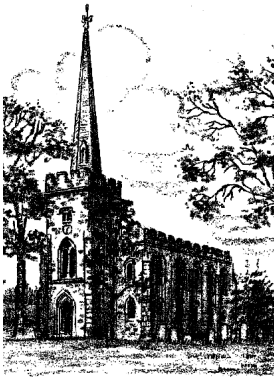
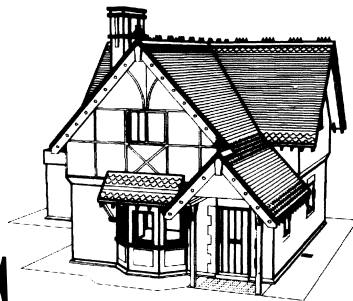


December 2022



It's Tree-time !



Frenchay Community News

Local Contacts

Frenchay Community Website <http://frenchay.news>

Email: frenchaycommunitynews@gmail.com

Frenchay Parish Church : churchwardens@frenchaychurch.org.uk

Friends Meeting House : Kate Cashmore 0117 9656680

St John Fisher Catholic Church Office : 0117 9833939

Unitarian Chapel: Peter Bruce (Chair) 07527118586

Russian Orthodox: Masha Springford www.bristol-sourozh.org.uk 01179735037

New Life Church (Village Hall) : talktous@newlifechurchbristol.org

www.newlifechurchbristol.org 07768 287526

Frenchay C of E School: 01454 868181

Village Hall Booking : frenchayvillagehall@gmail.com 0779 4955427

Preservation Society : mail@frenchaypreservation.info

Frenchay Village Museum : Carol Thorne 0117 9569963

frenchaymuseum@hotmail.com

Frenchay Pre-school : Lucy Foley 07920 885185

Parents and Toddlers : frenchaytoddlergroup@googlemail.com 07900568466

Bellringers: Edna Cause frenchaybellringers@gmail.com 0117 9562106

FRA Contact : Adrian Collins adriancollins1958@gmail.com

FRA Contact : Ronnie Barber barberronnie@hotmail.com

DRG Frenchay AFC : Paul Lloyd 07845730980

Dings Crusaders RFC 0117 9575585

Frenchay Flower Show: Julie Sheppard (show secretary) 0117 9561135

julie.d.sheppard@icloud.com 07903020778

Frenchay Cricket Club bycl@blueyonder.co.uk (Jim Donaldson) 07771502274

Police non emergency number 101 NHS direct (for advice) number 111

December 2022

CONTENTS

4—6	FRA Report
8	Frenchay School Report
9	New School 'Open Evening'
10 - 11	Community Notices
12—13	Councillor Ben Burton
13	Museum Report
14	December in the garden
15	Xmas Tree Farm
16	Frenchay Probus
16	Frenchay WI
171	The Minister's letter
18 - 19	Christmas Events
20	Spire Lighting
22	Horticultural Society
22	Editor's Note
24	Just Run
25	Final Heartbreak
28	Dings Crusaders
29	Frenchay Cricket
30	Tennis Court Tales
31	December Recipe
32	Esmé's Article
34	Library News



Frenchay is renowned for its Xmas trees. If you drive up the M32 at this time of year, you cannot help but notice that Frenchay, with its several options, has the biggest facility for these in or close to the city of Bristol. Since the mid-19th Century, trees have become a prominent part of the English Xmas tradition. Presents and decorations on the lower branches reflect the festivities of Xmas : and the natural shape of the trees point upwards to the symbolically-significant star or Angel at the pinnacle.

Frenchay Community News

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

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

The deadline for the January 2023
3 edition is the 11th December

Frenchay Residents Association (FRA) Report No. 97

Dear Friends and Neighbours,

Thank you to those who attended our FRA Open Evening on the 22nd of November, so nice to meet everyone who attended to find out what is going on in Frenchay. After almost three years of Covid restrictions it was lovely to be able to gather and mingle at the wonderful new school, we are very grateful to Frenchay Primary School for hosting us.

Christmas Carols on the Common

These will take place on **Monday 19th December starting at 6.30 pm**, using the same format as last year with us all gathering on the common opposite the Parish Church.

We will aim to provide some festive refreshments to keep us all warm and hope that you can join us.

A bucket collection will be made so that contributions can be provided to the Silver band and Choir to cover their expenses and assist them with training young people. Any amount over that will be used towards some of the equipment costs, like permanent banners, which are now needed for use with the event every year.

We look forward to seeing you all for this very enjoyable festive gathering.

FRA Biodiversity Projects

With a deliberate emphasis on outdoor work to enable us to continue activity without restrictions, you will recall the DofE work that FRA has initiated with Ammaarah Vohra being our very first student. Ammaarah is now completing her DofE Gold and this is her poignant and heartfelt poem inspired by her awareness of our climate emergency :

