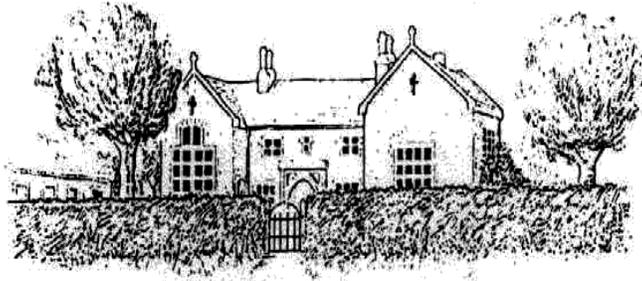
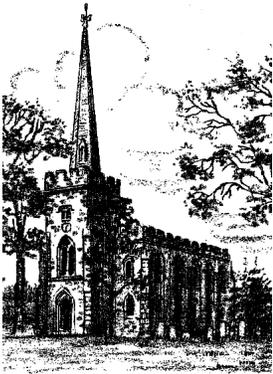
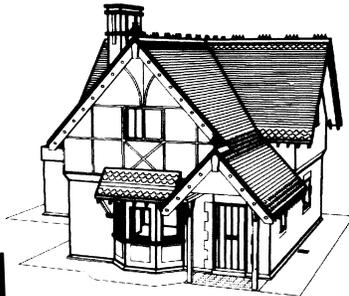


January 2023



The New Year beckons.



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



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What lies ahead of us in the new year ?

This time last year, although not entirely without fore-warnings, the year brought a new sovereign, two new Prime Ministers, and a brutal war in Ukraine, among many, many, other events on a national or personal level, some happy, some sad, but it is usually difficult to predict what lies ahead.

On the lighter side, who could have foreseen that Bristol Rovers would have scored the seven goals needed in the last match of the season to secure promotion!

So, for the coming year, the truism is 'expect the unexpected' !

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 February 2023 edition is the 11th January

Frenchay Residents Association (FRA) Report No. 98

Dear Friends and Neighbours,

Happy New Year to you all. We wish you a healthy and happy 2023 and thank everyone who has supported FRA in so many ways during 2022.

It was certainly an interesting year as we started to emerge from our Covid measures in time to enjoy a year that seemed to have so much sunshine, including a wonderful summer with highlights like the Flower Show and Jubilee celebrations.

In FRA we have tried to keep the community together with many activities, the emphasis on outdoor activities to support our environment has worked well and enabled residents to enjoy our surroundings and hopefully discover more about our beautiful village.

It was very enjoyable to be able to use the new Primary School hall in November for our village 'open evening' and we hope that all of the groups and residents attending enjoyed the experience. It was certainly lovely to chat to those of you that attended.

So 2023 will provide more of the same as far as we are concerned. We will continue to fight many battles in Frenchay's Best Interests.

Four years ago we undertook our campaign to have the very poorly conceived Beckspool Road 'build-outs' and traffic speed controls reviewed and replaced with a more suitable and less dangerous system. We have witnessed speeds of over 60mph as cars race to get through the Frenchay Common chicanes without having to give way.

The work for far better speed tables is finally due to start on Tuesday 3rd January. Hurrah!

Many other issues are still live and progressing at a snail's pace, such as the Community Health facilities next to BIRU, use of the old school building and proper nursery provision, building and opening the new walk to school, some infrastructure facilities for the village such as a decent shop and café and a decision about Hambrook traffic light system.

More recently the melt-down in bus services has had a severe impact on residents, ironically just as Bristol introduce the vehicle pollution zones to encourage use of public transport.

So FRA will continue to talk with our SGC Councillors about the lack of progress on these items. Some progress was promised over a year ago now, but 2022 has still yielded nothing concrete.

Christmas Carols on the Common

At the time of going to press this event has not taken place, but assuming good weather and an equally good attendance we would like to thank everyone involved in its preparation, performance and attendance! The new advertising signs were superb.

A more comprehensive summary will be published in our February feature.

