

October 2022

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Is it Time for The Roses ?

Not a gardening question this time. It refers instead to the forthcoming Women's Rugby World Cup in October in New Zealand, where England ('the Red Roses') start as favourites, hoping to emulate the success of 'the Lionesses' who became European Football Champions this Summer and the England Women's Hockey team who won Gold at the Birmingham Commonwealth Games.

Many of the Red Roses play their club rugby here in Frenchay, at Shaftsbury Park, as do a strong Welsh contingent also heading to New Zealand.. So read on at page 20 of this FCN

But if you are not into sport, or in particular rugby, maybe it is just time for some prudent pruning !

Frenchay Community News

Articles and items of news are welcomed by the editorial committee, to be sent to :

frenchaycommuninews@gmail.com
or, if posted or hand-delivered, to
31 Wadham Drive, Frenchay, Bristol
BS16 1PF

The deadline for the November 2022 edition is 12.00 noon on Monday 10h October

To advertise (see rates on inside back cover) please contact
kate1.davison@gmail.com

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Frenchay Residents Association (FRA) Report No. 95

Dear Friends and Neighbours,

We write our FRA feature three weeks before distribution, so as we absorb the enormity of the loss of our Queen, it is a time to reflect upon how she has inspired and served us for all of our lives. We knew that this day would come, but there is no doubt that a massive part of our lives will be missing now as we come to terms with our loss.

Looking back upon the summer Platinum Jubilee celebrations, we feel that our event on the common for the whole community now serves as a fitting tribute to Her Majesty, such happy memories of coming together in her honour.

Looking forwards we should make every effort to behave and be committed to supporting each other as the Queen did for us all. Following her outstanding example should, in some small way, be our personal response in memory of this incredible lady.

Pond Life

At the moment we have two pond projects on the go, our latest one being the complete restoration of the pond in the Nature Reserve which has been facilitated by BAM in response to FRA's desire to see this pond fully restored as the new school opens.

So with licences granted by NHBT, who still own the land prior to handover to the Parish, the combined working group with lots of help from volunteers has this little gem flourishing once again.

Thank you to everyone concerned, we hope that it will give lots of pleasure to residents on their walks and become an integral part of the planned forest school.



Becks Pool will hopefully become the beneficiary of an independent power supply before the year is out which will enable us to install a proper aeration system to improve the water quality and support the abundant wildlife that is thriving since the pond, and its surroundings, were fully restored five years ago now.

Such a power supply could also facilitate events around the pond including festive lighting. Our plans include a stone plinth for a full information board giving details of the history of this pond and giving details of the wildlife that can be spotted whilst sat quietly on one of benches around the edge.

Crocus Bulbs

We are in the process of obtaining more bulbs for planting this autumn through the Rotary International polio eradication scheme and clean water international charities. This should present additional opportunities for adults and children alike to join us for some mass planting sessions in key locations.

The skill is burying them deep enough to disguise their location from hungry squirrels,

something we seemed to have achieved quite successfully last year in the voluntary village green areas around CLIC Cottage.



Village Hall Maintenance

Many thanks to Dave Summerhill and the New Life Church team who spent most of a weekend working very hard to undertake the following;

- Removal of tree damaging the drains.
- Staining of fences around rear garden and front gates.
- Bark mulching of rear garden and removal of rotten borders.
- Tidying of flower borders and removal of plants that have died during the drought.
- Pointing of rear valley gutter.
- Clearing all the junk and debris from the boiler cupboard and other cupboard upstairs.

Working together in this way brings so many benefits to our village facilities, thank you.

Help Needed Please

We have a local resident in need of a recommendation for some home support care for an elderly parent. So if you have experience of a suitably reliable and qualified home help please contact FRA with the details. Thank you.

Thank you all for your engagement and continuing support.

Adrian Collins (Chair - FRA)

Report from Frenchay School

(This report was written early in September as work progresses towards completion of the new school building, and general updates will have been made through other channels ahead of the publishing and distribution of FCN.)

Head-Teacher Katherine Marks writes :

September saw an exciting transition for Frenchay Primary School. At the start of the term we welcomed 20 new pupils to the school along with our new reception children. This was the first time we began working in single age group classes , rather than the traditional mixed age classes we had previously known. The new children have settled in well and are going to be a real asset to the school. It is lovely seeing our children being so welcoming and friendly, helping the new children to become familiar with how life in the school works



In November we have two events which we are very much looking forward to. To start off the new term we are excited to be welcoming Bishop Viv to the school, to officially open it with a blessing and helping us to plant a tulip tree which we hope will grow health and strong, providing valuable shade in years to come.



