history, and earn your title as a medieval knight! Adults are welcome too!

Evening Bat Walk with Naturalist Dr Ed Drewitt – Thursday 20th August, 8pm. Learn about bats. 1.5 hour guided walk, followed by drink and nibbles in the Barn afterwards. For adults and teens.

Summer Barn Dance – Friday 21st August – 7pm (picnics from 6pm). A traditional Barn Dance in a real barn – and a spectacular heritage barn at that! With local folk band Sergeants Mess.

Booking info: Early Bird discounts are available if you book at least two weeks beforehand (not applicable to workshops). All events 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.

www.winterbournebarn.org.uk

Facebook: @winterbournemedievalbarn

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



The Crossbow Singers Summer Concert



The Crossbow Singers are delighted to announce an additional performance of their Summer Concert this July, following last year's sell-out success. With tickets in high demand, the choir hopes even more members of the local community will have the opportunity to enjoy an uplifting evening of music and entertainment.

This year's concert theme is "The Sky's the Limit", promising a wonderful selection of songs that will inspire audiences to reach for the stars.

Based at Crossbow House in Frampton Cotterell, The Crossbow Singers are a friendly four-part mixed choir, rehearsing every Monday evening. Their repertoire includes a wide variety of music, from show-stopping favourites to beautiful ballads, ensuring there is something for everyone to enjoy.

During their special fiftieth anniversary year, the choir raised a record-breaking £2,000 for charity. They were proud to support Emmaus Bristol, helping people affected by homelessness, and Comfort and Joy, which supports local families in need. The choir is immensely grateful to its loyal audiences and dedicated volunteers, whose support made this achievement possible.

In 2026, the choir will be raising funds for Georgina Moore, who is working towards her dream of representing Great Britain as a Paralympic Boccia athlete. Funds raised will help cover the costs of travel, equipment, coaching, training, and competition, all vital as Georgina seeks to improve her ranking and pursue selection for the GB squad. The choir will also continue its support for Frampton Food Hub, based at Zion Church, and REMAP Bristol, which creates bespoke equipment for disabled people when no suitable commercial alternatives exist.

If you are looking for an entertaining evening filled with music, laughter, and joy, why not come along this summer?

The Sky's the Limit

Monday 6th, Tuesday 7th, and Wednesday 8th July 2026, 7.30pm, at Crossbow House, Church Road, Frampton Cotterell, BS36 2DA. Tickets: £10.

Booking

Monday performance: Rose – 01454 772675.
Tuesday performance: Mary – 01454 887885.
Wednesday performance: Katrine – 07886 154948.



News from the Floral Friends of Frampton

What a strange mix of weather we've had. A mild, wet winter, a heat wave and then a spell of gusty winds and rain straight after! Hopefully that's all behind us and we can look forward to a warm, sunny summer! Despite this, or perhaps because of it, we have prolific flowering in gardens, Beesmoor border and our planters. We've had to fit emptying and refilling the planters, including new ones, around the weather, but I hope you'll agree that they are starting to look lovely now and will soon start to fill out and spill over.

We don't tend to actively ask for donations, although we're always thrilled to get them, but we have had some requests from local people so I am including our bank details here (Floral Friends of Frampton | SC: 30-98-97 | AC: 70582363), as well as on our Facebook page – I hope that helps. If you do choose to donate, as always thank you very much for your support.



If you would like to sponsor a planter or find out more, please email us for details at floralfriendsofframpton@gmail.com or follow us on Facebook.



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Images thanks to Gary Woodruff

Winterbourne Musical Theatre's production of Kipps



Winterbourne Musical Theatre's production of Kipps took to the stage in May and was met with rapturous applause! The show, based on the H G Wells novel of the same name, is set in Edwardian Folkestone at a time when the traditional English class system is starting to change, and follows the rags-to-riches story of an ordinary lad apprenticed as a draper. Kipps falls in love with two women at the same time, one upper class and one the girl next-door, and he has to learn to take charge of his heart and find his true place in the world while his finances shoot up and down (and finally back up again). The show is packed with catchy tunes like, Half a Sixpence and Flash Bang Wallop, and full of comedy.



This production featured a large all-age local cast of 37, with a fantastic array of colourful costumes and crazy hats and many scene changes. The cast is immensely grateful to the large behind the scenes team who made costumes, scenery and props, did make-up and hair, and ran backstage and lighting every night, as well as the front of house team and wonderful pianist Katie Robson. Without all these people the show would not have been possible – a real community production!

The group's next show will be a pantomime, Goldilocks and the Three Bears at the end of November 2026, at WADCA Community Centre.



You're Not Imagining It:

Why the Weather Really Does Affect How You Feel

There's a moment most of us recognise. You wake up, pull back the curtains... and it's grey again. Not dramatic, not stormy, just that familiar, sky. And somehow, your energy dips before the day has even begun. It's easy to dismiss this as a lack of motivation. Actually, your body is responding exactly as it's designed to.

The science behind the slump: Light is one of the most powerful regulators of our internal body clock. Exposure to daylight helps control our sleep-wake cycle, energy levels, and even mood. When natural light is limited, like during those lingering grey spells, we produce more melatonin (the sleep hormone) and less serotonin (which plays a key role in regulating mood). This is why some people experience more noticeable dips, sometimes diagnosed as SAD: Seasonal Affective Disorder. Even without a diagnosis, many of us feel a 'quieter' version of this; lower energy, reduced motivation, and a tendency to retreat indoors. So no, it's not "just you."

The South West Effect: Living here in the South West, we're no strangers to unpredictability. Spring and early summer can bring a mix of bright, uplifting days alongside long stretches of cloud, drizzle, and cool air. The challenge? We often wait for the "perfect" weather to feel good, be active, or get outside. And when it doesn't arrive, our habits slip. Walks get postponed. Fresh air becomes optional. Movement becomes negotiable. Over time, this creates a subtle but powerful pattern. The weather starts to dictate our wellbeing.

Shifting from Reaction to Rhythm: What if, instead of reacting to the weather, we worked with it? Research consistently shows that regular exposure to daylight, even on cloudy days, supports mood, sleep, and overall health. In fact, outdoor light levels on a grey day are still significantly higher than indoor lighting. This means that stepping outside, even briefly, can have a measurable impact. The key, therefore, is consistency, not the conditions.

3 Simple Ways to Weatherproof your Wellbeing:

- 1. Lower the bar for getting outside**
It doesn't have to be a long walk or a full workout. Ten minutes of fresh air between meetings, during the school run or after dinner is enough to signal to your body that it's daytime.
- 2. Dress for the day you have, not the one you want**
A light waterproof, an extra layer, or comfortable



Tip the Balance

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footwear can remove just enough friction to make getting outside feel easy rather than effortful.

- 3. Anchor your routine to time, not temperature**
Instead of deciding based on how it looks outside, build habits around your day. A morning step outside, a lunchtime walk, or an evening reset, regardless of the forecast.

We Need to Make Peace with the Grey

Those brighter, sunny days will come, and when they do, they'll feel even better for it. But waiting for them isn't a strategy for wellbeing. Let's face it, in a place like the UK, learning to embrace the weather isn't just helpful, it's essential.

If this resonates, it might be a helpful time to check in with your own approach to movement using our **Elemental Approach to Wellbeing** (<https://www.tipthebalance.life/elemental-approach-to-wellbeing/>). The Meaningful Movement element, and our Movement Wheel, are designed to help you build flexible, realistic habits that work with your life (and the British weather), rather than against it (<https://www.tipthebalance.life/elemental-approach-to-wellbeing/meaningful-movement/>).