New Automatic External Defibrillator (AED) Station at Frenchay Museum

Thanks to Tony Joiner who initiated an application to The Beneden Charitable Trust, they are a specialist charity providing AED devices and secure storage cabinets. They have thousands of applications each year to consider, however the FRA application made a good case for a new device at Frenchay Museum given the proximity to the play area, tennis courts and the new village green space where regular exercise and walks are taken.

The current devices are at the Village Hall and White Lion pub, so this award provides us with very comprehensive coverage in a key public space.

We are very grateful to The Beneden Charitable Trust for their support.

Hedgehog Heroes



FRA have been working very closely with Winterbourne Parish Council's Local Nature Action Plan which was launched in late October. This initiative also includes working closely with the SGC LNAP team and you might recognise the names of some individuals who have been involved. .

It is so important that all groups work closely together to help protect endangered species, like the very popular hedgehog

National Hedgehog day is the 2nd February 2023 and there will also be a National Hedgehog Week from the first to the seventh of May 2023.

FRA have already asked the DofE student group if they would like to undertake a village initiative to help our hedgehogs, we would like to invite any residents interested to help us.

To get an idea of what can be done to help hedgehogs please look at the following excellent web site;

<https://www.hedgehogstreet.org/>

Please do contact us if you would like to join this key initiative.

Plans for 2023

We are not ashamed to declare that this year will see more of the same to support Frenchay and we will try to continue to come up with interesting and enjoyable events to keep residents involved in helping to maintain our superb community spirit. If you have ideas that we should consider or want to get involved with our wonderful team then please do get in touch, your thoughts and involvement would be most welcome.

This is also a very good time to thank all of the very dedicated and hard working FRA committee, who work tirelessly behind the scenes to make things happen.

With your support, enthusiasm and feedback we all continue to be inspired to serve Frenchay in the way that we do. Thank you all for your engagement and continuing support in Frenchay's best Interests.

Adrian Collins (Chair - FRA)

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St Elizabeth's Hall Hambrook





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Our children in Frenchay Primary's Ladybird Class have been making good use of their amazing new classroom...

We particularly enjoy the home corner and the outside area! The canopy has been very useful with all the recent rain we have had! We are looking forward to having even more things added to our outside area in the new year.

Our term started off with a bang! We were learning all about different celebrations, including Bonfire Night and Diwali. We make Diwa lamps and learnt about the story of Rama and Sita. We even drew our own henna patterns. In our outdoor learning lessons, we have been learning about the different seasons. We have learnt about Autumn and have begun learning about winter as the weather begins to get colder and frostier!

We love going into the woods to explore!

We have also been learning about nocturnal animals and how some animals hibernate for the winter.



In our Literacy lessons we have been learning the story of Supertato. We have been learning to retell the story and have been writing lists of the characters in the story. We have recently been reading The Gingerbread Man, as we watched a video of some cheeky gingerbread men running away in our classroom!

Katherine Marks, Headteacher

Village Open Evening on the 22nd November

More than 110 people attended the event held in Frenchay Primary School, organised by Frenchay Residents Association with the aim of providing an informal forum to meet members of other groups and to discuss future plans for Frenchay. Many of the groups were also looking to recruit new members and volunteers .

Stephen Bingham



Adrian Collins, Chair of FRA, welcomes attendees.



Representatives of Frenchay Museum (*above left*), Downend and Frenchay Tennis Club (*above right*), and (*alongside from left to right*) the Yoga Group, Frenchay Probus Club, and the Unitarian Chapel, as just some of the many groups present for the occasion



Frenchay Flower Show 2023



Needs You!

After more than 75 years the Frenchay Flower Show will **not** take place in 2023
UNLESS we have more volunteers to take on the following roles:

Co-Chair, Co-Secretary, Publicity, Sponsorship, Booking of stalls and attractions,
Health & Safety,
Schedule Manager, Help on the day.

If you are interested in helping to keep this valuable local event running please
contact

Julie 07903020778 or Philip 07703161860

There will be support for anyone who takes on a role.

A final decision must be made at the end of January 2023 so please do get in
touch!

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*)

NEW VACANCIES IN BOOK GROUP

A local Frenchay book group, currently all female, still has room for one or two new members.

We meet one evening a month in each other's homes to discuss books chosen by the members over light refreshments.