We are also planning an **Open Afternoon** when the children have gone home. This will be a chance for those of you who live in the area to come and visit the new school for a tour. I am sure you have been avidly watching the progress of the building over the last year and it would be lovely to welcome you inside to take a peak behind the closed doors of the first Passivhaus school in South Glos and the Bristol Diocese. This will be held at **3.45pm** on **Wednesday 9th November**



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Support for Ukraine



Ever since the end of February when Russia invaded Ukraine, millions of people from across Ukraine, mostly women and children, began to move west away from the fighting. They crossed over into Hungary, Poland, Moldova and Romania where they were met by an amazing army of volunteers from across the world, eager to host them and help them. Among these organisations was Love Bristol who have stationed themselves on the border in Poland and give assistance to the refugees in finding hosts in the UK and filling out the necessary forms in order to obtain the all-important visa. To date around 500 refugees have arrived in Bristol with another 300 in the process.

One of the initiatives that has proved vital in the on-going well-being of our Ukrainian guests has been the Welcome Hubs that have sprung up across the city including at Stapleton Church Hall. The Hub opens 4-6pm on Wednesdays and is designed as one means whereby local Ukrainians can become part of their community and who would also like some fellowship from their countrymen. It also serves as a signpost to the services of professional bodies connected with work, school and accommodation.

We have a dedicated team of UK people who act as befrienders, tea-makers, artists, table-tennis players, etc. Some help with the search for an NHS dentist or in applying for Universal Credit and other such more practical tasks. Is this you? Would you be interested in joining the team? If so please contact Kath Sugden at

sugden868@gmail.com

Kath Sugden

Are you able to help ?

Since the initial phase of the Homes for Ukraine scheme is soon coming to an end, Bristol Council is looking for potential landlords who would rent a room to a single refugee for about £400. Are you interested? Do you know someone who might be? Contact Kath (as above) for more info



Frenchay resident and national president of BWPUK Jo Kinsey writes as follows :

As a member of an International organisation I have been privileged to meet many members from around the world. As a part of this, I am in touch with members of Business and Professional Women (BPW) Ukraine in Chernihv who have been at times very close to the war and its effects. Through this first hand contact we have been able to identify the immediate needs.

We have been collecting money to supply bicycles, as roads have been damaged or destroyed and they cannot get out to help each other. The price of diesel locally is now 10 euros a litre, meaning that even if you can find a petrol station with fuel it is out of the reach of most people.

We have sent a container of regular medicines, as ongoing conditions such as diabetes, blood pressure and asthma do not go away in times of conflict. Also in the container we sent were nappies, sanitary products and baby milk. This container went via Poland, and was then off loaded into smaller vans as these can navigate the roads much easier, and not as easy to be seen from a drone.

Through our BPW Poland Club we have been supporting the refugees by providing art therapy classes, and even some ballet classes for the children in refugee camps. These small sessions can bring some sence of normality for a short time, even though we know it will not heal all that is happening to family members still over the border in Ukraine. Poland is one of the first countries many refugees arrive in, and members of BPW have opened homes just as some have done locally here in Frenchay.

(continued on the next page)



Other BPW members have been a part of the World Central Kitchen

(www.worldcentralkitchen.org) and helping

to prepare food for the city and those in the villages around Chernihiv. This project enables food to be cooked or sandwiches to be made and then passed onto those who no longer have gas to light the cooker as pipelines have been destroyed in the bombings.

I have had the privilege of working with a team from BPW Europe on how we can continue to lobby at all levels for support to be ongoing to Ukraine. We have received good responses and continue to follow up on promises made previously.

If you would like to know more about this work, please see the website

www.bpw-international.org or e mail me at president@bpwuk.org.uk



Available for hire for the following : Meetings for clubs / Community activities /
Private parties / Weddings / Fundraising events

Our main hall accommodates 120 people. We have 2 additional rooms upstairs each holding up to 50 people and 20 people respectively, a large kitchen and bar area, a disabled toilet and a stair lift as well as a car park for up to 25 cars.

For all enquiries please contact the booking secretary on telephone no 07794 955427 or by e-mail at frenchayvillagehall@gmail.com

Please also visit our web site at www.frenchayvillagehall.co.uk where you will find a list of our charges and details of all regular activities that are held at the hall which may be of interest.

New YOGA Classes at Frenchay Village Hall

Mondays: 9:30 to 10:30 am

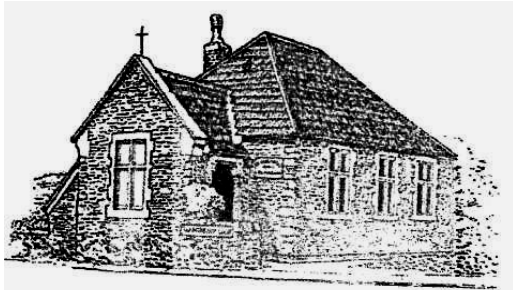
Tuesdays: 6:30 to 7:30 pm

Friendly, non-competitive classes helping you to stretch, strengthen, and mobilise.

Details at www.yoga2.co.uk or email Chris and Shelagh yoga2@btinternet.com

Frenchay Foxes Community Choir, a ladies choir, has been going for 10 years and are back in September, doing what we do best; singing and laughing together at **Frenchay Village Hall**, on **Wednesdays, 1.00 to 3.00 pm**. We sing all sorts of songs, and learn them step by step by ear, so there's no need to read music. We do occasional concerts, next on 6 Nov.