If you're ready to feel more consistent, energised, and in control of your wellbeing, whatever the forecast, get in touch to explore how we can support you.



Award-Winning Alpacas, Summer Births and New Café Treats at Wolfridge Alpaca Barn

Many local families will already know Wolfridge Alpaca Barn in Alveston as a favourite spot for alpaca experiences, homemade cakes and relaxed countryside visits — and this summer there's even more happening at the Barn.

Owners Craig and Katriona Hyslop are celebrating recent success in the show ring, having been named Champion Small Breeder at the British Alpaca Society National Show 2026.

One of the Wolfridge stars, Fraser (FJ), took 2nd place in the Black Junior Huacaya Male class and is already a favourite with visitors. The team also claimed Huacaya Supreme Champion at the North Somerset Show with Wolfridge Fleur (seen pictured with handler Mick Dore).

Just off the A38 near Thornbury, Wolfridge Alpaca Barn combines alpaca paddocks with a welcoming café serving breakfast and lunch, barista coffee, homemade cakes and afternoon tea, alongside a fully licensed bar offering guests the option to enjoy alcoholic drinks during their visit. The Barn has become a popular spot for celebrating special occasions, catch-ups and family gatherings, with café customers and pre-booked guests welcome to enjoy walks around the paddocks during their visit.

Gift vouchers are also available and are proving especially popular for birthdays, anniversaries and other celebrations. These include bespoke alpaca experiences and the ever-popular Alpaca Experience & Sparkling Afternoon Tea.

The recently updated menu now includes matcha drinks, pancakes, bagels, milkshakes (including vegan vanilla option) and an all-day breakfast — perfect for relaxed summer meet-ups and family days out.

Forty Acre Lane, Alveston BS35 3QU • www.wolfridgealpaca.co.uk



Summer is shaping up to be especially exciting, with 24 cria (baby alpacas) expected, and up to half due to be born at the Barn itself. Last year, visitors were delighted when baby alpaca Felix made a surprise appearance for an alpaca experience in May half term.

Alongside alpaca experiences, the Barn will also run a summer programme of children's craft activities, plus bespoke workshops and open-booking needle felt sessions with Katriona, including:

26th June: Needle felt a 2D Bristol Balloon scene

10th July: Create 3D Dozing Owls

Families can also look out for the popular summer trails returning this year.

With free parking for café visitors and pre-booked guests, Wolfridge Alpaca Barn is easily accessible from Bradley Stoke and North Bristol.

Visitors can also sign up to the Wolfridge newsletter via the website for updates on baby alpaca arrivals, workshops, trails, seasonal events, exclusive offers and subscriber benefits.

Alpaca experiences, craft workshops and afternoon teas must be pre-booked online via the website.

Open Tuesday-Sunday 10-4 and upcoming Bank Holiday 25th May - meaning they will be open every day this May Half Term.



A growing team blossoming at Dawn Clode's holistic, garden treatment room

In the last issue, we introduced therapist Ella to Dawn's holistic treatment room based in Little Stoke. The pair met when Ella gained Reiki qualifications on a series of Dawn's popular courses. Ella is also a qualified massage therapist, Sound healer, Crystal therapist and a Cacao ceremony facilitator — born out of links to her family heritage. Sharing her treatment space with Ella has worked so well that Dawn is now pleased to welcome talented therapist, Eva to the friendly team.

Eva is a self-employed Massage Therapist with over four years of experience working across both sporting and clinical rehabilitation environments. With a background in Sports Rehabilitation Eva shares, "I take a holistic and client-centred approach to wellbeing, helping clients reduce pain, recover from injury, unwind from everyday stress and feel their best both physically and mentally." This is a working ethos very much aligned with Dawn, who has been practising Holistic treatments locally for nearly two decades!

Alongside sports and clinical massage, Eva is excited to continue growing within the wellness industry by developing her knowledge in Reflexology, Aromatherapy and Reiki.

Get in touch to book in with these holistic therapists. If you would like to start or extend your own holistic journey, why not book onto one of Dawn's courses?

Call: 0795 1099 491

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



Holistic Courses for beginners & professionals therapists

Reiki I & II, 18th, 25th July and 19th Sept. £125. This in-person, day course includes — workbook, certificate to practice, hot lunch, snacks and drinks. Max 6 students.

Introduction to Reflexology, 8th, 15th August and 26th Sept. £135. This in-person, day course includes — workbook, certificate of attendance (CPD hours for therapists), hot lunch, snacks and drinks. In person. Max 3 students.

Introduction to Aromatherapy — Level 1. Starts 20th July. £135. This online course includes — workbook and certificate of attendance (CPD hours for therapists). 7 x 2.5 hour sessions on Monday evenings, 7.15–9.45pm. Max 6 students.

More Courses to come include — Reiki Master and New online Mindfulness and NLP.

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All Welcome at Local Art Group

Our Art group meets every Thursday (excluding school holidays) at Whiteshill Evangelical Church Hall, Hambrook at 2pm until 4pm. There is plentiful free parking and a pleasant environment.

We are a friendly group and welcome anyone who would like to join us. We may look very diligent in the photo but there is a lot of laughter (and cake) at every session. It is a great way to socialise and to give yourself time to enjoy art at whatever level of skill you have.

Call Alison Sansum on 01454 775133 for more information.



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theartisansden@yahoo.com



Join the Summer Reading Challenge 2026: Read to the Beat FREE at your local library and earn stickers and rewards!

Every child aged 4 and above is invited to take part! Children read any books they enjoy and take part in fun activities over the summer holiday to collect stickers and rewards including a medal and certificate.

Join the Summer Reading Challenge 2026: Read to the Beat at a South Gloucestershire library during staffed hours from Saturday 4th July finishing by Saturday 12th September, and pick up your FREE activity bag.

See the difference the Summer Reading Challenge makes to your child's reading:

"I am a foster carer to 2 boys, so it was lovely to widen the range of books available to them. Also, it was great to see their motivation and sense of achievement at completing the challenge."

"My 10 year old is dyslexic and not a keen reader, has loved the dyslexia section and has really enjoyed the books she's chosen and has been really keen to come back to the dedicated section to choose another book."

Children love taking part and there are lots of fabulous FREE holiday activities: West African Drumming Workshops with Batch Gueye, Crafts, Junk Modelling Workshops and Lego™ Challenges.

The Summer Reading Challenge is delivered by The Reading Agency in partnership with public libraries and powered by Universal Music Group UK.

Find out more at www.southglos.gov.uk/summerreadingchallenge or follow us on Facebook www.facebook.com/southgloslibraries for the latest updates.



What's on at Winterbourne library



Share Bristol Library of Things – now at Winterbourne Library. Borrow more, waste less! See library for details or www.sharebristol.org.uk.

Children's FREE Activities

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

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

Lego Club – Four weekly on a Saturday – Story and a themed build. Children must be accompanied by an adult. Suitable for 4+ years. Next Session is 18th July and 15th August, 10am – 11am.



Free holiday activities

Friday 24th July, 10.30am – 12pm – Craft time.

Friday 31st July, 10.30am – 12pm – Read to the Beat LEGO Challenge.

Friday 7th August, 10.30am – 11.30am – Bookable Drumming Workshop 6+ years.

Friday 14th August, 10.30am – 12pm – Musical crafts.

Saturday 15th August, 10am – 12pm – LEGO club & story.

Friday 21st August, 10.30am – 12pm – Junk box instrument modelling.

Friday 28th August, 10.30am – 12pm – Craft time.

4th July to 12th September – Summer Reading Challenge – Read to the Beat (see opposite).

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 11th and 25th July, 8th and 22nd August.