For further information please give me a call – Jackie on mobile
07789 703230.

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 :

HSBC

Residents in Frenchay who prefer to do their banking in person could be hit hard by HSBC's decision to close its Downend branch. Last week, the bank announced it is to close its Downend branch next year following a change in consumer behaviour. However, the branch is a lifeline for many people who don't have access to online services, and your local councillors on South Gloucestershire Council fear that older and more vulnerable residents in Frenchay will be adversely affected.

We are also concerned about the accuracy of the figures that have been cited for a reduction in footfall given the queues that are often witnessed at the branch.

Frenchay and Downend ward members, Cllr Liz Brenan, Cllr Ben Burton and Cllr James Griffiths, have launched a survey to see how the closure will affect residents and have written to HSBC to appeal the decision.

HSBC branches have been a staple of our high streets for decades, and it's a shame that Downend and Frenchay residents will be losing theirs next year.

We are also concerned that on the closure of other branches in places such as Yate, reassurance was given to residents that the branch in Downend provided an alternative. If you would like to take part in the survey then please visit the following link or speak with one of us : bit.ly/3VwOAEz

Beckspool Road – Traffic Calming

As residents might be aware, the traffic calming alterations/improvements along Beckspool Road are scheduled to begin early next year. We hope that these works will finally provide a long term solution for slowing traffic along Beckspool Road and support those residents who are walking and cycling, in particular to the new Frenchay CofE Primary School. We will keep you updated once an official start date has been provided

Voi We have been contacted by a number of residents in relation to inappropriate Voi scooter parking. We have been in contact with Voi and it appears the numbers in certain locations have been reduced as a consequence of this intervention. However, we continue to discuss with Voi about longer term solutions so that certain parking spaces are moved to better locations. We will keep residents updated in relation to these discussions. We are all keen to ensure that the village is kept looking fantastic and all residents can get around safely without having to negotiate paths blocked by Voi scooters or similar. Inappropriate Voi scooter parking can be reported at the following webpage : <https://report.voi.com/>

FRENCHAY TUCKETT SOCIETY (FTS) & “MUSEUM” TALKS

How time flies as December & Christmas becomes yet another memory! My old granny (who knew a thing or two) always said that an English ‘winter’ really gets going in January and thus it is perhaps fitting that we have three evening talks now confirmed for ‘Winter 2023’:



Crossing the Severn – Thursday 12th January : An illustrated presentation of the many and varied ways of crossing the River Severn by Ray Bulmer.

Part one will be quick look at many of the 120 ways of getting ‘over the watta’ – a phrase borrowed from Ray’s northern roots! Part two will explain in more detail the history & construction of all the crossings south of Gloucester – the railway bridge, railway tunnel, the ferries, two road bridges and the *road* tunnel (not many people know about that one!).

Frenchay Subscription Bridge – Thursday 9th February : The ‘bridge theme’ continues as Roger Angerson reveals & interprets the information contained in a recent acquisition of the historic record book of who paid what and who actually built it – and why? Do you know where Urfords Lane was? How does this connect with Frenchay and the wider world?

A chance to re-live memories of playing ‘pooh-sticks’ in a swollen river Frome but don’t scratch the winner’s name on the stone parapet because the penalty could include transportation for life! (c.1790...). The origins & reason for a brewery further down-stream in Bristol will also be revealed.

Redrow Homes at Frenchay Park: What was there before? – Thurs 9th March

Who better to tell us than Alan Freke - the prime mover behind the Museum & many related talks. An illustrated journey through some of the highlights of Frenchay Park, including the origins of a Country Estate, a Grand National Winner, the home of a Hollywood actor, almost an aero engine factory, an American military hospital, a world-beating neurological unit in the former much-loved post-war hospital ... Just some of the steps on the road to the Redrow Homes of today.

Venue for the first two talks will be the Friends Meeting House (opposite the Village Hall) **starting at 7.30pm.** Hopefully tea or coffee & biscuits during a short interval. Venue for March to be confirmed.

Please note that the Museum remains closed during January but will reopen on 1st February 2023, with a ‘new’ temporary exhibition (theme to be announced).