So if you're wondering if you'd enjoy having a go at singing in a friendly, supportive group, why not come along and have a free "taster" session to see what we're all about? You can make contact or ask any questions email to fran@naturalvoice.net. **Fran Bolton** (*teacher of the Frenchay Foxes*)



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Our current Exhibition is a celebration of the lives of South Gloucestershire residents of Indian Heritage. Come along to see and hear the story of their lives. Remember, entrance is free and we are open every Wednesday, Saturday and Sunday afternoons

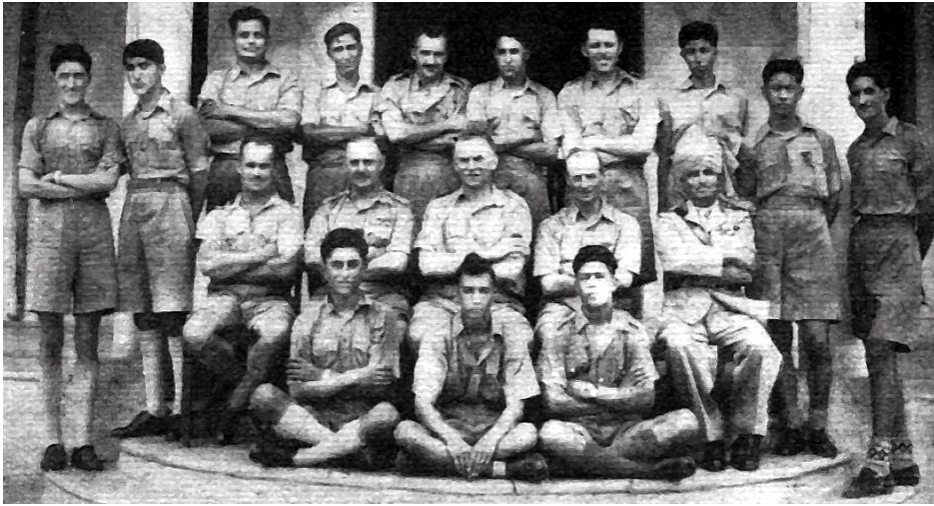
Frenchay – India Links.

There is an interesting 20th Century link between Frenchay and India, involving **Alan Theodore Eden Eadon**. He was born in 1898 in a house called “Elleray” in Beckspool Road, and when he died in 1973 he was buried in the Eadon family grave in Frenchay Churchyard.

He was a fighter pilot in WWI, then in 1923 he was the founding principal of the De Havilland Aeronautical Technical College. This was the first institution to teach both pilots and ground crew. In 1932 he moved to India as Deputy Director of Civil Aviation. After 3 years in that role, he became founding principal of India’s first Aeronautical Technical College in New Delhi, which was organised on the same lines as the de Havilland College. Besides flying training and aircraft maintenance, they also rebuilt crashed aircraft, and entered into a contract with Miles Aircraft to build their Hawk Trainer aircraft in India.

In 1939 he was appointed Director of Civil Aviation for Burma and the Shan States. In December 1941 Japan entered the war and invaded Burma, and as Director of Civil Aviation, Eadon organised what a newspaper of the day called, “History’s First Big Air Evacuation Of A Civil Population”. He organised the airlift of civilians, and around 10,000 were evacuated to India. Considering the small size of aircraft of the time, this was an amazing achievement.

Looking at the lists of those evacuated, it’s clear that the vast majority of the evacuees were Indian nationals, who had probably been working as civil servants in Burma. Eadon also returned to India, where the government employed him to oversee the construction of 200 airfields. After the war he returned to the UK. Frenchay Village Museum has published a book about his life and achievements, “East with Eadon”, and copies are available in the museum.



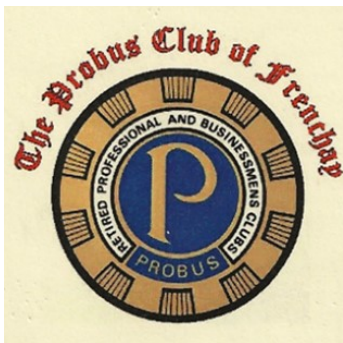
*Students of
Aeronautical College
1938
– Alan Eden Eadon
is middle row 2nd from
left*

WINTERBOURNE PARISH COUNCIL REPORT

Former Chairman David Fletcher has sadly passed away recently. David joined Winterbourne Parish Council (WPC) in 1991 and retired from WPC 28 years later in 2019 having served a number of years as Chairman. He was also a member of The Frenchay Preservation Society and also Chairman for a long period. He moved to Mangotsfield with his wife, Sue a few years back but was happy to continue with both duties for some years. He was passionate about Frenchay and its surroundings and helped shape, and more importantly preserve it's character for which many residents will be grateful. He was a 'character' as a resident recently said to me and was also a keen amateur dramatics actor. Sue was secretary of FPS for many years and our thoughts are with her.