*I met a salt cedar tree down by the sea; It was a cheerful stately green
I sat with it and shared my troubles many times, caressing its rough, wise trunk,
To its rustling branches I would trust all the things I couldn't tell.
In turn, my salt cedar told me of stories from the past,
'Did you know that once upon a time, every bird sang? It was they who gave us
words.
Their songs watered the fields and filled flowers with poetry'. I learnt and I listened.
Before my return to the city, we embraced, bid farewell 'Till next summer', we said.
The next summer I returned to an emptiness I couldn't place.
Until I saw my salt cedar tree split down the middle.
The salt cedar didn't want me to see it, to let me touch the spots bared of branches,
Its hollowed trunk filled with leaves Roots upturned,
Rendered limp and lifeless and its beautiful upper boughs now disconsolate yellow
limbs.
My salt cedar told a new story;
For the birds had ceased to sing when their beaks filled with smoke.
Then no more did the trees dance, nor the stones speak and the streams lost their
sweetness.
Then the salt cedar and I were left alone.
We had not water to quench our thirst nor shelter to keep us warm,
We could not see each other in the dark; we trembled in the cold.
Only the crescent moon illumined the nothingness.
I could not bear it any more, I cried in one voice: 'Oh!'
Then there was a blinding brightness. And the birds came back.
They saw my salt cedar tree; they mourned its loss,
They beat their half-burnt wings and they sang with their choked throats,
In the few words that still remained,
A song about the colours and the tongues that had vanished from the earth.*

Ammaarah Vohra

Frenchay Festive Window Trail



After the success of last year's Festive window trail and back by popular demand, we would like to run it again this Christmas.

It brought so much pleasure last year to young and old alike.

Any address receiving our Frenchay Community News is welcome to join the trail and your window can be decorated in any way that you like. This could be using stickers, glass paint, card and tissue paper, silhouettes, lights, 3D designs, drawings or paintings. The options are endless, but the main thing is to have fun creating it and for people to enjoy seeing all the wonderful window displays Frenchay can produce. There are lots of ideas online if you search Christmas window trails.

If you would like to take part you need to email :

frenchaychristmaswindowtrail@yahoo.com to register your property **by the 9th December**. You will then receive a message /email letting you know the number that you will be on the trail map. You will need to include this number in your display so people know which house on the trail they are viewing.

We will light up our windows from the 19th-23rd December between 4-8pm allowing people to follow the trail map and take part. Trail maps will be made available in various locations including a download on our FRA Facebook page, and links sent out in an email to everyone on our circulation list. We might even establish a vote for favourites and prizes if enough properties want to take part.

So let us get into the festive spirit and add to the magic of Christmas in Frenchay this year!

We wish everyone an enjoyable festive time with good health and happiness for 2023.

Thank you all for your engagement and continuing support in Frenchay's best interests this year.

Adrian Collins (Chair - FRA)



"COULDN'T RECOMMEND THEM
ENOUGH... THEY REALLY TOOK THE
STRESS AWAY FROM BUYING"

ROSIE WAY (BUYER) - DEC '18

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For an immediate transformation
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To discuss your requirements or obtain a quotation,

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References available - All work guaranteed - Fully insured

The Official Opening of the new Frenchay School

Headteacher Katherine Marks writes :



Frenchay
C of E Primary School
Believe • Belong • Become

On Monday 7th November we held our official opening of the school. This was a wonderful morning where the school and visitors shared in the celebration of our new building. Visitors included members of the Local Authority who designed and project managed the build, BAM, the construction company, Councilors for South Gloucestershire, members of the Diocesan board for Education, members of the Frenchay Residents Association and Open the Book, local clergy, governors to name but a few!

We also welcomed the two previous head teachers of the school, Mrs Thorne and Mrs Allen who joined us for the morning. This meant we had 34 years of leadership of the school represented between the three of us! Mrs Thorne also organised the planting of a Tulip tree, curtesy of Ron Crouch who's great auntie was once a teacher in Frenchay. Mr Crouch sent us the funds to purchase the tree all the way from America where he lives. A big thank you to him and to Mrs Thorne for this gift

We were also thrilled to have Bishop Lee, the Bishop of Swindon, and Bishop Viv, the Bishop of Bristol attend the opening, with Bishop Viv joining us in leading our worship as well as planting the new tulip tree and blessing the school.

We were presented with not one but two presents in the service. One was a plaque from the Diocese to mark the official opening, and the other being a new candle holder from Revd. Charles and the Frenchay Parish Council. We are very grateful for both gifts.

We were privileged to have a child in year 2 play the piano when we came in and left worship, she did a fantastic job. Members of our Year 6 class made us feel very proud with their contributions, with children having written their thoughts on the new school, each linked to our values. Ivy gave special thanks to everyone and Hugo lead us in a prayer he had written. The final icing on the cake as when two children pulled the large blue ribbon to officially signify our opening!

It was a really great morning and thanks to all those who attended, and helped with the organisation. The children were a credit to us all in their excellent behaviour and manners throughout the morning.



Katherine Marks

New School Open Evening

9 November

Over sixty people came along to view the new building, and were guided around in two groups led respectively by the Headteacher, Katherine Marks-



and the Deputy Headteacher, Michael Backett. It is a most impressive building, as are the outside areas, in a wonderful setting, particularly at the rear where it backs on to the mature woodland, which itself is set to be an excellent resource for the school. There has been great attention to detail, and apart from the well-documented green credentials, many subtle design features reflect the attention given to the mental and general well-being of both pupils and staff.

One expression of this aspect is explained on the school website in these terms :

“The school has been designed with curves which are gentler than sharp, straight edges, representing our ethos as a Church school. The incorporation of eco efficient features such as triple glazing and a timber frame as well as solar panels and EV charging points has been included. The building is light and airy, with large doors leading to the outside from each classroom downstairs to allow ease of learning both inside and outside.