Hugh Whatley (Chair – FTS).

The 'Old' Frenchay School : Some Legal Context

This article is intended to explain some of the legal history of the former school premises, now empty, and awaiting a future yet to be determined. It does not purport to be a definitive explanation, as all the facts and documents are not available to the writer, but it hopefully provides some context for understanding what might happen from here.



The key starting point was an Act of Parliament, the School Sites Act of 1841, which allowed landowners to sell or donate up to an acre of land to charities for the provision of schooling 'poor persons'. The intent of the legislation was to extend the availability of education, the need for which was recognised as the Industrial Revolution took the country into a new 'modern' era. There was also a distinct moral motive in seeking to counter what was perceived as the lawlessness and 'loose living' of what was termed as 'the labouring classes', and the Churches were at the forefront of this movement to provide facilities and structure for education. It is also important to understand that this was a statutory scheme, and the later legal issues need to be viewed in that context, rather than in broader charity law.

Accordingly, in 1842, Hannah Rooke, a widow who lived in Frenchay, donated half an acre of land on Frenchay Common, for the purposes of the 1841 Act, "to be applied as a site for a school and for poor persons of and in the said Parish of St. John the Baptist Frenchay and for the residence of the School master and School Mistress of the said school and for no other purpose whatsoever." The land was conveyed to seven local trustees and who included the then Rector of Frenchay.

The 1841 Act also contained provisions for the reverter of the land to the heirs of the donor in the event that the land ceased to be used for the defined purposes, and much later there were some technical alterations made to those provisions through the Reverter of School Sites Act 1987.

So what was to happen when a site ceased to be suitable for purpose and it was desirable to move a school to a new site altogether, as indeed arose in Frenchay? Such a situation applied in many places across the country, and one such instance in Oxfordshire led to litigation contested all the way through to the Supreme Court in 2021, in the landmark case of Rittson-Thomas and others v. Oxfordshire County Council. In the Court of Appeal, the descendants of the Donor had succeeded in claiming that the site reverted to them following closure of the donated site :

but this was reversed in the Supreme Court. Reverter was avoided if the Council could demonstrate that it had a clear intention throughout to apply the proceeds of sale of the former school site to improve the adjacent new school premises. It was not necessary to sell the site first and then use proceeds to build a new school, as argued by the contesting family based on a strict interpretation of the reverter provisions of the 1841 Act. The Court ruled that the interpretation required “ a broad and practical approach” to give effect to the intentions of the original legislation.

So where does that leave the premises now? A spokesperson for the Diocese of Bristol has confirmed that the old school buildings are now in the ownership of the South Gloucestershire Council adding that “ We have asked them to use it for community or education use (such as a nursery or community museum /facility) but we hold no rights as to its use going forward.” That future use therefore remains to be determined.

Meanwhile, the old school buildings are looking a little sorry for themselves, abandoned and deserted, rather like the Marie Celeste : but, in this instance, at least we know where all the people have gone !

Ed Allingham

Frenchay Village Hall



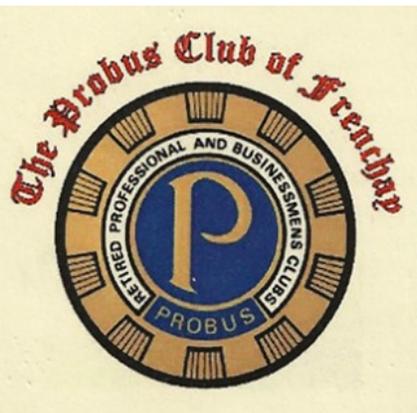
The Frenchay Village Hall Committee would like to wish you all a very Happy New Year. We are looking forward to starting work on some of the exciting improvements to the Hall in 2023 to make it an even more attractive local venue.

We were busy last year gathering ideas and working up plans for the improvements using the Section 106 funding from the Redrow development. The provisional plans are now displayed on the noticeboard at the Hall and were recently exhibited at the FRA Village meeting in November 2022. If you haven't seen these yet please do stop by to see what changes will be taking place over the course of the year.