The current site for the Frenchay school on the common is partly packed ready as I am typing this for the move to the new school on the former Hospital site. I would like to wish headteacher Katherine Marks, the staff and the new pupils well for the transition to the new school which looks very impressive

WPC have invested in purchasing new childrens' play equipment at the Recreation Field in Winterbourne and at Hambrook Common and will be installed soon. The handover of the land to WPC of the former Frenchay Hospital open spaces is nearing completion and we hope it can be progressed soon, It has taken a lot of effort with delays which has been frustrating but the area continues to look good with various improvements and the new refurbished pond in the nature reserve may be finished by the time this goes to press. **Paul Kembery**, Chairman WPC



The Frenchay Probus Club meeting on 7 September heard a Talk entitled '**Overland to Hong Kong**' by Patrick Howell

In 1984 Patrick, and his wife, wished to travel to Hong Kong to visit family. For various reasons they did not want to fly so they decided to go overland. With the help of the "Voyages Jules Verne" travel company, they organised a trip that went from Liverpool Street Station in London to Hong Kong by train. The journey was from Liverpool Street, to Harwich, ferry to the Hook of Holland and then train to Moscow. From there the Trans-Siberian Express (which went as far as Vladivostok) was used as far as Irkutsk, a journey of 3000 miles which took 4 days. A train change saw them go down to Ulan Bator, the capital of Mongolia, and then on to Peking (now Beijing) and then on to Canton (now Guangzhou) and from there to Hong Kong.

The total journey distance was 9300 miles and time was 3 weeks with stopovers in all the cities mentioned above. Patrick recounted various experiences they had enroute with regard to food from pretty to grim (in Mongolia) to very good (in China – especially after Mongolia). He nearly got left behind in Germany as the Moscow bound train they were on got split in 2 with the other part going on to Copenhagen and he was on the wrong part! Only a bit of quick thinking got him onto the right train.

Contact : frenchayprobus@outlook.com



Frenchay WI are pleased to have had several new members join us recently. In June we welcomed Simon Barnes whose talk was entitled "Mindfulness as a tool for better mental health." Simon helped us to find ways to clear our thoughts in order to stop worrying about those things over which we have no control thus aiding us to drop off to sleep sooner. What he

told us certainly gave us all food for thought

As we do not have a meeting in August, it has become a tradition to go somewhere for afternoon tea on the afternoon of our usual meeting date. This year is no exception and our venue is the Mercure in Winterbourne. Unfortunately, this is a members only event as numbers have to be taken no later than our July meeting to enable us to make the booking. However, we will look forward to welcoming any ladies who would like to join us in September. We meet at 7.30 pm on the third Monday every month in Frenchay Village Hall. For further details please contact our secretary, Chris Davies, by emailing frenchaywi@gmail.com or telephoning Chris on 0117 9568123.

New Housing Development under way off Malmaims Drive

Construction work has begun on 30 climate friendly and energy efficient new family homes being built at Manor Gardens, a new development located off Malmaims Drive in Frenchay, South Gloucestershire.

A turf-cutting ceremony was held at the site on Thursday 18 August featuring representatives from South Gloucestershire Council and Aequus Construction Limited to mark the start of the building work.

South Gloucestershire Council is working in partnership with Bath & North East Somerset Council's housing company Aequus.



This development is the first to be delivered in South Gloucestershire through joint working between the local authority and house builder, and is part of the council's ongoing efforts to improve local communities by delivering quality homes in a plan led approach. Thirty family homes will be built ranging from one to four bedroom properties. Eleven of the homes will be affordable, of which eight will be designated for social rent and three for shared ownership.

The entire development will meet the energy efficiency standards as set out by the Association for Environment Conscious Building (AECB). The new homes will include solar panels, air source heat pumps, extra insulation, mechanical ventilation and recovery systems and a dedicated electric vehicle charging point. These measures will reduce CO2 emissions and cut energy bills by an estimated 70 per cent in comparison to similar average properties. The development will also benefit from a central public open space, biodiverse and resilient planting and sustainable urban drainage

South Gloucestershire Council's Cabinet Member for Corporate Resources Cllr Ben Burton said: "We are delighted that the plans for Malmaims Drive are advancing, and we look forward to working with Aequus to deliver these new homes. "I am also pleased to see a green space and a play area has been included in the plans, ensuring existing and new residents will continue to benefit from places to walk dogs, children to play and to generally enjoy the outdoors."



Following the announcement of the death of Her Majesty The Queen. **Chair of South Gloucestershire Council, Councillor Sanjay Shambhu**, said the following:

“On behalf of all councillors and staff of South Gloucestershire Council, I would like to express our deepest condolences to the Royal Family at this very sad time. Her Majesty The Queen was a much loved and respected leader who will be remembered with great fondness. Her dedication to the nation and to the Commonwealth was both unstinting and inspirational

We were fortunate to receive Her Majesty into the district on several occasions, including her visits to Badminton Horse Trials which she enjoyed for the first time in 1952 and on official engagements such as when she opened the Severn Bridge in September 1966 and on visits to the aerospace works at Filton, home to the assembly line of the British-built Concorde.”