Each year group from EYFS to year 3 has their own garden area to work and explore in. Years 4 to 6 look out over the adjacent conservation area. There is a striking atrium, where the library space is placed and this allows light to stream through the corridors. From here you can walk out onto the spiritual/ reading garden where our mosaic has been laid, which was made by the children in the previous school in preparation for the move .

Outside space offers trees which are calming and allow for forest skills learning, space to run and play, a football pitch, netball and basketball courts.”

There is even an outdoor patio area in the upper part of the building, to be used by staff as a momentary peaceful haven, if opportunities ever arise.

Certainly the reactions of those viewing the school were overwhelmingly positive.

Interested in Flower Arranging ? You would be welcomed !



Frenchay Parish Church is still looking to recruit people to assist with flower arranging in the Church, usually on a Saturday morning, currently once a fortnight. . To find out more, use : drjudith@btinternet.com or a Church Community or Secretary contact —see page 35



Have you heard about the Headmaster who was prosecuted for excessive caning?

Or the Headmaster who didn't have a pay rise for 30 years? When he complained he was given 3 months' notice.

All this and more can be found in '**Honour Wisdom**' a short history of Frenchay Primary School.

If you went to the school or know someone who did this would make a good Christmas present

Introductory offer - **£2** Copies can be obtained from the museum.



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*)

A festive poster for Christmas Treats. It features a red Santa hat, snowflakes, and stars on a green background. The text is in various fonts and colors.

Come jingle
& mingle
**Join us for
Christmas
Treats**
SUNDAY, 4 DECEMBER
14:00 -16:00
ST ELIZABETH'S HALL, HAMBROOK LANE
organised by the Hambrook Village Hall Trust
Raffle & Donations in aid of
Children's Hospice South West
★ Everyone is invited to attend ★

FRENCHAY PARENT AND TODDLER GROUP TUESDAYS 9.30-11.30 AM



UPSTAIRS IN FRENCHAY
VILLAGE HALL
BS16 1NU
PRESS BUZZER FOR ENTRY

BABIES, TODDLERS AND
PRESCHOOL AGE
CHILDREN AND THEIR
FAMILIES AND CARERS
WELCOME
FIND US ON FACEBOOK

Councillor Ben Burton reports :

Voi Scooter – Update

Thank you for all those residents who have contacted us in relation to concerns over the parking of Voi scooters. We know that inconsiderate parking has meant pavements being obstructed or blocked, causing visibility issues at junctions and generally making the village look untidy. We are keen to help alleviate some of these concerns and ensure that the benefits of the Voi scooters are balanced with the needs of local residents.

We have received emails from a number of residents in relation to parking zones that are identified within the App but have been causing issues locally. These include at the junction of Beckspool Road/Cleeve Road and Malmain Drive. This does not necessarily mean there is not a need for Voi scooter parking in these areas but some minor changes to the locations might prove beneficial to avoid obstructions. We have, again (having already advised them of the inappropriate nature of these parking areas), reported these concerns to Voi and will continue to work with their team to ensure that appropriate locations are designated within the App

In the last month or so we have also seen a noticeable increase in the number of Voi scooters that are available at parking locations, which has exacerbated the parking issues discussed above. We have asked Voi to advise whether there has been a strategic decision taken to increase the number of scooters that are available. We will update all residents once a response has been received

.We also would like to remind residents that issues with Voi scooters can also be reported at the following website: <https://report.voi.com/>

Council Budget

Each year, we ask residents for their views before agreeing what our budget and council tax levels will be for the year ahead. We are also consulting on the savings plan we propose putting in place to make sure we have a balanced budget whilst

continuing to deliver value for money. We want to hear from as many of you as possible so please complete the survey via the link below. <https://consultations.southglos.gov.uk/budget23/consultationHome>

Community Warm Spaces

Community organisations working to support South Gloucestershire Council residents this winter are invited to apply for the newly launched Community Welcome Spaces Grant. The grant is available to registered community organisations who can provide a free welcome space with hot drinks. You can apply if you are a voluntary or community organisation, a charitable or social enterprise, or a town or parish council. Grants will be allocated on a first come, first served basis. Find out more and to apply online at :

<https://beta.southglos.gov.uk/community-welcome-spaces-grant>

FRENCHAY TUCKETT SOCIETY (FTS)

– Winter Talks

We are in the process of organising three talks and more details will be available next month.

Meanwhile, please make a note of the following dates in 2023 which may be of interest;

12th January – Bridges over the River Severn

9th February – Frenchay Subscription Bridge

9th March – Zizz-zagging amongst the Dolomites.

Talks start at 7.30pm in The Friends Meeting House - on 'the second Thursday' of the month.

After a break in April (Easter) we will be organising our AGM for **11th May**, plus a guest speaker.

Finally, a reminder that the Museum is closed during December & January for maintenance, etc.

***Hugh Whatley* (Chair – FTS)**



Making the most of your garden in December

December weather is often the worst of the year in that it is grey, wet, cold and dank. However, if we get cold, frosty weather then the garden can be transformed into a glittering wonderland and suddenly all kinds of winter jobs are possible from winter pruning, gathering up those papery leaves and tidying up those messy borders. Autumn/Winter is the perfect time to start or tend to your own compost bin. Add all the dead but disease-free plants and fallen leaves to the compost bin, along with other healthy organic matter so you will have nutrient-rich soil to add to your growing space come spring.