Treasurer required in 2023

After a number of years of valuable service, our current treasurer is stepping down during 2023. We are therefore seeking a replacement for this role. Ideally, we are looking for someone with relevant financial knowledge and skills, or experience in a similar role.

You will be a key member of the Committee, which meets on the third Monday of each month. As well as day to day book-keeping, the role involves budgeting and financial reporting.



Frenchay Probus Club met for two seasonal events in December, the first being the usual 'first Wednesday' meeting in the Village Hall, when the main item was the concert of Christmas Music admirably performed by the Northavon Singers. It was a programme that was perfect to get everyone well and truly into the spirit of Christmas.

On the following Wednesday, it was time for the annual Christmas lunch at the Grange Hotel, Winterbourne, and which was well attended and enjoyed.

The first meeting of 2023 will take place on Wednesday 4th January, and the guest speaker will be talking about 'The Wonderful World of Water'.

General enquiries welcome through frenchayprobus@outlook.com



As we move into the New Year, members of Frenchay WI are looking forward to an uninterrupted year of meetings with interesting speakers and social events

November saw our Annual Meeting when a new committee was elected. We also had Country Markets with their homemade wares, so our members were able to buy some lovely cakes, jams etc as well as Christmas gifts

At the time of writing, we are looking forward to our December meeting when we shall have Christmas themed entertainment as well as mince pies and mulled wine
In January we have Emma Britton coming to talk to us (postponed from September). She used to be the breakfast show presenter on Radio Bristol but is now a celebrant, so we are anticipating an interesting evening hearing about her new role

As always, we welcome new members – come along to our meetings at Frenchay Village Hall on the third Monday of every month at 7.30pm to see if you like us and would like to join. For more details, please email our secretary, Chris Davies, at frenchaywi@gmail.com or ring her on 0117 9568123

CHURCH CALENDAR FOR JANUARY 2023

Commencing at 10.30am

Commencing at 6.00 pm

1 January	All Age Worship	Covenant Service
8 January	Holy Communion	Evening Prayer
15 January	Morning Praise	Evening Prayer
22 January	Holy Communion	Evening Prayer
29 January	Morning Praise	Evening Prayer

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

Every Wednesday evening

8.00pm – 9.00pm 'Frenchay Focus' Prayer meetings 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 Administrator on officefpchts@gmail.com.

Spirelighting

9 December Gordon Grant

In loving memory of our Father, Father -in -Law and Grandfather, on his birthday. You will be loved and remembered every day. Matthew, Greg, Paula, Debbie, Lily, Joe, Ed, Jack and Annabelle

2 January "For our much loved daughter and sister Aby on what would have been your 30th birthday. Forever in our hearts. Love you. Mum. Dad, Tom and Tina.

8 January Mary Ross For Mary, whose love and laughter still keep us all strong and happy ... from all the Rosses, Flitcrofts and Murrays



For requests (cost £10.) please contact :

churchwardens@frenchaychurch.org.uk

**One of our Ministers, the Reverend Judith Lee,
writes :**



All faiths or none; at the heart of it we are basically all the same
-so can we all live, work and play together?

When we see people harming each other in the name of
'Their God' surely this is the antithesis of what God stands.

I believe God is not on the side of those doing the maiming and killing - it is surely a
woeful failure within the human spirit to embrace one another and our experience
of the world - perhaps showing lack of tolerance, love and empathy for those who
we deem to be 'not one of us'.

We are all cut from the same cloth, just end up becoming different garments.
It helps if we have kind hearts and a sense of humour. We need the 'Three
Bones': back bone, wish bone, and funny bone!

At the core of each and every faith is love and even if we are of no faith we are still
programmed deep down to be compassionate; to care for our fellow humans and
all of Creation.

Counting our blessings helps us to be in touch with this - perhaps counteracts our
natural human greed and the 'Me, mine, Here, Now', culture.

Life is a marathon not a sprint; it helps to take a moment at the start of each day
just to be still and use that space to contemplate and count our blessings; allow in
inspirational thoughts to re-energise us for the day ahead.

January is definitely a good time to pick ourselves up, dust ourselves down and
start all over again.