Proclamation of King Charles III

The official Proclamation of King Charles III was held on Saturday 10 September at St James’s Palace in London. A local reading of the Proclamation was made by the Chair of the Council, Councillor Sanjay Shambhu, at Kingswood Civic Centre on Sunday 11 September 2022. Local Councillors were pleased to represent the residents of Frenchay and Downend at this reading that was also attended by other Councillors, aldermen, local MPs and the Vice Lord Lieutenant, Roger Deeks who also attended.

CHURCH CALENDAR FOR OCTOBER 2022

Commencing at 10.30am

2 October Harvest Festival - All Age Worship
9 October Holy Communion
16 October Morning Praise
23 October Holy Communion
30 October All Saints' Day - Holy Communion

Commencing at 6.00 pm

Holy Communion (BCP)
Evening Prayer
Evening Prayer
Evening Prayer
All Souls Commemoration

It is not compulsory to wear face coverings (masks) in church but please do so if you wish. Sanitisation is still available.

First Wednesday of the Month 8.00pm – 9.00pm
'Frenchay Focus' Prayer meeting in the Church
All Other Wednesdays 8.00pm Prayer Meeting on Zoom

For updated information, please refer to the Church Facebook and website www.frenchaychurch.org.uk and notices outside the church, on other notice boards in Frenchay and as kindly included through the Frenchay Residents Association.

If you would like to be on the church mailing list each week, please advise the Parish Secretary at : parishsecretary@frenchaychurch.org.uk

SPIRE LIGHTING

THURSDAY 8 SEPTEMBER—
MONDAY 19 DECEMBER 2022

In dedication of Her Majesty Queen Elizabeth II and appreciation of her life time of service



Our Minister, the Reverend Charles Sugden writes :

Dear All,

I write two days after the death of our renowned and beloved Queen Elizabeth II and the day after the Accession of King Charles III. The 8th September 2022 will be forever marked a landmark date in the history of our nation and the Commonwealth. Still we reflect on the example our late queen gave to all who are willing to serve their fellow human beings.



Coincidentally, there is a new start for our primary school in Frenchay. The church and school maintain their close relationship, despite the fact that they are several hundred yards further apart now. The opportunities for worship in the new hall will be different from those in the traditional building. But there will still be occasions when our church building will host parts of the school community for events. Many may not be aware that there has been a Church Schools Partnership award given to Frenchay. This was awarded in 2020 and we have been seeking to build on this ever since. Open the Book was wonderfully introduced to Collective Worship several years ago, and this involves a drama team made-up of different members of our local churches, who involve the children in acting out a dramatization of a Bible story. Last Easter we experimented with Easter in a Box which is a quality resource produced by Bristol Schools Connection, enabling the children to imagine scenes of the Easter story with beautifully made artefacts and mini-film set designs.

I hope that all this is giving you great hope that the Church and what it stands for is as relevant today as ever for the young people, as well as for all ages in this community. We have been experimenting with a season of Sunday afternoons 'Open Church' in which visitors are welcome without needing an appointment. We are also well on the way to installing a permanent ramp to create easier access for disabled people. We would like ideas from the community for the future use of our building, that will come within the ethos of our purpose as a place of prayer where people of all backgrounds are welcome to encounter God.

Please see a separate article about my own retirement plans. Meanwhile, may our vision be inspired by our late queens' shining example of faith in action. **Rev Charles**

Announcement of Pending Retirement

Reverend Charles and Kath would like you to know how much the benefice of Frenchay and Stapleton means to them : its people, its activities and so many joyful times shared together. This includes his involvement with the schools in Frenchay Stapleton parishes. However, for some time Charles has felt that there has to be a right time to hand over leadership of the benefice, and to move on to new assignments. So Charles wishes to announce his future retirement, with his last Sunday on duty being 23rd April 2023.

You are probably aware there have been health issues come to light for Charles in recent months. However, plans for retirement, or 'refirement' as he and Kath prefer to call it, have been in place for some time. In early May 2023 they hope to move into Pension Board housing in Chard, Somerset, so within easy reach of Bristol.

There will be many aspects of ministry, notably those as school governor, leader of collective worship and host to school visits, which Charles will sorely miss. He feels very thankful for the many opportunities to engage with young people through the support of headteachers, staff and parents of the 4 schools with which he has mainly spent time.

NEW CHOIR MEMBERS WELCOMED

The Choir at Frenchay Parish Church leads the music for the worship at Sunday services and at weddings, funerals, other commemoration services singing hymns and anthems. They also participate in community events and concerts.

We have some vacancies and would welcome new members. Please contact churchwardens@frenchaychurch.org.uk or telephone 0797 996 1815

The picture shows members of the Choir at a recent occasion to mark the retirement as Organist of Dr. Judith Langfield. Arrangements have been made for replacement organist cover for the period up to and including Xmas, while hoping to firm up on a long-term recruitment shortly.



Interested in Flower Arranging ? You would be welcomed !