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

Adult Games Club – Fortnightly on Wednesdays, 2 – 4pm, with refreshments by donation. Next dates – 8th and 22nd July. Come along on your own or with a friend to play a variety of board games and make new friends.

Free Computer Classes – Thursday (term time only) – enrolment required with SGS College. For further information please contact: Cindy on: cindy.corbett@sgscol.ac.uk or 01179 092239. This is a 16 week course that you can join at any time.

Digital Champion – Do you need help getting online? Are you stuck using your iPad or phone? Book a free one to one computer session at a local library – 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 Wednesdays and 10am Saturdays to register to use Open Access. You then can use our WiFi, computers, printing, collect reservations, issue and return books.

Normal opening hours

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

Email: winterbourne.library@southglos.gov.uk

Telephone: 01454 868006

www.southglos.gov.uk/libraries

Facebook: South Gloucestershire Libraries

Twitter: southgloslibs



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Ordinary – That'll be nice. Or not?

The church has just entered the season of ordinary time. The church year starts at Advent as we prepare for Christmas, as Christmas ends we move into preparing for Lent, then Easter, Ascension and Pentecost and then Trinity Sunday. The manic months end at the start of June and things become ordinary. Not quite so ordinary this year, as praise be to God, we have lots of weddings over the coming months and a good number of baptisms to keep us busy.

I ponder what ordinary means. We set expectations on ourselves and on others based on a whole range of cultural expectations. When we conform, we are ordinary or even worse, normal. Who sets the standard for these things? Is the standard set by how we view ourselves, our families, our geography and our communities? Is it set by our politicians, the media, Karen or Kevin on Facebook? (Sorry to anybody called Karen and Kevin). Is it set by our academic credentials or by what we choose to do in our leisure time? Is it to do with 'that is just how the world is'? Who's world and where?

Of course there is no clear opposite to ordinary. Is it odd, or is it extraordinary? Perhaps it is just different. We live in a world of ordinary people doing extraordinary things and sometimes behaving in ways which may seem odd. We must always be aware that for each observation we make we are assuming our own cultural and political reference into the situation.

Jesus was odd, he certainly was not ordinary. He called his followers to be extraordinary in their love and care for each other and for the wider world. When we look at the world today this truly would be extraordinary in a divided world where we seem to easily forget to love our neighbour. When we focus too much on what we can achieve in terms of wealth and power, when we enter into a culture of one-upmanship. This is easily justified because this is an ordinary way to be, we are conditioned for it. However, we are not then living in the spirit of Christ's intention for us. For he said do not take a bag or a purse or two coats. Jesus called us to act in humility and service of others.



So, my prayer is that we, in our part of South Glos, would be extraordinary communities, renowned for our care, our compassion, our love for our neighbours. That we would rekindle the sense of supporting and building others up in love. That we would do things that may appear to be odd, when we have had enough of ordinary being not good enough.

David

Rev'd David Jones – Fromside Benefice

Fromside Benefice & Yate

The Parishes of Coalpit Heath, Frampton Cotterell, Iron Acton, Winterbourne & Winterbourne Down.

Email: Parishfromsidechurches.org.uk
Tel: 01454 776518

Events at St Saviour's Church

Beesmoor Road, Bristol BS36 2RP

Regular Events

Butterflies Baby and Toddler Group
in the hall on Monday mornings (term time),
10–11.30am

Mothers' Union
On the fourth Tuesday in the month, 7.30pm

Messy Church
On the first Saturday in the month, 3.30pm in
the church hall

Open Church
Wednesday, 1–3.30pm. The Church is open for
tea, coffee and a chat or quiet time.

The Window Hub: Bristol's Award-Winning Rise to the Top

When a Bristol-born company sets out to shake up an entire industry, you'd be forgiven for raising an eyebrow. But The Window Hub has done exactly that — and the trophy cabinet is starting to feel a little crowded!

In late 2025, The Window Hub was crowned the UK's Number One Installer at the prestigious G Awards, the fenestration industry's most coveted accolade. Going up against the country's biggest names, this Bristol team proved that genuine craftsmanship, honest pricing and an unwavering commitment to customers can outshine companies many times their size.

And the recognition hasn't stopped there. The Window Hub has just been announced as a finalist in not one, but two categories at the National Fenestration Awards: **Customer Care Company of the Year** and **Managing Director of the Year**. It's a remarkable double-nomination that speaks volumes about the culture and leadership behind the brand — a company that doesn't just fit windows, but treats every home as if it were their own.

What makes this story so compelling isn't simply the silverware. It's what those awards represent: thousands of happy homeowners across the South West who've experienced a refreshing alternative to the high-pressure sales tactics that have plagued our industry for decades. Transparent quotes. Premium products. A team that turns up when they say they will.

If you've been thinking about new windows, doors or a conservatory, there's never been a better time to talk to the company everyone in the industry is talking about.

Call The Window Hub today for your free, no-obligation quote — or visit our website to discover for yourself why we're officially Britain's number one installer.

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The Frampton Festival is back



Preparations for the fun-filled family day are almost complete for this popular local community event. Following a break last year, the festival committee are pleased to announce that the ever popular Frampton Festival will take place at

its traditional venue, Centenary Field, on Saturday 11th July.

Due to kind donations, sponsorship, JustGiving, advertisers and the generosity of the Parish Council, the festival is able to take place once again. The Festival committee have been working hard since last summer to ensure that popular attractions have been booked.

Committee member Ian Haddrell said: "The organising committee are extremely grateful to all those who have provided funds which allows the festival to take place again. We know how popular the festival is with local residents and we are determined to continue providing the annual free event."

There are a variety of events taking place throughout the day including: Frampton Cotterell Male Voice Choir and line dancing with Laughter In Line. Among the usual attractions at the event are steam engine rides and a variety of fairground rides. For children in particular there is Johnny G's puppet and magic show.

Live musical entertainment throughout the day will be provided by Assembly Banger, The Worthy Voices, local band Brain Fog, Elvis impersonator Mark Knight, Fab Twins, Sweet Heat and headliners Elevation.

There will be a selection of stalls – a combination of local organisations and local businesses, who have once again supported the festival and many will be in attendance on the day.

Stalls already booked include: Bee Painted – face painting and glitter tattoos, Frampton Cotterell WI – cake stall, Mighty Spice, Pint Sized People – children's toys & sweets, Zion Church, Seravida Art – mindful art & workshops, Inner Harmony – physic tarot and charms reader, Hedgehog Rescue Centre, Wendy Greenwood Jewellery, and Ian Lloyd with his Parody Portrait Caricature.

Refreshments will be available on the day, with Bramble's Bar providing an on-site bar selling a range of beers, ciders, wine and lager, along with numerous food outlets.

The free festival takes place on Saturday 11th July in Centenary Field, Mill Lane, Frampton Cotterell, commencing at 2.00pm and finishing at 10.00pm with the lighting of the parish beacon followed by a spectacular silent firework display. Well behaved dogs are welcome at the festival, but unfortunately barbecues are not permitted at the festival.

The committee would welcome a few additional helpers on the day to ensure that the festival runs smoothly and safely. If anyone feels that they could spare an hour (or two) on the Saturday of the festival, please contact the festival committee at info@framptonfestival.co.uk.



Think you can't sing? You're wrong!

The Frampton Cotterell Male Voice Choir (FCMVC) has identified that one of the main reasons men are sometimes reluctant to join a choir is that they believe they can't sing. This year the choir has resolved to challenge that belief and prove them wrong through a comprehensive recruitment campaign and dedicated singing workshop in the Autumn.