Dig over empty borders and prepare your soil by covering with compost ready for next year's planting. Don't mulch as it won't help the ground will have cooled too much.

Group potted plants together on trestles in a sheltered spot in the garden to protect them from the harshest winter weather.

Get pruning! Apples and pears (but not plums), roses if you haven't done it already and Japanese maples are just some of the plants that benefit from a winter prune.

Look after the birds - clean feeders, stock up on wild bird food (squirrels permitting) and make sure they have access to fresh water.

Keep an eye on your lawn and give a high cut if it needs tidying up.

Look for your surplus plants for Christmas gifts. It lasts longer than a box of chocolates!

Its wreath and table centre making time! Look to your garden for inspiration and things to use. Supplement with cinnamon sticks, pine cones, dried orange slices and berries to add scent. Whatever you have, real foliage has the added benefit of bringing you lots of gorgeous Christmassy scent. Go faux and you can bring it out every year and simply add some real cuttings to bulk it out.



Hopefully there are not too many jobs left to do this year so you will have time for some fireside garden planning and take stock of your gardening year. Do not be disheartened by your gardening imperfections or failures, but devote some time to pondering what you will do differently in the coming year. Unfortunately, the world is changing and this has the impact on all our plants. We just must be smarter in what we do with what we have. December can be dark and wet but it is also a month of wonder and opportunity to reflect on what we can do for ourselves and others in the New Year.

Alan Caswell

Season's Greetings

FRENCHAY CHRISTMAS TREE FARM

Old Gloucester Road, Frenchay, BS16 1QW

First crop of Nordmann and Fraser Firs from our new field is ready!

Eight years after it was planted in spring 2015, customers are invited to enjoy the first crop of Christmas trees harvested from our third and newest field.

After all the years mowing, tending, pruning and shaping, the new crop of Christmas trees in our new field is looking wonderful, and we're really excited about it. It's going to be very pleasing watching families taking them home for Christmas this year.

The Fraser Fir and Nordmann Fir are both soft-needled "non-drop" trees, meaning they keep their needles well over Christmas. The Nordmann is our best-selling tree, but the Fraser is a popular alternative, with a stronger fragrance and a slightly narrower shape, making it a practical choice in a smaller home. Frasers can be difficult to grow and need careful pruning. As they reach maturity about two years sooner than the Nordmann, they're much better value.

While tagging up our trees ready for cutting this season, we found plenty of evidence of thriving wildlife: badger setts, mole hills, mushrooms, wildflowers, bird nests and wasp nests to name a few. We always strive to work alongside nature on the farm, whether that's leaving wild grasses and flowers to grow over the summer months to attract insects, or mulching up trees after Christmas to spread on the fields. We hope that one day swallows and house martins will take up home in the newly installed nest boxes, and by letting some Christmas trees grow to maturity, they might not only provide homes for wildlife, but capture carbon dioxide and pollutants from the nearby motorway.

Frenchay Christmas Tree Farm is **open every day from 9am to 5pm from Saturday 19th November**. You can visit in person, or order your tree, stand and wreath online either for delivery or click and collect.

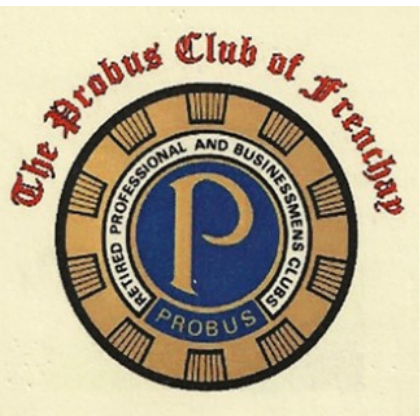
from Simon and Peter Maughan

Find out more about us at: www.frenchaychristmastreefarm.co.uk

Frenchay Christmas Tree Farm

07717 220086 SHOP ONLINE NOW





The November main meeting had a re-arranged topic, due to the illness of the previously arranged speaker.

The replacement, Chris Bigg, gave a very interesting presentation on 'Lost Bristol', featuring many of the former prominent buildings in the City, which, for a variety of reasons, are no more. One such area was the site of the former Bristol Castle, destroyed in the 17th Century by Oliver Cromwell, and much later to be re-developed as the

commercially-important Castle Street area, before being substantially destroyed by war-time bombing in the mid-20th century, and then becoming the site of the current Castle Park. Three very different uses in three eras of Bristol's history.

Probus Club members continue to meet also once a month at Shaftsbury Park for lunch., and the Xmas lunch will take place on 14 December at The Grange, Winterbourne. General enquiries welcome through frenchayprobus@outlook.com



In October we had a very interesting talk from the Cyber Fraud team from Avon and Somerset Police regarding telephone, text and email scams. Our members learned a lot and the main message was, "Take 5 and Tell 2." In other words – think about what you have been told in a message for 5 minutes and do

nothing until you have done so. So many scams make you feel pressured with the need to act immediately. Also, tell 2 friends or family members who may have information regarding a possible scam but will also warn those who have not come across it

We hold our Annual Meeting in November, when we review the last year and elect a new committee to take us into the next year.