Flowers at Frenchay

Only two of us remain. There used to be a team of ten flower-arrangers but age and illness have taken their toll. I am therefore looking for more volunteers.

These days we do not use floral foam except on special occasions. The reason is that floral foam has been found to be environmentally unfriendly. We are therefore slowly letting our stock of foam run down, and will not be buying anymore. We simply put flowers in vases.

You therefore do not need special expertise in floral arrangement. We also need volunteers who are willing to help with clearing up.

The two of us turn up once a fortnight usually on a Saturday morning. With a large team we could have a rota so as to spread the load, and perhaps have arrangements being done every week instead of once a fortnight.

The two of us are able to bring flowers and foliage from our gardens, so saving the church money. If you were able to do the same, that would be great but is not compulsory.

If you are interested please contact me on drjudith@btinternet.com.

Dr Judith Langfield





Karen's Mobile Foot Health Service

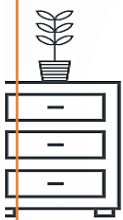
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The Women's Rugby World Cup 2022

• From Frenchay to Auckland



The Women's Rugby World Cup is set to be staged in New Zealand in October, having been postponed from 2021 due to Covid restrictions. The opening 'pool stage' matches, including England v. Fiji, will take place on Saturday 8th October, and will eventually lead to the Final, which is to be played at Eden park, Auckland on Saturday 12th November.

England, often referred to as the 'Red Roses', start as favourites, based on their form over recent years, and five of the pre-tournament squad play their club rugby here in Frenchay, representing the Bristol Bears Women whose usual Home venue is Shaftsbury Park, in the shadow of the former Hospital Water Tower.

Forwards Abbie Ward, Sarah Bern, and new recruit Lark Davies are key members of the squad, and backs Amber Reed and Leanne Infante share the ambition to be part of sporting history if they travel to New Zealand and come home with the trophy. They have witnessed how the success of the footballing 'Lionesses' was embraced by the Nation and raised the profile of women's team sports to a new level.

Also competing in New Zealand will be Wales, and for whom there is a strong contingent of players to be seen regularly at Shaftsbury Park. Jasmine Joyce, Siwan Lillicrap, Kayleigh Powell, Elinor Snowsill, Keira Bevan, Megan Davies, Manon Johnes, and Courtney Keight have all been in contention for places in the Welsh squad to travel to New Zealand.

Anticipation of the tournament really took hold locally when England played Wales at Ashton Gate, Bristol on Wednesday 14th September before a large crowd of nearly 12,000, who witnessed an impressive England victory.



So, with everything to play for in the coming six weeks, there is good reason to feel the extra involvement of players regularly seen in Frenchay at this great sporting occasion.



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Frenchay Cricket Club - 'A Phenomenal Season'

2022 has been rightly described as the most successful season in the history of the Cricket Club, with all four Saturday 'Senior' Teams achieving promotion, three as 'Champions' of their respective Divisions.

The 1st XI (*shown opposite*) became Champions of the Bristol and District League for the fourth time, while the 2nd XI won the 5th Division title.



The 3rd XI followed up last season's promotion by finishing as Runners Up in Division 10, and the 4th XI ultimately

cruised to the Division 15 Title. At the same time, most weeks we were also able to field a 5th XI in friendly matches, with the aim of them entering the League next year.

Add to this, the achievement of winning the Stuart Canvas Gloucestershire Trophy, defeating Langford from the Gloucestershire County League by 86 runs in the Final at Frocester, just a phenomenal season. The

winning team are shown here after that victory. And Frenchay is proud to be leading the way in equality and inclusivity, with much of this success based on mixed gender sides, proving the value of the solid, and now well-established female cricket pathway at the Club.



On the youth side, the U11 Firebird Girls finished as Runners Up in the Glos U11 'Blast' Competition, being edged out by Cheltenham by just six runs in a nail-biting Final. The U13 Boys won their respective Group in the BYCL, and both the U13 'Heat' and U15 'Flames' Girls reached their respective County Finals Days. And at County level, Glos U18 Girls, including six Frenchay Girls, have reached the ECB National Finals Day, and more of that in the November issue. We also send our best wishes to lots of our young players, who are rightly attending various County Trials for 2023 at this time.

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Useful information about Just Run Frenchay

If you are a regular reader of our Just Run articles, you'll know we are a local ladies running community. We bring women of all ages, backgrounds, and fitness levels together in a social, fun environment and help them reap the benefits of increasing physical activity through jogging, walking, and running. For more info contact info@justrun.uk

We like new members to try a taster session before committing to paying an annual membership fee of £30. Our members then pay £2 for each session they attend. This covers our overheads such as insurance. When they join our members receive a branded Just Run T shirt. We've recently changed our club T-shirt to be sustainable and made from recycled plastic water bottles.