"It makes me very annoyed", says choir chairman Steve Harrison, "I know many men, including some who now sing with FCMVC, who were told by teachers at school or their parents that they couldn't sing; they just accepted that for years, even decades, before joining a choir and discovering the joy of singing".

Singing is a trainable physical skill rather than an innate talent and anybody without a specific vocal disability can sing. Many members of the FCMVC started out without any singing experience or vocal training and most still don't read music or play an instrument. But it doesn't matter because there are great teaching tools that the choir has access to that enable learning and there is a brilliant music director who carefully guides the choir to achieve impressive and memorable performances.

The beauty of singing in a choir is that the whole is greater than the sum of its parts. Anyone can sing a wrong note or miss a cue, anyone can forget a line or be off-key, but there is safety in numbers and the overall sound of the choir is largely unaffected. Nobody in the choir worries about such things; they have all been there and know it will happen again at some point but it doesn't matter. There is a terrific collegiate spirit and a sense of comradeship amongst choir members and any new members are supported and encouraged by each and every one. A choir is a family community with the common goal of making music. Everybody can express themselves and be heard whilst at the same time contribute to a wonderful and greater whole.

The late Dr Michael Mosely affirmed in his radio series and book "Just One Thing" that singing in a choir has several health benefits from increased cardio-vascular vigour and reduction in stress



to the maintenance of cognition. But there are also tangible benefits to general wellbeing and happiness. Whether it's from the release of "happy hormones" within the body whilst singing or just the joy of laughing together in a social group, being in a choir reduces anxiety and promotes good mental health. Choir members report feeling a definite buzz after a singing session and often continue to enhance this feeling with a drink or two after rehearsals where sometimes the singing goes on.

Any time is a good time to join the FCMVC, there's no minimum standard and no audition required. Whilst you always receive expert tutoring from the music director Tim, now is the best time of all to join us as there is going to be a group singing workshop with a visiting coach later in the year. We start rehearsing for the annual Christmas concert the first Friday in September. So why not join our happy band of brothers, it might just be the most positive and uplifting experience you will enjoy this year.

Think you can't sing? – YOU CAN!

Frampton Cotterell Computer Group



Frampton Cotterell Computer Group provides help and advice to people of all ages on the use of PCs, laptops and tablets. The group meets at the Brokeridge Centre in Frampton Cotterell on Wednesday (10.00am to 12.00pm) and Thursday mornings (9.30am 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.

For the latest information contact the Brokeridge Centre, Tel 01454 864442 or Email: framcottcg@gmail.com

Frampton Cotterell Computer Group

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



To enquire about future sessions

Tel: 01454 864442

Email: framcottcg@gmail.com

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If you think you could help call

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admin@greencommunitytravel.co.uk



Volunteers Cream Tea & Community Award Winners 2026

In May, Frampton Cotterell Parish Council hosted our annual Cream Tea event in honour of the incredible local volunteers who support the Parish Council and the wider community.

Every year, we invite our invaluable volunteers to enjoy a delicious cream tea, of cakes, sandwiches and more – our way to say “thank you” to those often-unsung local heroes who give their time and energy for the betterment of the village. Thank you all!

During our Volunteers Cream Tea, we also had the honour of announcing the winners of our 2026 Community Awards.

Our 2026 Award winners are:

- 1st Ram Hill Scout Group – Community Action Award
- Bee Nuttall – Community Volunteer Award
- Ann and Nick Horne – Volunteers of the Year Award
- Deborah Slayne – Individual Achievement Award
- Repair Café – Environmental Action Award
- Frampton Cotterell Computer Group – Community Action Award



News from Frampton Cotterell Parish Council

Congratulations to our winners – and thank you all once again for your service to our community.

For more photos from this year's event, plus some lovely comments from this year's winners, visit our website at www.framptoncotterell-pc.gov.uk/fcpc-community-awards-2026.



Swift Sports Coaching Summer Fun Days in Frampton Cotterell

Frampton Cotterell Parish Council are working in conjunction with Swift Sports Coaching to run funday events to promote physical well-being, exercise and a healthy lifestyle for children living within the local area.

Activities available will include traditional sports such as football, netball, hockey (and more!), as well as other enrichment activities including Nerf Battlegrounds, Ninja Academy, gymnastics, dodgeball, football and arts & crafts.

Thanks to the subsidy from the Parish Council, tickets for these days will only cost £5 per child. Dates: 24th, 25th, 26th, 27th and 28th August. Venue: St. Peters Hall, School Road, BS36 2DA.

Times: 9.30am – 4.00pm.

Price: £5 per child.

Places at these events are available to children aged 5 –11 who live or attend primary school within the parish of Frampton Cotterell. Places are limited to 32 participants per day, and will be allocated on a first come, first served basis.

To book a place, please visit <https://bookwhen.com/swiftsportscoaching-parish>.

Frampton Cotterell Summer Tennis Sessions

This summer, Frampton Cotterell Parish Council is offering four different free tennis group sessions for local people to enjoy! For more information on each of these group sessions (and to book your place!), visit our website, at www.framptoncotterell-pc.gov.uk/tennis-events. Bookings for each session can be made up to one week in advance.

Women's Cardio Tennis

Our Women's Cardio Tennis is a fun, sociable women's group fitness class with a tennis twist. Hit tennis balls, build up your skills and work up a sweat with other local ladies.



July. These sessions are made possible through a funding grant from Sport England.

Free Park Tennis

Our Free Park Tennis sessions are back by popular demand! These sessions are suitable for everyone aged 8+. Limited numbers of tennis rackets available to borrow for those who don't have their own to bring. Free Park Tennis sessions take place on Sundays from 10 – 11am on the 5th and 19th July.

Walking Tennis

Love tennis but looking for a gentler pace of play? Walking Tennis is safe, fun and inclusive and a fantastic way to stay active! Our free Walking Tennis Sessions are available to everyone aged 18+.

Sessions will take place on Thursdays, 9.30 – 10.30am on the following dates: 9th, 16th, 23rd and 30th July.

Men's Tennis & Talk

Come along to a free community session for men aged 18+ combining fresh air, gentle exercise and good conversation. Play tennis, meet new people and enjoy a welcoming, supportive space to chat and connect – no pressure, no judgement, just a chance to get active and feel good.

Our free Men's Tennis & Talk Sessions will take place on Thursdays, 10.30 – 11.30am on the following dates: 9th, 16th, 23rd and 30th July.

Whether you've played before or are picking up a racket for the first time, all men are welcome.

2026 Local Climate & Nature Art Exhibition

Frampton Cotterell Parish Council will be hosting our 4th annual Local Climate & Nature Art Exhibition at the end of August 2026.

We want to encourage local artists of all ages and abilities to exhibit their art in this year's show. Our exhibition theme includes any art which could sit under the climate and nature umbrella. That could be art focused on wildlife, landscapes, cycling, reduce / reuse / recycling, the place of people within the natural world, art created using natural or up-cycled materials... and more!

Women's Cardio Tennis sessions (for women aged 16+) take place on Wednesdays from 6.15 – 7.15pm on 8th and 15th July.

Whatever your artistic medium, we'd love to showcase your work. From crochet to collage, sculpting to sewing, pottery to poetry and everything in between, all art is welcome!

If you are interested in displaying your art in the 2026 Frampton Cotterell Local Climate & Nature Art Exhibition, email Daisy on, nature@framptoncotterell-pc.gov.uk or call 01454 864 442.

To learn more about this year's exhibition (including specific exhibition dates, as yet to be confirmed) please visit our website at www.framptoncotterell-pc.gov.uk/climate-nature-art-exhibition.