Deep breaths everyone, cheers to the new year, let's begin with joy in our hearts.
I wish you all a Blessed and Healthy New Year.

With my love, **Revd Judith**

Cold weather: What to do if someone you provide care to is struggling

Information and links as provided by South Gloucestershire Council through its 'Department for People' (Tel: 01454 868280)

[Cold Weather Plan for England: Action card - individuals](#)

publishing.service.gov.uk). This is how individuals should prepare for the cold. At level 3 it advises amongst other things: heating the home to at least 18° C in winter to pose minimal risk to health when wearing suitable clothing, dressing warmly, eating warm food and taking warm drinks regularly. Please follow the link for further advice. Please promote this with individuals and their families

Keeping Warm. There are various grants available that can help with energy bills or getting home insulation installed. Our partners [Warm and Well](#) administer grants on our behalf. Individuals or their families can call the helpline to find out what is available [0800 500 3076](tel:08005003076). They can also advise on ways to keep homes warm and bills down, such as closing curtains and tucking them behind the radiators (but not other heaters as this may pose a fire risk). Please support the individual to access this helpline if they are unable to do so themselves

Community Spaces. If someone is struggling to heat their home, we are supporting a network of community welcome spaces across the area. These warm spaces offer a friendly welcome and are free to use, some offer hot drinks and activities. Search for one near on our <https://beta.southglos.gov.uk/community-welcome-spaces/> page

In addition all [libraries in South Gloucestershire](#) provide a warm and friendly place to stay for as long as you like within our opening times. Many have coffee and tea-making facilities during our staffed hours. All our libraries are open 7 days a week with additional unstaffed hours provided by our [Open Access scheme](#).

Other Household bills. For help with other household costs there are a number of funds and grants available, including the household support fund. Details can be found on our [financial support for residents](#) page.

Keep warm well leaflet - [Keep Warm Keep Well \(publishing.service.gov.uk\)](#)

All of the above information **and more** is available on our webpage [Help with the rising cost of living | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)

January Gardening

When the festive season is over if you have a real tree please recycle by chipping it for use on the garden or take it to the recycling centre. If you have the space the tree can be cut up into small pieces and stacked in a corner of the garden to biodegrade naturally giving a home to the creatures in the garden and eventually feed the plants around it.

On a cold wet day there is nothing more uplifting than looking at plant and seed catalogues and planning what to include in your garden later in the year. Buy seeds early so you are not disappointed.

On a bright and sunny day now is great time to prune apple and pear trees when there are no leaves and you can really see what you are doing. If you are unsure of what to do then the RHS website gives very clear advice.

If you have rhubarb and enjoy it pale and tender early in the season then pop something like an old chimney pot over the top and put a top on it and the darkness will “force” it to grow early.

Clean the greenhouse and your pots ready for new planting. Have a walk around the garden and enjoy signs of new life emerging from the soil. If there are any weeds popping up then nip them out as you go. Keep feeding your compost with your kitchen waste ready for the spring.

Please keep putting out food and water out for the birds especially if there is frost or snow they will be rewarding to watch and it will be a huge help to get them through the winter ready for nesting in the spring. Children will love having a competition to list the birds they have seen.

Keep warm and take the time to walk around our wonderful area and enjoy nature and Happy New Year!!



Karen's Mobile Foot Health Service

QUALIFIED FOOT HEALTH
PROFESSIONAL



I offer a friendly and professional service; trimming nails, treating thickened nails, corns, hard skin and more. I also offer a professional pedicure service.

Call me today on 07585 253372 or email me at:
kwrfoothealth@gmail.com and I'll be happy to help

Karen Whiles MCFHP MAFHP



Louise Walker

Professional Home Organiser

louisewalker.co.uk

Or phone

07510197249

Would you like 2022 to be the year you finally get your home organised?