In December we are looking forward to our Christmas meeting where we will have some festive entertainment, with mince pies and mulled wine to get us into the spirit of the season. If there are any ladies who would like to give us a try – we meet at Frenchay Village Hall at 7.30 pm on the third Monday of the month.

New members will be very welcome. More information can be obtained from the secretary, Chris Davies, at frenchaywi@gmail.com or on 0117 9568123

Our Minister, the Reverend Charles Sugden, writes

Dear All,

It's that season again. I wonder what you make of these days leading up to Christmas? For the children, no doubt, excitement; for the adults often a degree of fearful anticipation. Just so many things to do, so little time to do it in, and the feeling, "Who have I left out?"



That's the question that I want to address, because quite often people take for granted that the world has been radically changed since the first coming of Jesus Christ. Recently reading a trilogy by Robert Harris on the life of Cicero, I was intrigued that the coming of Jesus Christ is mentioned as historically significant, alongside the rise and fall of the Roman Empire. Only, Jesus continues to change lives.

This is because Christmas is to do with the *living* God. Not a historical memory, not an artefact or an institution, but about countless lives encountering the living God. I wonder if like me you have sometimes thought that a living composer was already dead. But then as you watch the TV prom the camera swings to that very composer chatting with the person next to them in the auditorium. And you realise that it would in theory be possible for you, yourself meet that person. This is the sort of surprise many have felt, only in even greater measure, when they have discovered it is possible to have a relationship with the living God through Jesus Christ.

At our Carols on the Common on December 19, the church will be open and we hope very much that many will come into the building. But we would be equally pleased if people got in touch with us inquiring about an introduction to the Christian faith, or a useful beginners guide to the gospel. We realise that good news is not just for the soul, but for the body too. And therefore we very much hope that as part of a community effort our church can, by the time you read this, already be a warm space during parts of the week for people who lack heat in their home or company in their lives.

Wishing you a blessed at Christmas, where nobody is left out.

Reverend Charles.

Frenchay Parish Church Diary for December 2022

SUNDAY SERVICES are held:

Mornings at 10.30am

4 December All Age Christingle
11 December Holy Communion
18 December Morning Praise
25 December Family Service at 10.00am
Followed by short Holy Communion

Evenings at 6.00pm

4 December Holy Communion
11 December Evening Prayer
18 December Carols by Candlelight
25 December – No Service

First Wednesday of the Month

8.00 pm-9.00pm “Frenchay Focus” Prayer meeting in Church

All other Wednesdays 8.00pm - Prayer meeting on Zoom

Thursday 15 December 10 00 am-11.30 am TINY TIME for the under-fives



SPECIAL CHRISTMAS EVENTS

ADVENT CAROLS followed by Short Holy Communion
Sunday 27 November at 10 30am

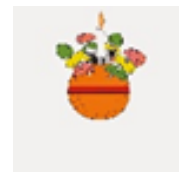
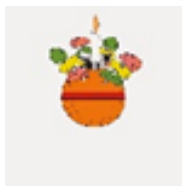
Our new church year starts today.

We look forward to the coming of our Saviour, Jesus Christ, with a service of readings and carols especially for Advent.

CHRISTINGLE

Sunday 4 December at 10.30am.

Do you have children who love making things?



After two years of Covid restrictions, this year we invite all children and those young at heart to join us making Christingles. We will provide the oranges, small candles and other things needed to help us think about Jesus, whose love reaches out to all of us.

The Children’s Society is the national organisation providing support for Christingle services. We will be taking a collection for them, to help them in their life-changing work with children and young people.



CAROLS BY CANDLELIGHT
Sunday 18 December at 6.00 pm

Carol singing for our whole community – whatever happens in the football earlier that afternoon!

Please come along to our beautiful church and join us in a candle-lit service of well-known carols and readings, followed by coffee and mince pies. This is a service for all in Frenchay and nearby, even if you do not usually come to church.

The gallery will be open as well as the downstairs seating areas.

CHRISTMAS CAROLS ON THE COMMON

Monday 19 December at 6.30 pm

Organised by Frenchay Residents Association : See page 4 for details.

CRIB SERVICE

Saturday 24 December at 4.00pm



We would love to see you at the Crib Service.

There will be a chance to dress up and join in the Christmas story, sing some carols and get ready for Christmas. This is suitable for all ages.

Do come and join us.



MIDNIGHT HOLY COMMUNION

11.30pm Christmas Eve 24 December

To be held at Holy Trinity Church , Stapleton

CHRISTMAS DAY

Sunday 25 December at 10.00 am

Family Service followed by Short Holy Communion



Spire Lighting

(for requests (cost £10.) please contact :
churchwardens@frenchaychurch.org.uk



9 November	TAMARA CHEKHET Much loved and missed by her daughter Tanya
16 November	MARY ROSS For Mary, whose love and laughter still keep is all strong and happy ... from all the Rosses, Flitcrofts and Murrays.
28 November	JON BROOM In loving memory on his birth date – Heather, Louise and Duncan
28 November	WILL SANDERSON In celebration of his 16 th Birthday
11 December	ROSEMARIA LANGMAN Lovingly remembered by Alexander and Louisa and John
12 December	DAVE PHILLIPS A dear Dad and Grandfer on what would have been his 95 th birthday. Loved and dearly missed by Viv and Rose xx
20 December	RALPH THOMAS In loving memory of Ralph Thomas from Sally, Caroline and family