Crochet & Knit Club's Bickeridge Yarn-Bombing

The Bickeridge Centre garden has been re-decorated by the Crochet & Knit Club! This year's yarn-bombing session saw our resident local crafters create an impressive and beautiful display – and it's eco-friendly, too!

Using yoghurt pots, tin cans, and other items usually destined for the recycling bin, the Crochet & Knit Club crew upcycled trash into treasure in this brilliant nature-themed yarn-bomb display.

Everyone is welcome to view this art in person for free at The Bickeridge Centre garden.

If you are a local crafter, or if you'd like to start a craft, we'd love you to come along to our Crochet & Knit Club sessions, 10.30am – 12.30pm, every Tuesday at The Bickeridge Centre.

All crafts and crafters are welcome – not just crochet and knitting – hope to see you there!

Frampton Cotterell Parish Council The Bickeridge Centre, Woodend Road Frampton Cotterell, BS36 2LQ. Open: 9am–2pm, Mon to Fri.

www.framptoncotterell-pc.gov.uk

Tel: 01454 864442

Email: office@framptoncotterell-pc.gov.uk



Frampton Cotterell Parish Council – Dates for your diary



Men's Social Afternoons

Regular Activities

Coffee & Cake mornings, 10.30am–12.30pm, every Tuesday, at The Bickeridge Centre, BS36 2LQ. Everyone Welcome.

Crochet & Knit Club, 10.30am–12.30pm, every Tuesday, The Bickeridge Centre, BS36 2LQ. All crafters welcome.

Men's Social Afternoons, 1–3pm, every Wednesday, The Bickeridge Centre, BS36 2LQ. Men of all ages Welcome.

Frampton Cotterell Repair Café, 11am–1pm, the first Saturday of each month, The Royal British Legion, BS36 2HW. Everyone welcome.

Citizens Advice Bureau Drop-in sessions, 1–3pm, at Westerleigh Village Hall on the first Friday of each month, and at The Bickeridge Centre for all other sessions. Everyone welcome.

Police Drop In Sessions, 10.30am–12.30pm, Monday 20th July, Monday 17th August and Monday 14th September, The Bickeridge Centre, BS36 2LQ. Everyone Welcome.

Parish Council Meetings

Climate & Nature Committee, 7pm, Wednesday 1st July, at The Bickeridge Centre BS36 2LQ.

Youth Services Committee, 6.30pm, Thursday 9th July, The Bickeridge Centre, BS36 2LQ.

Finance & Governance Committee, 7pm, Thursday 9th July, The Bickeridge Centre, BS36 2LQ

Full Council Meeting, 7pm, Thursday 30th July, The Bickeridge Centre BS36 2LQ.

Climate & Nature Volunteering

Scything Centenary Field, 6–8pm, at Centenary Field, Frampton Cotterell.

Bat Survey Before Frampton Festival, Wednesday 8th July. If you would like to take part, please email: Daisy on nature@framptoncotterell-pc.gov.uk.

Mill Lane Community Allotment Session, 10am–12pm, Wednesday 8th July and Wednesday 12th August.

Bat Survey After Frampton Festival, Wednesday 15th July. If you would like to take part, please email: Daisy on nature@framptoncotterell-pc.gov.uk.

Nature Volunteer Session, Saturday 18th July. Details to be confirmed. Email Daisy for more information.

Nature Volunteer Session, Saturday 15th August. Details to be confirmed, for more information please email, David on wildlife@framptoncotterell-pc.gov.uk

Interested in local conservation work and nature volunteering sessions? Sign up to our monthly Climate & Nature Volunteer Newsletter! Learn more at www.framptoncotterell-pc.gov.uk/climate-and-nature-committee.

FACE Youth Club Summer Sessions

Regular Summer Sessions

DORIS the Youth Vehicle & Tennis at The Park (Crossbow), 12–2pm, on Monday 20th and 27th July and Monday 3rd, 10th and 17th of August.

Youth Club @ The Bickeridge Centre, 7–9pm, on Wednesday 22nd and 29th of July and Wednesday 5th, 12th and 19th of August.

Youth Club Trips

YouFest @ Scotts Park, Tuesday 21st July.

Escape Room, Friday 24th July.

Cinema Trip, Friday 31st July.

Laser Quest, Friday 7th August.

Staple Hill Pizza & Skate, Friday 14th August.

West Country Water Park, Friday 21st August.

For more information on our Frampton Cotterell FACE Youth Clubs, or to book a place on a youth club trip, contact youth worker Dawn, email: dawn@facecharity.org.uk.

For more information on any of these events, please visit our website: www.framptoncotterell-pc.gov.uk



Climate & Nature Volunteering

News from Beesmoor Playing Field



Car Boot Sales @ Beesmoor Playing Field

Our car boot season is here! From May to August we open our field on the **first Sunday of every month for car boot sales**. It's £8 per car if booked in advance and £10 on the day. We open at 8am to set up and 9am to the public.

But it's not just a car boot sale! We sell bacon baps, cold drinks, hot drinks and delicious home made cakes so you'll always be well fuelled, plus our little pavilion is open if you fancy a sit down and of course, we have loos too. It's always a social event – a chance to catch up with friends and grab some bargains. We also have our fabulous wooden park so the kids have somewhere fun to play after you've browsed the stalls or finished selling. So start that declutter now and come and join us on **Sunday 5th July and 2nd August!**

If you'd like to book a pitch, please email us at: field@beesmoor.uk

If you'd like to know more, please do follow us on Facebook or at www.beesmoor.uk.

Beesmoor Playing Field, Beesmoor Road, Frampton, BS36 2NX.

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Winterbourne Down Carnival 2026: A Celebration of Community Spirit and Generosity

What an extraordinary success this year's Winterbourne Down Village Carnival has been.

In a world where life moves ever faster – with many of us balancing demanding careers, busy family lives and endless commitments – it is nothing short of remarkable to see so many people still willing to give up their valuable free time to make this cherished village tradition happen. From accountants to teachers, lawyers to project managers, volunteers from every walk of life came together once again to create a truly unforgettable day for our community.

This year has presented its share of challenges, testing both our resilience and our commitment as volunteers. Yet, as always, the people behind the carnival rose to the occasion with determination, teamwork and good humour. That unwavering spirit is what makes the Winterbourne Down Village Carnival so special – and why it continues to mean so much to so many.

And what a day it was. After an uncertain start, the weather cleared just in time for the parade, setting the stage for a fantastic afternoon of celebration. Leading the procession was our wonderful VIP guest, Charlie Bear from this year's chosen charity, Great Western Air Ambulance Charity, bringing smiles to faces young and old alike.

Across the field, the atmosphere was buzzing. The Dog Show attracted record registrations, community stalls were packed with visitors, and the village came out in force to support the event. Everywhere you looked there was laughter, conversation and an overwhelming sense of togetherness – a powerful reminder of the strength and warmth of our community.

Behind the scenes, however, was an army of volunteers whose hard work made every moment possible. Heartfelt thanks go to our vigilant safety stewards, energetic raffle ticket sellers, talented bakers producing the now legendary cream teas, photographers capturing the memories, chauffeurs keeping everything moving, Explorer Scouts lending helping hands, litter pickers restoring order



Images thanks to Hannah Daniels

after the celebrations, and the many unsung heroes filling dog bowls, hanging bunting, transporting tables and quietly solving countless logistical challenges throughout the day. It becomes clear that every contribution – big or small – played a part in the carnival's success. Most importantly, sincere thanks must go to the dedicated Carnival Committee members, whose tireless work throughout the year ensures this event continues to thrive. Their commitment, passion and countless hours of preparation often go unseen, but they are the foundation upon which the carnival is built.