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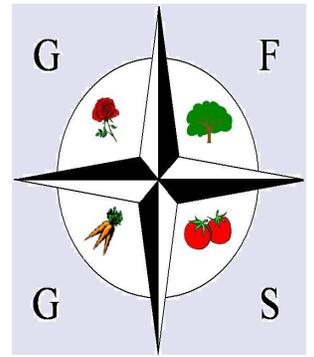
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Live a calmer, happier life

Frenchay and Hambrook Horticultural Society

(a member of the Gloucestershire federation of Gardening Societies)

Our next meeting will take place at the Friends Meeting House at **7.30 on Wednesday 4th January**, when we are looking forward to hearing a talk by Dave Usher, head gardener at Hestercombe Gardens near Taunton between 1986 and 2004. The gardens have been under restoration in various stages over the past 50 years and David will lead us through some key stages that brought these varied and beautiful gardens back to life.



Wednesday 7th December was very cold so we were a select gathering at the Friends Meeting House for the Horticultural Society Christmas meeting. Seven members brought table decorations and, following a secret ballot, Janet Nicholson's creative entry narrowly triumphed. Members then got together in small groups to attempt the Gardening Quiz while enjoying sausage rolls, Spanish tortilla, mince pies and non-alcoholic punch. There was a slight anti-climax when Miriam discovered that she had omitted to bring the answers to the questions but Tony stepped into the breach by looking up any of the disputed answers using his phone and the omniscient 'Google'. Cups of tea and coffee and a raffle brought a very enjoyable evening to a close.

Miriam Young

FRENCHAY BOOK EXCHANGE – 2022 report

Have you used the book exchange housed in the telephone box at the top of Frenchay Hill? It was a lifeline during Lockdown when the libraries were closed. It is open to all and you do not have to donate books to take the book/s of your choice.



As we get a surplus of books some are donated to charity. In 2022 £391 was raised for charity – more than £1 per day. In addition, 60 kilos of educational books were sent to Books2Africa, a charity in Canterbury which collects books and sends them to schools and colleges.

We continue to get more books donated than we can put on the shelves. Cookery books are a popular donation but few people take them – I think young people look up recipes on the internet. Free supermarket magazines and encyclopaedias are also frequently donated but rarely taken. We could do with more children's books as these are rapidly snapped up.

Thank you to all of you who continue to support us. There has been no vandalism and Winterbourne Parish Council, who own the telephone box, carry out repairs when necessary. **Carol Thorne**



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Great British Bake Off : The Frenchay Connection

The recent TV series of Great British Bake-Off featured, as one of its twelve contestants, Will Hawkins, who grew up in Frenchay, and whose parents still live in the village. Here he gives a short account of the experience :

“Until that day in November 2021, I had only ever entered one baking competition before and that was the Victoria Sponge category in the 1987 Fromeside Festival. As a pupil in year 6 at Frenchay C of E School, a choirboy at Frenchay Church and member of First Frenchay Scouts I had entered loads of things in that year’s Festival – drama, singing, art projects – as we competed with young people from Hambrook and Winterbourne in arts and culture – but that was my first go a baking. My memory is hazy as to what happened, I may have gained a consolation prize of ‘highly commended’, but I think my cake may have gone completely unrecognized.



And so, I found myself 34 years later, on my sofa in London, laptop on my knee poised to enter my second baking competition – season 13 of the Great British Bake Off. I’m still not entirely sure why I entered Bake Off then, why, despite enjoying the show, enjoying baking, and having made some impressive things I had not entered before. It is true that, like many of us the Covid lockdowns had given me a chance to hone my skills, locked at home, working from my lounge and home schooling while navigating the shared crisis, baking was a release and creating something new was a coping strategy. I also think that longing for connection I started photographing the things I baked, buns, breads, and pastries that I was proud of, and I shared them on social media with friends, family, and colleagues. It was these photographs that found a new purpose illustrating and demonstrating my skills to the producers at Bake Off.

I did hesitate before submitting it. Writing the application had been therapeutic, I had to think about why baking was important to me. I talked about how baking is an act of generosity and giving, a way to turn time and skill into something nice, something you can share with others. I talked about the relationship between baking and mental health. I talked about how I don’t really like making cake.

But then I clicked it, my application was submitted.

Unfortunately, I am honour bound to protect the mystique surrounding how someone is selected for the Great British Bake Off and how the programme gets made – if you are really interested there are plenty of stories to be found online, and I can say at least some of it is true. But my journey started very soon after I clicked that button, it involved many stages, was very rigorous and focused on standards of baking and why you baked.