Karen's Mobile Foot Health Service

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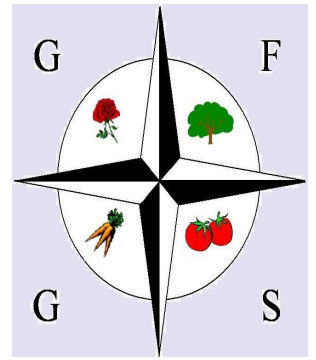
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(a member of the Gloucestershire federation of Gardening Societies)

On a wet and miserable evening our November talk, by Mandy Bradshaw, transported us to summer in the Cotswolds. Having first outlined her development as a garden journalist, Mandy brought us on a whistle-stop tour of 12 gardens. The main areas of interest in each were described and illustrated with her excellent photographs. Although not generally open to the public many, if not all, of the gardens open on at least one or two days a year, providing us with some tempting destinations for next summer.



Our December meeting, to be held in the Friends Meeting House on **7th December at 7.30**, will be social evening with fruit punch, nibbles and mince pies. There will be time to chat, at least one garden themed and those attending are invited to bring along a table decoration to brighten the occasion. A prize will be awarded for the most popular creation.

Prospective new members welcome!

Frenchay Community News : Editor's Note

Some of you will hopefully have noticed a change in the November edition of FCN. A new (reconditioned) printer has been purchased for the production of FCN, and which gives a notably sharper and more consistent print quality and generally improves the whole process. The transition was not without technical problems, but hopefully they have now been resolved. One result was that the print became slightly smaller, even though the composition setting had remained the same, and I apologise if anyone found that more difficult. : but this time around, the setting is larger and will hopefully be more comfortable to read.

It is appropriate to thank the financial support given to FCN by Redrow Homes as part of their community contributions, and which indirectly has allowed this investment to happen. Going forward, it is important to generate revenues through advertisements, so if you have a local business to promote, please get in touch.

And if you have activities, stories, or events to share through FCN, do likewise.



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Just Run : Festive Fundraising with Friends

Although our club is all about running and encouraging people to do more exercise, we also place huge value in bringing people together. We regularly have new members who have just moved to the area and want to meet local people and integrate into the community, and we have countless stories of members making new friends; lots bring their friends along as a way of spending time together and doing something meaningful.

Being volunteer -led, time can be stretched, as our team kindly donate some of their free time to enable the sessions to take place safely and in a way that ensures people feel supported. This does not leave much time for organising social events. We do try though as we know that members and those who may be interested in coming to the club enjoy having time to come together in a convivial social setting.

We recently organised a clothes swap (for anyone who has not come across a clothes swap before, it's an event where everybody brings a set amount of clothing and/or accessories in good condition that they no longer wear, and place them on rails, once everyone has arrived, everyone can dive in and find themselves 'new' things to wear). Our last event, which we held at the Crafty Egg Café in Fishponds, was a huge success and everyone went home with full bags to refresh their wardrobes. There was also time to have a drink and catch up and £150 was raised for charity.

Our next event is wreath making, which is an annual favourite. Again, we use this as an excuse to get together and fundraise for charity. Our wreaths are eco of course! Although spaces are limited we welcome the local community to join in. We also sell wreath making kits so that even if sessions become full, families, or groups of friends can get together and create their Christmas wreaths!

If you would like a kit please contact **info@justrun** and here are the instructions we provide with our wreath making kits so you can have a go yourself.

Final Heartbreak for the 'Shaftsbury Park Trio'

For the three members of the Bristol Bears Women who played in the Women's Rugby World Cup Final in Auckland on the 12th November, there was ultimately disappointment as England narrowly lost out to New Zealand in a thrilling match that swung one way, then another, before being decided in the last play of the game with England just failing to cross the try-line one more time.

A leading player in this drama was Bristol's Abbie Ward, seen here jumping in that final fateful line-out. She had an excellent match, contributing to several England scores and having a dominant presence around the field throughout the game.



Her Bristol team-mate, Sarah Bern, shown below in determined frame of mind during the pre-match ceremonies, was also a key player, as she has been through England's 30 match unbeaten run leading up to the final, and the third member of the local trio, Lark Davies, came on as a late replacement. The match was played before a 40,000 sell-out crowd, in a tremendous atmosphere.



The three local players will soon return to action at Shaftsbury Park, joining up again with their Welsh colleagues who also played in New Zealand, to form a strong Bristol Bears side to compete in the Allianz Premiership that has recently got under way for the new season.

The up-coming matches at Shaftsbury Park in the Allianz Premiership in December are:

Saturday 3 December 11.30 am k.o. V. Durham Sharks, and

Saturday 17 December 2.00 pm (time tbc) v. Loughborough Lightning.

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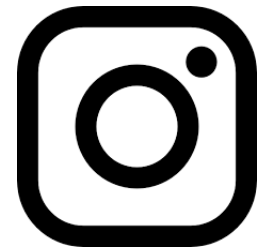
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News from the Dings

Christmas is nearly upon us and almost half the season is over. We begin the 'reverse' fixtures with a visit to arch rivals Clifton on Saturday 17th December, we hope for a repeat of the earlier fixture and a win for Dings.



Since my last 'post' we have continued with our winning ways including a victory Leicester Lions, but were brought down to earth by defeat in Cornwall against Redruth. We didn't get into our stride until 30 minutes into the game, by which time we were well behind.