This year's event was not only a tremendous celebration of village life, but also a hugely successful fundraiser for Great Western Air Ambulance Charity. Final donation figures will be confirmed and formally announced at this year's AGM, but early indications suggest an outstanding amount has been raised thanks to the incredible generosity of everyone involved. Winterbourne Down is incredibly fortunate to have such a supportive and spirited community. The kindness, enthusiasm and generosity shown throughout this year's carnival were truly inspiring and demonstrated exactly why this event continues to flourish year after year. As we reflect on a brilliant 2026 carnival, excitement is already building for what we can achieve together in 2027.

On a personal note, it remains an absolute privilege to serve as Carnival Chair. Seeing our community come together in this way — sharing laughter, generosity and pride in our village — is something genuinely special and deeply rewarding. Thank you to everyone who supported this year's carnival and helped make it such a resounding success.

Nick Roden – Carnival Chair

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



Actor Gamba Cole runs in support of Bristol's youngest children



Bristol actor, Gamba Cole, took on the Great Bristol Run on Sunday 10 May, raising vital funds for Baby Bank Network Bristol and helping families in our community who are facing crisis or poverty.

Known for his roles in BBC's *The Outlaws* and recently ITV's *Betrayal*, Gamba joined the Baby Bank Network team in the 10k run, helping raise money so the charity can continue providing essentials for the babies and children who need them most.

Gamba said the charity's work had made a lasting impression on him. "I've seen first-hand what Baby Bank Network does for Bristol families, and the care they put into every package," he said.

"It's a lifeline for so many babies and children in our community who would otherwise grow up struggling for life's essentials."

In the last 11 years, Baby Bank Network Bristol has helped nearly 12,500 families, passing on everything from nappies and toiletries to baby clothes, cots and prams to local families who are unable to provide the basics for their young children.

Demand for the charity's services continues to grow as the cost of living puts pressure on household budgets across the city.



Baby Bank Network supporter Lauren Peters and Bristol actor Gamba Cole

CEO and Co-founder of Baby Bank Network, Becky Gilbert, said: "We're so grateful to Gamba for going the extra mile (literally!) for our charity – it's meant a huge amount to our team, and to the families we support.

"Being born in Bristol, Gamba understands how special this city is to people living in its communities. When families are going through a tough time, Baby Bank Network is here to help, and fundraising like this makes a real difference to what we can offer.

"The atmosphere in Bristol over the weekend was electric, and we're very thankful for everyone who got behind the team – both cheering along the route and donating to our appeal. Every penny we raise will help us make sure babies and young children living here have the essentials they need to thrive."

Runners for the charity raised a fabulous, £4,327, smashing their target of £3,500!

This JustGiving page is now closed but you can still donate funds to the charity via their website. You may also like to find out what items are currently on their wish list for donation.

To donate or find out more about Baby Bank Network Bristol, visit babybanknetwork.com.

News from Winterbourne Evening WI

Our June meeting opened with a warm welcome from our President, Di Woodman, who introduced our speaker, Neil Smart, a volunteer for the Medical Detection Dogs Charity, formed in 2008. Scientists recognised, that dogs, who have 300 million receptors in their noses, can react to any change in a person's odour, if a disease is present. Our cells change when we are ill. The charity's aim was to have two categories. Firstly, Bio Detection Dogs who could sniff out Cancer, Parkinson's Disease, Malaria and UTIs through breath, sweat or urine and secondly, Medical Alert Assistance Dogs who could support those with life threatening diseases such as Diabetes, Epilepsy, Addison's Disease, Severe Allergies and POTS. These Medical Alert Assistance Dogs have to be accredited and are recognised as a disability aid. The Bio Detection Dogs are also involved in research and are being taken into Care Homes to help identify those residents who have UTIs. This helps prevent hospital admissions. We also heard how some had been retrained during Lockdown to detect Covid within the Power Stations, in order to keep them functioning.

Neil told us that various breeds of puppies start their training at three months and this is always done in a good home environment. Kennels are not used. It costs £29,000 to fully train one dog over

a two year period. Charities and donations cover this cost. Each dog only has to identify one condition and they can alert the person in different ways. It may be by pawing, barking, licking, jumping up or giving a hard stare. They will also retrieve necessary emergency supplies and summon help.

Susan Marshfield thanked Neil for such an informative talk. We were shown how these dogs can provide so much help in a variety of circumstances and become much loved members of the family. There is now going to be a hub in Chipping Sodbury which hopefully will widen interest in this area.

Our next meeting will be on 9th July at The Greenfield Centre, Park Ave, Winterbourne, BS36 1NJ and we will have a talk entitled, 'The Ladies Mile Toilets'. Visitors are warmly welcomed.

Our group trip in August will be to Westonbirt House for tea and a tour and there will be a meal at the Holiday Inn in October. We also have a Tea Party in Winterbourne to look forward to.



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WINTERBOURNE BADMINTON CLUB (WADCA)

Every Tuesday from 19:30 - 21:00
£6 per session - pay as you go!

Come and join our friendly group this year!

Contact for more info
07594 691900 (Alison)
07973 500506 (Sarah)

Making Local Voices Heard Nationally

Monthly update from Claire Hazelgrove MP

Hi all, I hope you're well and enjoying the sunshine (between the showers!)

Last month, my team and I worked on 549 new cases for residents – including collaborating with the council, a housing association and the police to secure priority housing for a local family who urgently needed it.

I held my advice surgery in Emersons Green, hosted my 'Coffee with Claire' in Bradley Stoke on experiences of mental health services, and brought people together for 'Pub Politics' at Frenchay's fantastic White Lion. I believe in doing politics differently and these events have been invaluable for hearing directly from fellow residents.

Great news for local commuters: GWR will enter public ownership on 13th December, following the government's action to set up Great British Railways to improve services and passenger experience.

In Parliament, I welcomed the government's 'Great British Summer Savings' for local families, cutting VAT on days out from 20% to 5% and making buses free for every child aged 5–15 this summer. In a debate, I raised the importance of community pharmacies with Health Minister Stephen Kinnock MP following his visit to Concord Pharmacy in Little Stoke.

I also spoke in the Commons on the Milburn Report on the 1 in 8 young people not earning or learning, pushing policy recommendations to also focus on prevention. Opportunities should be open to all ages, and I was delighted to see SGS and UWE among the first institutions approved to offer flexible, bite-sized courses through our Government's new 'Lifelong Learning Entitlement'.

Continuing my push for improved SEND support, I met with the Schools Minister again to share local feedback following my recent 'Coffee with Claire' event on this, and to ask local parents' questions. I also sat down with the Technology Secretary and Online Safety Minister to share local views on social media access for under-16s, ahead of the policy announcement, following my event and online survey on this. Thank you again to all who shared your views.

I was honoured to attend the King's Speech, where His Majesty set out 37 bills for our second parliamentary session, including on energy independence to protect families from volatile global impacts, landmark NHS reform to cut waiting times, and a National



Police Service to tackle serious crime. Locally, South Gloucestershire Armed Forces Day was a powerful celebration of service. Thank you to all involved. Coming from an RAF family, I'm proud our Armed Forces Bill will give those who serve a legal entitlement to the housing, healthcare and education they deserve.

Among insightful local visits and meetings this month, I was pleased to join one of Bristol City FC's Robins Foundation's Pan Disability football sessions at Bradley Stoke Community School, and visit Bristol Dental School to discuss how we can continue to boost NHS dentistry – a priority I'm pushing on for us. I was also glad to cheer all runners on taking part in the Bradley Stoke 10K – congratulations to you all!