Jess, our founder, and her family, feel passionate about the environment and impact on it. Something she found hard to find was functional, hard-wearing sports clothing that fitted environmental and ethical values. She also wanted to supply sustainably sourced, recycled products for Just Run members. This led on to deciding to create a brand that embodied everything her family believed and strived for. They had very little experience in the industry and had to learn most things from scratch. They have recently launched OSO selling sustainable sportswear. You can find out more about OSO at <https://oso.world/>

Why OSO? This translates from the Spanish word for bear. Emblematic of strength, spirit, fearlessness, and intelligence. An animal that is completely at one with nature and looks after their own community. Bears are often playful and social animals, often forming friendships with others. This resonates with our values at Just Run. Why don't you come along and see if this club is for you to socialize and be active in a safe environment.

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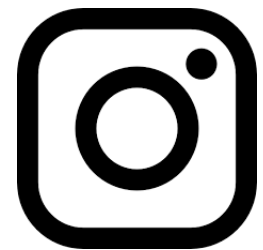
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Report from The Dings :

The season is well under way after a hectic and testing pre-season campaign. The league started on September 3rd with a home fixture against Luctonians from Herefordshire, our first competitive encounter against them. We won 29-17, gaining a try scoring bonus point.

This was followed up by a greatly savoured win in the first local derby against our old adversaries Clifton. We got off to a fantastic start, scoring after 2 minutes, and rattled up 2 more tries before Clifton replied with a penalty. We ran in 6 tries in total and the final score was 43-24, once again a try-scoring bonus point was achieved.



Luke Arscott joins the celebration of a try, illustrating the comment of Director of Rugby Stean Williams that “beating Clifton really means a lot to the people of this Club”. (photo courtesy of John White Media)

As I write this we are preparing for our other local derby versus Old Redcliffians, this time away. The two wins reflect the hard work done by the players throughout the summer and also by the coaching team.

The 1st XV Home League Fixtures for October are :

Saturday 15 October 3.00 pm v. Barnstaple

Saturday 29 October 3.00 pm v. Loughborough Students

On October 12th we celebrate our 125th Anniversary with a Gala Dinner at the Marriot Hotel, Bristol.

In November on the 11th, we will be holding our annual act of remembrance at the Memorial Plaque in the car park at Shaftesbury Park. This will start at 10.45 with the Two Minute Silence at 11. All are welcome.

Trevor Denley

October Gardening

After the most extraordinary summer with next to no rain, the storage of rainwater needs to be a priority this winter. There are a huge range of water butts available and all down pipes and gutters can be used to collect this natural resource. If you are lucky enough to have a pond a butt somewhere nearby allows topping it up without using tap water which the wildlife will not enjoy.



Do not disturb your pond too much now other than removing leaves a couple of times a week as there will be hibernating creatures hidden away. Leaves decomposing in the pond can foul the water.

Our wildlife needs as much help as we can provide. Now is the time to clean out bird boxes making sure they are in good repair before replacing. If possible start feeding the birds in your garden they will bring such pleasure especially to children who will love watching them and learning their names. Make a pile of wood in a corner of the garden or the back of a border for creatures to overwinter. Its a good idea not to be too very tidy around the garden.

Keep feeding the compost bin and if it becomes too full keep any excess garden/ kitchen waste in bags ready to top up when the level drops which can be quite quickly. Keep the bin covered to keep as much warmth in as possible and the worms will do their fantastic job of turning waste into rich compost ready for the spring. Don't put down compost before the spring as the nutrients will get washed away over winter. Empty pots and hanging baskets and compost the contents then clean pots and store away or plant up for the winter colour with heathers, cyclamen, skimmia and winter pansies with an under planting of crocus . Any pots will benefit from being raised on feet so they don't become waterlogged.

If not bought already, purchase and plant spring bulbs in natural swathes through the lawn or in groups of uneven numbers around the garden following the planting guidelines on the packaging or look it up on line. You will be rewarded with the joy of spring popping up and filling your garden with colour after the long winter.

Enjoy the colours of autumn and the feeling of nature going into its winter sleep.

The Tidy Gardener

Recipe for October

Venison and Beef with Port and Apricots

This is a wonderfully warming casserole which can be made up to 2 days ahead of serving or frozen. It will serve 6-8.

Preheat oven to 160C Gas 3

Approx 3 tablespoons sunflower oil

700gm stewing venison cut into 2.5cm pieces

700gm good stewing beef cut into 2.5cm pieces

600gm shallot onions, skinned

2 garlic cloves, crushed

75gm plain flour

1 litre beef stock

300ml red wine

2 tablespoons redcurrant jelly

Salt and freshly ground pepper

175 gm ready to eat dried apricots

150ml port

Freshly chopped parsley to garnish

Heat the oil in a large deep frying pan and brown off the venison and beef in batches, adding more oil if necessary. Lift the meat out with a slotted spoon. Add the shallots and garlic and cook, stirring occasionally, until browned. Lift out with the slotted spoon.

Lower the heat, and then stir the flour into the remaining oil adding more if necessary, cook for one minute. Stir in the stock and wine and stirring constantly bring to the boil. Add the redcurrant jelly, and return the meat and shallots to the pan. Season with salt and pepper, bring to the boil, cover, then cook in the preheated oven for 1 ½ hours.