We immediately recovered our winning streak with 2 successive wins, and currently stand 3rd in the league.

Our 125th Anniversary Dinner at the Marriot was attended by 240 people and was a great success. It did demonstrate what a 'family' we are as old friends came together to celebrate something special. We were blessed to have Penny and Fiona as guests, their granddad H.W. Rudge being the founder of our club.

On 11th November we gathered at the War memorial at Shaftesbury Park for our annual Act of Remembrance. This is the 4th year we have been able to do this and the numbers attending are growing. Put it in the diary for next year you will all be most welcome.

We were pleased to welcome daytime TV Royalty to watch the game against Loughbrough students. Bargain Hunt's Phil Serrell is a follower of Loughbrough and came along to watch.



Our Knights and Warriors continue to play regularly in their respective leagues. However we have been hit by some opponents pulling out at the last moment. Playing in the leagues does give the players regular competitive matches, unlike previous seasons which relied on 'Friendlies', which were often not fulfilled.

The December first team Home league fixture is on **Saturday 3rd December k.o. 3.00 pm v. Hinckley** at Shaftesbury Park.

Frenchay Cricket Club : Roll of Honours for the Season

The Annual Presentation Dinner was held at the super facilities at Shaftesbury Park, and many thanks to Dings for the hospitality. Pride of place to Alex Stell, 1st XI Captain, named 'Cricketer of the Year' following the successes on the field.. Clubman of the Year went to Rich Golding, with the Hickman 'Players Player', awarded to Praful Waghela. 'Young Cricketer of the Year' went to Joe Redgers, and Josh Tiley gained the Ian and Christine Golding Award. And for her record-breaking 112 not out, Liv Daniels received the 'Phil Pascall 'Performance of the Year' Award.

More excellent news of recognition at Regional and County levels, for a number of our young players. Nat Wraith, Wicketkeeper/Batter, who started in our Under 11s, has been awarded a further Professional Contract for 2023 by Western Storm, the South West and Wales Regional side. In addition, Izzy Patel, who also started as a U11, joins the Western Storm Academy.

Then, four younger FCC Girls, Emily Austen, Liv Daniels, Imogen Davies and Jemima Smith, join their 'Emerging Players Programme'.

At County level, Gloucestershire have invited Akshat Krishna and Jamal Khawaja to join the Boys U15 Winter squad. And, as well as Izzy, Liv, and Jemima named above, Anmol Krishna, Rachel le Poidevin, Ellie Donaldson, Isabel Richards, Emily Murray and Greer Barnes make up 9 of the 16 players in the County U18 Squad.

Then, Emily (Austen) and Imogen are joined by Olivia Mackenzie, Sophie Murray, Darcie Ford and Sophie Pickering at U15 level. At U13s, Evie Tadman will represent Gloucestershire, while Lucy Delaney will represent local rivals Somerset. At U11s, we have Olivia Gwineth, Imogen Stokes, Freya Wilson, Freya Forder and Bella Carlisle.

Terrific rewards for all the hard work these young players have put in to date, and what a credit they are to the Cricket Club.



Pictured above are the 4th XI

Tales from the Tennis Court



Downend & Frenchay Tennis Club

In August I signed up for Women's internal doubles competition at Downend & Frenchay Tennis Club. I was very nervous but also excited - everyone is super friendly but my constant concern is I won't be 'good enough' and will let down my partner.

Milo and Emily had organized the competition to be played on our normal women's club night, from 7pm to late. Over the last few years, as a complete beginner to both Tennis and sport, I've learnt that I most often play my best only after 1 hour of playing. It takes me, a woman in my forties, that long to 'get my eye-in!'.

So I played (and won!) a doubles match from 6pm to 7pm. The humidity + sun-cream + running got me very sweaty, so by 7pm I had water dripping off my face when I picked up my balls - so much so, some ladies teased me about playing a match just before starting the competition. But the win gave me a boost of confidence.

We had 18 ladies in the competition, including a teenager. Skill level was average to brilliant - what I mean by that is everyone could serve (very few double faults) and everyone could return balls. Milo got everyone into a circle and names were pulled from the hat. I'm not sure what the science was but cleverly, the mix of pairs seemed fair. The strongest players were put with less experienced/less confident players.

I was paired with Alex the teen. I'd never met her before and I don't spend time with teens. We both looked at each other nervously and politely. Took me back to being in a new school and having to make a new friend. As a tall older woman, I'm aware I can be a little intimidating, so I was more careful and polite with her, then I took charge! Offering to serve first and showing her confidence. Serve.... OUT. Serve, missed return. OMG. Embarrassed. Serve... OUT. Serve, rally, missed shot. EEK. Alex looks at me with a grin, "We're just warming up". Alex is funny and has a dry wit. She's a laugh! We're just two tennis people - age and our differences melt away. We're on the same page with tennis. She started playing the same year I did. She has great speed and talent but like me, the consistency comes and goes.