Please get in touch anytime:
claire.hazelgrove.mp@parliament.uk

THORNBURY Art Club



July and August Monthly Diary:-

There will be no Studio Groups in July or August. Next ones will recommence in September. Enquiries for Tuesdays Tel. 01454 414433, for Thursdays Tel. 07776271010. There will be no Club Night in July or August. Next one will be 22nd September.

Thornbury Art Club - 61st Annual Summer Exhibition

This is your chance to see what a wonderful variety of artworks our Club has recently produced. With an expanding membership, we have more artists keen to share their work and creativity, depicted in a wide range of subjects and materials. Many are for sale, some for as little as £10. There's nothing like having some original art to compliment your home or office. Come and chat with some of the artists, stock up on greeting cards.

More Art Related Activities at the Exhibition,
Everyone welcome, no charge.

For all activities meet at The Exhibition

- **Sketching events** - Sat. 25th July 11- 12.30pm, Tues 28th July 14.00 – 15.30pm, Thurs 30th July 11- 12.30pm.
- **Guided Walks around Thornbury**
Weds 10.30am The Wayfinders guided walk around the town centre's 'Arty spots and shops'
Fri 10.30am The Wayfinders guided walk around art in our local churches and chapels
- **Book Fair** - Sat. 1st August 10am – 4pm. Upstairs above The Exhibition

Exhibition dates:- 25th July - 2nd August. Monday to Sat 10 am – 6 pm. Sunday 1 pm - 4 pm
Opening Day July 25th 10am – 9pm. Opening Introduction at 7pm by Thornbury Mayor Helen Ball. Late night opening until 9pm on Sat 25th and Fri 31st July

Thornbury Methodist Church Hall, door off Castle Court. BS35 2AQ. Free entry. Everyone is welcome, Wheelchair accessible. For more information contact: www.thornburyartclub.co.uk
www.facebook.com/ThornburyArtClub
or email exhibitiontac@gmail.com

July

Weds 1st – Coffee Morning, Salem church, Watleys End, 10–11.30am. All welcome.

Weds 1st – Coffee Morning, Henfield Hall, Ram Hill 10am–12pm. All welcome. Email: henfieldhall@yahoo.com.

Weds 1st, 8th, 15th, 22nd, 29th – Men's Social Afternoon, Bickeridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. More info 01454 864442 or council website: framptoncoterrell-pc.gov.uk/mens-social-afternoons.

Wed 1st & Thurs 16th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Tel: 07789 662694.

Weds 1st, 15th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For info, email: henfieldhall@yahoo.com.

Wed 1st, 8th, 15th – Free Women's Cardio Tennis, The Park, 6.15–7.15pm. Tel: 01454 864442 to book.

Weds 1st – Frampton Singalong club, 10 Year celebration, Crossbow, School Rd, 2pm. Live music. Songbooks provided. Cream teas and fizz. FREE! Book a place: call Hilary 07515 351813.

Weds 1st, 15th, 29th – Bingo, British Legion, Ryecroft Road, 2pm. Doors open 1.30pm. Fortnightly.

Weds 1st – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors £5. More info, tel: 07935 071291 or Facebook: @WICoalpitHeath.

Thurs 2nd, 9th, 16th – Fromeside Food Hub & Cafe, Zion, 12–2pm. Food served till 1.30pm. Open to everyone. Free or 'Pay as You Can'. foodhub@zucchurch.co.uk or Facebook.

Thurs 2nd – The (almost) Complete History of Britain, Winterbourne Barn, 7pm. Wonderful comedy from The Pantaloons. Book online at, winterbournebarn.org.uk.

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

Fri 3rd, 10th – Nature Connection, Frome Valley Growing Project, 1–3pm, for children aged 4–14 who have barriers accessing full time education, and their families (term time only). More info contact: kate@fromevalleyenvironmental.org.

Fri 3rd – Mash in the Meadows, Iron Acton, from 6pm. £20. Book online Acton Aid.

Fri 3rd – Quiz and **Friday 17th** – Bingo at Crossbow, 8pm. Tel: 01454 772947 or email: crossbowhouse@gmail.com.

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

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

Sat 4th – Messy Church, St Saviours church hall, 3.30–5.15pm. Free. All welcome. Fun, worship, craft, food. Aimed at families and children.

Sat 4th, 11th, 18th, 25th – Live Music & Dancing, British Legion, Ryecroft Rd, 8.30pm. Doors open 7pm. Bingo 8pm. £6 members, non-member £6.50 (allowed once a month). New visitors welcome. RBL tel: 01454 772769.

Sun 5th, 19th – Free Group Tennis Session, The Park, 10–11am. Age 8–99. Tel: 01454 864442.

Sun 5th – Car Boot Sale, Beesmoor Road playing field BS36 2NX, 9am–12.30pm. Pitches £10 (£8 in advance). Refreshments available. www.beesmoor.uk.

Mon 6th, Tues 7th, Weds 8th – Crossbow Singers' Summer concert, 7.30pm. £10. Call, Rose 01454 772675 (Mon tickets), Mary 01454 887885 (Tues tickets) or Katrine 07886 154948 (Weds tickets).

Tues 7th, 14th, 21st, 28th – Coffee, Cake, Chat, Bickeridge Centre, 10.30am–12.30pm. Come for a friendly chat, a hot drink and a slice of cake. Bring crafting activities to share. Everyone is welcome. Tel: 01454 864442.

Weds 8th, 22nd – Bingo, The Miners' (Coalpit Heath Village Hall), 2–4pm. Fortnightly. Free tea, coffee, biscuits, parking. Sec: Terry, 0117 956 4259 or 07521 613154.

Thurs 9th – 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.

Fri 10th, 24th, 31st – Soup lunches, St Saviours church hall, 12pm.

Fri 10th – Folk club, Crossbow, School Rd, 7.30pm. £3. Acoustic music. Play, sing or listen. Tel: 07974 151437 or Facebook: folkatframptoncoterrell.

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

Sat 11th – Frampton Festival, Centenary Field, Mill Lane, 2–10pm. Free live music and entertainment, stalls, fairground & train rides, bar. Silent Fireworks.

Sun 12th – Moth Club, Bickeridge Centre 10am. Meet Mike and the moths! Free. No need to book. All welcome (children with a guardian please). No dogs.

Mon 13th, 27th – Happy Mondays, St Peters church, 10am–12pm. Free. Tea, coffee, cake, chat, board games, jigsaws. Bring your knitting, sketching, crafts. All welcome.

Tues 14th – Move It or Lose It, The Miners, Coalpit Heath, 10.30–11.30am. Exercise class for older people. First sessions free. More info: Pete on 07775 906129.

Weds 15th – Volunteer Day at Frome Valley Growing Project, Swan Lane, Winterbourne, 10am–2pm. Email: thegrowingproject123@gmail.com.

Thurs 16th – Coeliac Local Café Meet Up, Iron Acton Garden Centre cafe 10–11.30am. Share experiences of living gluten free. Info: volunteering@coeliac.org.uk.

Sat 18th – 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 18th – Watermore School Summer Fayre, 2–4.30pm.

Mon 20th – Talk: A417 'Missing Link' a Cotswold landscape 12,000 years in the Making, Winterbourne Medieval Barn, 7pm. Book online at winterbournebarn.org.uk.

Tues 21st – Basketry for Beginners, Winterbourne Medieval Barn, 10am–2.30pm. winterbournebarn.org.uk.

Thurs 23rd – Memory cafe, Greenfield Centre, 2–3.30pm. Chat and cuppa, socialising, advice, varied speakers. Free. More info: The Alzheimers Society.

Thurs 23rd – Filling Station, Manor Hall, 7.30pm. Christian gathering. Open to all. Various speakers. www.thefillingstation.org.uk/station/south-glos.