Add the apricots and the port to the casserole. Cover and return to the oven, cook for a further hour until the meat is tender. Adjust the seasoning, and stir in lots of parsley unless the casserole is going to be kept or frozen in which case leave it out until just before serving.

Serve with mashed potato and green vegetables.

Tales from the Tennis Court



Downend & Frenchay Tennis Club

My tennis journey

I started playing tennis 5 years ago when I was asked to join a beginners group by a friend. It was an hour a week, on a Sunday, and meant that I escaped the preparation for the school week and bath-time ! I really enjoyed it and when the club moved to their new location decided that I would continue as it was still very local to home.

I have carried on with the weekly lessons, bought at the start of each term, and have joined the club as a member. As a member I get discounted lessons and access to booking the courts at a convenient time for me. As my game improved I decided to join the ladies club sessions on a Wednesday evening. This was a bit tricky as my son needed picking up from football training (and feeding!) and its my husbands weekly “boys” night out! We managed to work it out and I can play from 6pm for an hour or two and get home to cook dinner. It’s a really good way to improve my game and I was made to feel very welcome and everyone was happy to play with the beginner.

Over the last year I have also managed to join in the Friday morning ladies sessions, as my employer is keen to combine exercise activities whilst working from home.

I “log out” of my work diary for an hour whilst I play and it’s a great way to start the working day. I have found tennis to be a great form of exercise and am enjoying the competitive side of the game.

DFTC offer lots of sessions for members to play so it’s quite easy to find a time that suits. There are a number of WhatsApp groups that I belong to and you can easily find other members who fancy a game if I couldn’t make the club sessions.

My husband & I also managed to get tickets to this years Wimbledon in the club ballot and it was a brilliant day out. I might even start playing in competitions next year!

Trina

Esmé's Article - 'Poetry'

I have just read our September 'Frenchay Community News' which pleased me ! Thank you Alan for your poem, which I enjoyed reading ! Now I hope that more of you will write one and give it to the Editor.

Some people have said that they couldn't write one. It's not true, everyone can, and why not try ? First of all, think of a subject and write the first line. Then think of some words that rhyme with the last word. Then the second line will leap into your mind.

I have written books full of poems in English and in French. They are mostly about my wonderful husband and my love of France, so not really appropriate just now. That's why my poem features 'Covid'. I haven't had it but I have family and friends who have overcome it !

COVID.....a word we have come to hate :
Hoping that it won't reach our gate !
However, one thing that it has shown :
People's strength has grown and grown.
Courage battles with the fear;
We really know which friends prove dear.
Kind ness takes pride of place.
Weakness doesn't show its face !
Let's hope that Covid will take wings,
To be replaced by JOY and happy things !

So, let us be optimistic. And stay well.

Esmé

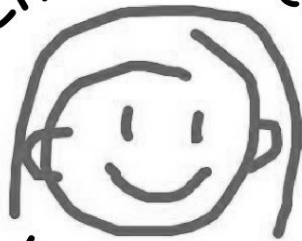
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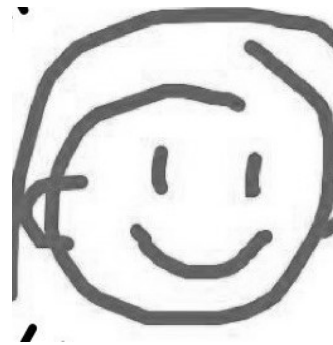
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News from Downend Library

3rd – 9th October is Libraries Week

(www.librariesweek.org.uk/). All public libraries remain free to join and most of our services are remain free as well. Here is a reminder of the opening hours and events that we run on a typical week at Downend Library.



Mondays :

- staffed hours 10am – 5.30pm*
- Knitter Natter 10am (an open knitting group where you can enjoy a cuppa and a chat too!).
- Need some help with an IT problem or to use your iPhone or Ipad? Book a free session with Tony, our lovely Digital Champion, who should be able to help you out. To book leave a message on 01454 865022 or ask staff for details.

Tuesdays

- Open Access hours only 8am – 7.30pm
- Term time – we host an IT for Beginners course run by SGS College. To sign up or for more information contact 0117 9092296 or email cindy.corbett@sgscol.ac.uk

Wednesdays

- Staffed hours 10am – 5.30pm*
- 9.30am – Pre School RhymeTime (its free and no need to book)

Thursdays

- Open Access hours 8am – 7.30pm

Fridays

- Staffed hours 10am – 5.30pm*
- Coffee Mornings 10.15am – fancy a coffee and chat, then please come along?

Saturdays

- Staffed hours 9.30am – 1pm*
- One Saturday a month Lego Club (next one is 15th October) 10.30am – 11.30am – we read you a story and you make a model from the Lego we provide – simples!

Sundays

- Open Access hours 8am – 7.30pm

(* - Open Access hours are 8am – 7.30pm daily. This allows residents to use most of our services when we aren't staffed. To sign up or find out more please ask staff for details