Match 1 -Alex and I were nervous. We had not met before and I had so many duff shots. Alex has a killer serve, but like me, her serves and returns had power but lacked some accuracy. But we never ³⁰ gave up! (We Lost 1-4)

Match 2 - Against Tracey/Emily. Emily is the best female player - in my humble opinion (sorry ladies). That partnership led them to be in the finals - so getting 2 games in that match is great. Most other teams got zero games. (We lost 2-4)

Match 3 - I was playing against my usual partner, so I was able to give Alex some inside information (!) I felt a little bad beating them, but I was super proud that Alex and I had found our way. (We WON 4-2)

Match 4 - Simone is a tennis whizz and Viv is preparing for her Hockey season. Their talent and speed was in a different league. A really meaty game. I'm sure they could read Alex and I before we even knew what we were doing. Tennis Chess! They will also be in the finals. (We lost 0-4)

Great event, great ladies, Alex and I never gave up - we gave everyone our best fight. Come and join us - all skills and abilities are welcome.

Wanda Keenan

Recipe for December

Cashew Nutters

Great for a nibble with celebration drinks with neighbours and friends over Christmas and the New Year. These are so easy and so much cheaper than buying them.

100g soft margarine (or whatever cooking spread is your preference)

50g semolina 85g self-raising flour 75g well flavoured Cheddar cheese

Salt ½ level teaspoon dry mustard Freshly ground pepper

Cashew nuts for topping

Heat oven to 180C Gas 4

Measure all ingredients except the nuts into a large bowl and work until thoroughly blended, this can be done in a food processor.

Take a large piping bag fitted with a 1.25cm plain icing nozzle. Pipe about 40 small blobs onto the baking sheet and press a cashew nut in the centre of each.

Bake in the oven for 15 – 20 minutes until golden brown. Cool on a wire rack.

Happy Christmas and New Year to all

– The Tidy Cook

Esmé's Article : ' Do you feel saucy ? '

Before we went to live in France in 1980, I thought that my female friends there would be excellent cooks! Not so : many of my English friends are more talented. We were very often invited to join them for dinner and it was usually the husband who cooked the meal.

My son is an excellent cook, far better than me or anyone else I know! I am always amazed when I hear what he is cooking.

Perhaps, like me, you have many cookery books that you seldom use. I do often read those written by Keith Floyd, but only because we knew and admired him. Perhaps some of you ate in his restaurant in Clifton ? He is sometimes called 'the Chef's Chef'. He once wrote that you ensure a good meal if you add a lovely sauce. This is one of my favourites and excellent with lamb dishes. Just stir two large table spoonfuls of mint sauce into a tub of yoghurt.

I talk to my son Rowan every day and have just told him what I am writing about. He told me that Heston Blumenthal, another celebrity chef, mixes Dijon mustard, mayonnaise, and tomato sauce to serve with curries. I shall try that quick and easy idea, but it won't be with a curry! I don't like them, or indeed anything spicy !

If you make any quick and delicious sauces,, perhaps you would share them ?

'Bon Appetit'.....and Happy Christmas to you all ! ***Esmé***

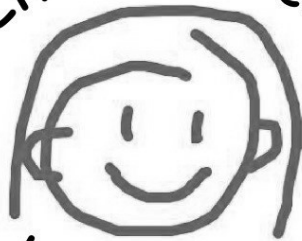
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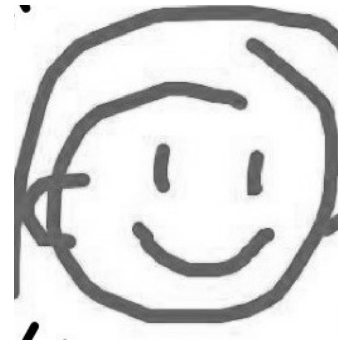
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Christmas Day : Closed

Friday 30th December : Staffed 10am – 5.30pm, Open Access 8am – 7.30pm

Saturday 31st December : Staffed 9.30am – 1pm, Open Access 8am – 7.30pm

Sunday 1st January – Tuesday 3rd January : Open Access only, available 8am – 7.30pm

Seasonal Activities

Friday 9th December : Christmas Coffee Morning and Quiz (with festive refreshments!) 10.30am onwards. Everyone welcome

Monday 19th December : FREE fun Christmas Crafts activities (suitable for 4-10 year olds) 10.30am – drop in, no booking needed

Digital Champion

Did you have a new tablet, Smartphone or laptop for Christmas and need some help to use it? Why not book FREE session with Tony, our friendly Digital Champion, who may be able to help. Either ask staff for details, call 01454 865022 (leave a message if we can't answer) or email downend.library@southglos.gov.uk.

Christmas Tree Recycling

If you can't get your Christmas Tree to the Recycling Centres you can have it collected from the kerbside by purchasing a single use Green Waste Bag. These are available for £2.50 from all South Gloucestershire libraries.

Neil Weston *Group Librarian : Downend, Emersons Green, Staple Hill libraries & Digital Information*

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Community Kate Davison : kate@frenchaychurch.org.uk

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Parish Secretary: parishsecretary@frenchaychurch.org.uk

If you need further information or to contact others within the church community, please get in touch with our Parish Secretary.

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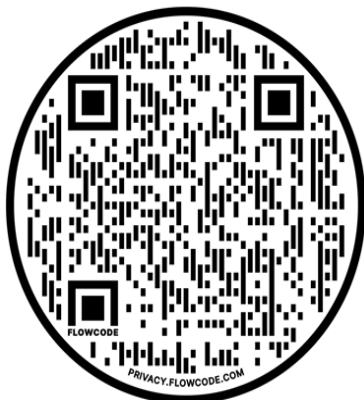
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