Fri 24th – Back to the 80s disco, British Legion, Ryecroft Rd, 7.30pm. £5. To book: youngsbactotheto80s@hotmail.com.

Sat 25th – Coalpit Heath Cricket Clubhouse from 2pm. Happy hour 8pm if teams win!

Tues 28th – Mothers Union evening group, St Saviours Church, 7.30pm. Short service, tea, cake, craft, various speakers. Tel, Mary on 01454 887870.

Tues 28th – Frampton WI, St Peter's Hall, School Rd, 7.45pm. For info, email: Fcwisecretary@outlook.com or Facebook.com/FramptonCottWI.

Weds 29th – Litter Busters, meet at British Legion, 10am. (Check meet on Facebook). Voluntary group who help to keep our village tidy, once a month. Wear gloves. Email: framcottva@hotmail.co.uk.

Weds 29th – St Saviour's church open 1–3.30pm for tea, coffee, prayer or quiet space.

Weds 29th – Volunteering at Frome Valley Growing Project, Swan Lane, Winterbourne, 10.30–2.30pm. Garden/prepare veg boxes. Email: thegrowingproject123@gmail.com.

Fri 31st – Goldies Sing & Smile, British Legion, Ryecroft Rd, 2–3pm. Recommended donation £3. Singalong hits of the '50s onwards. www.golden-oldies.org.uk.

August 2026

Sat 1st – St Saviours Church open to visitors, 10am–12pm. Tea/coffee etc available.

Sat 1st – 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 come along on the day or contact Daisy Finniear, Climate & Nature Officer, at Frampton Cotterell Parish Council.

Sat 1st, 8th, 15th, 22nd – Live Music & Dancing, British Legion, Ryecroft Rd, 8.30pm. Doors open 7pm. Bingo 8pm. £6 members, non-member £6.50 (allowed once a month). New visitors welcome. RBL tel: 01454 772769 or Facebook.

Sun 2nd – Car Boot Sale, Beesmoor Road playing field, BS36 2NX, 9am–12.30pm. Pitches £10 (£8 in advance). Set up from 8am. To book, email: field@beesmoor.uk. Refreshments available. www.beesmoor.uk or Facebook.

Mon 3rd, 17th – Happy Mondays, St Peters church, 10am–12pm. Free. Tea, coffee, cake, chat, board games, jigsaws, bring knitting, sketching, crafts, etc. All welcome.

Mon 3rd – Talk: King Arthur, Winterbourne Medieval Barn, 7pm. Prof Ronald Hutton looks for the real historical figure. Book online winterbournebarn.org.uk

Tues 4th, 11th, 18th, 25th – Coffee & Cakes, Bickeridge Centre, 10.30am–12.30pm. Come for a friendly chat, a hot drink and a slice of cake. Bring crafting activities. Everyone is welcome. Info tel, 01454 864442 or office@framptoncoterrell-pc.gov.uk.

Tues 4th – Move It or Lose It, The Miners, Coalpit Heath, 10.30–11.30am. Exercise class for older people. First sessions free. More info: Pete on 07775 906129.

August 2026

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

Weds 5th – Coffee Morning, Henfield Hall, Ram Hill 10am–12pm. All welcome. henfieldhall@yahoo.com.

Weds 5th, 12th, 19th, 26th – Men's Social Afternoon, Bickeridge Centre, 1–3pm. Free for men of any age. Informal drop-in sessions. More info 01454 864442 or council website: framptoncoterrell-pc.gov.uk/mens-social-afternoons.

Weds 5th, Thurs 20th – Wellbeing Friends, WADCA 1.45–3.45pm. £3. For people with dementia and their carers. Varied activities, games, cuppa, chat. Info, Edna: 07789 662694.

Weds 5th, 19th – Table Tennis at Henfield Hall, Ram Hill, 2–4.30pm. £2. Equipment provided. Refreshments available. For info email: henfieldhall@yahoo.com.

Weds 5th, 12th, 19th – Bingo, The Miners' (Coalpit Heath Village Hall), 2–4pm. Opens from 1.30pm.

Weds 5th – Coalpit Heath WI, St Saviours Church Hall, 7.45pm. Visitors £5. More info, tel: 07935 071291 or Facebook @WICoalpitHeath.

Fri 7th, 21st – Laughter Club: Coffee, Cake, Chat, St Peters church, drop in 10am–12pm.

Fri 7th – Quiz, Crossbow, 8pm. Tel: 01454 772947 or email: crossbowhouse@gmail.com.

Sat 8th – Frome Valley Growing Project Open, Swan Lane, Winterbourne, 11am–3pm (weather dependent). Seasonal purchase of seeds / plants. Tours of the site. Come and play or get stuck into the variety of jobs we have. All welcome. thegrowingproject123@gmail.com.

Mon 10th – Knight School, Winterbourne Medieval Barn, 10am–2.30pm. Earn your title as a medieval knight with Sword School, Heraldry Workshop, Arms and Armour, and Anarchy 1138. Children and adults. winterbournebarn.org.uk.

Wed 12th, 26th – Volunteering at Frome Valley Growing Project, Swan Lane, Winterbourne, 10.30–2.30pm. Garden/prepare veg boxes email: thegrowingproject123@gmail.com.

Fri 14th – Shakespeare's The Comedy of Errors, Winterbourne Medieval Barn, 7pm. Top drama with The Festival Players. Book online at winterbournebarn.org.uk.

Fri 14th – Folk club, Crossbow, School Rd, 7.30pm. £3. Acoustic music. Play, sing or listen. Info, tel: 07974 151437 or Facebook: folkatframptoncoterrell.

Sun 16th – Family theatre: Wonderful Wizard of Oz, Winterbourne Medieval Barn, 3pm. Book online at Ticketsource or Barn website winterbournebarn.org.uk.

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

Thurs 20th – Bat Walk with drink & nibbles, Winterbourne Medieval Barn, 8pm. With expert naturalist Ed Drewitt. Book on Ticketsource or winterbournebarn.org.uk.

Fri 21st – Barn Dance, Winterbourne Medieval Barn, 7pm. Live band Sargent's Mess. Suitable for all ages. Book online at Ticketsource or winterbournebarn.org.uk.

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

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

Weds 26th – Litter Busters, meet at British Legion 10am. (Check meet on FB). Voluntary group who help to keep our village tidy, once a month. Wear gloves. See FB or email: framcottva@hotmail.co.uk or contact parish council.

Weds 26th – St Saviour's church open 1–3.30pm for tea, coffee, prayer or quiet space.

26th – 31st – Climate & Nature Art Exhibition, Bickeridge Centre. All kinds of art with a climate / nature theme. To enter an exhibit contact Daisy at the Parish Council.

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

Fri 28th – Goldies Sing & Smile, British Legion, Ryecroft Rd, 2–3pm. Recommended donation £3. Singalong hits of the '50s onwards. www.golden-oldies.org.uk.

Sat 29th – Bridge House Light Railway Open Day, Rectory Road, 2–4pm.

Monthly listings at www.villageaction.org.uk

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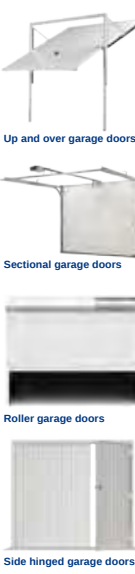
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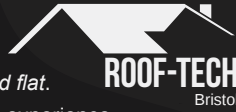


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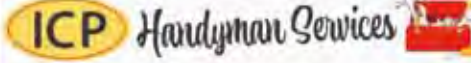
 

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