But somehow through all of that I found myself in early summer of 2022 in a hotel with 11 strangers who had been whittled down from the 13,000 applicants to be a contestant.

On the left, the contestants from the 2022 series of GBBO, seen here in the Tent.



If you watched Bake Off last autumn you will know my Italian Meringue Buttercream came a cropper in the very first challenge (it was so cold in the tent that day the butter curdled - twice), my fate was sealed, and I was the first to leave the tent.

Whilst this was obviously a bit disappointing, I am not sad about it – it was, and still is, an amazing journey. It is lovely to be involved with such a contemporary institution as the Great British Bake Off and to see the power of baking as a positive force to connect people from such different backgrounds and with such different perspectives. And I have 11 fantastic new friends.

I realise the Fromeside Festival no longer happens, but I was at one of its successors, the Frenchay Flower Show in the summer when I came to visit my parents and I enjoyed the displays of baking, growing and art excellence in the tent. Whilst this might seem a world away from the Great British Bake Off, it really is not.

Keep baking Frenchay, next time you'll raise a winner! “ **Will**



(And see also Will's recipe on page 31) 25

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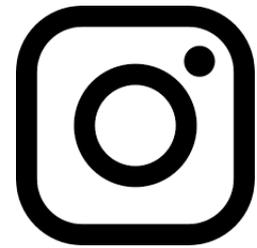
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News from The Dings

We are past half way in the league programme, although we have one game to rearrange. We were due to play away at Newport (Salop) in December, but due to a frozen pitch the game was called off on the Saturday morning with players and supporters enjoying a pre trip breakfast we received a call to say the game was off. There are deliberate gaps in the fixtures to allow for the need to rearrange postponed games.

Back in the day at Lockleaze we had cherished reputation of never cancelling games come Flood or Frost! It is not a problem at Shaftesbury Park as we have 4G Allweather surface.

The Knights (2nd s) and Warriors (3rd s) continue to make good progress and our Women's Team achieved a notable victory over Bath.

So we approach the new year in good heart and look to climb the table.



Frenchay Cricket Club A very happy New Year to all Readers from the Cricket Club. I still cannot believe where 2022 went!!

The New Year brings lots of (indoor) cricket activities across every part of the Club. At Youth level, each age group starts 'Pre-Season Practice Nets' towards the end of this month, working through on a weekly basis until the end of March.

Interested? – please contact Frenchayyouth@gmail.com Similarly the various Senior Mens Hardball and Womens Hardball and Softball Teams also start their Pre-Season Net practices, also on a weekly basis.

Interested? – please contact frenchaycricketclub@gmail.com

The U11 and U13 Girls will be involved in their respective Indoor Glos Girls Leagues, and the Softball Womens Team with their Indoor League fixtures. Adding to all this activity, the 'Junior' and 'Senior' Falcons Disability Groups will be continuing their sessions in the Sports Hall at Shaftesbury Park early on Sunday afternoons interest? Contact rachel.eccott@blueyonder.co.uk . Then, our many youth players who secured their places in the various Gloucestershire & Somerset County Performance Programmes, will be embarking on their series of sessions across both Counties. A really busy time, leading to the start of the new season after Easter, which will be with us so soon (just the 'click of the fingers' it seems sometimes!).

Off the pitch, we have made some long awaited and sorely needed adjustments in the Clubhouse to provide a separately available Female Changing Area. This can now be used when we field 'Mixed Gender' Teams, which, if previous seasons are to go by, is at least every Saturday. In addition, the Club was very pleased to have been awarded an ECB County 'Improving Hospitality' Grant of just over £9k, which is being used to update and provide new elements of our catering equipment, which should prove highly popular in times ahead²⁸

Jim Donaldson

What would you run for?

If you are looking for a new physical challenge and think you might like to give running a go Just Run's next Couch to 5KM and 5-10KM courses will start on **Monday 9th January** at 7pm at the Dings Rugby Club. Frenchay Park Road, BS16 1LG. If you have some running experience then our 2-, 3-, 4-, or 6-mile groups may appeal. We cater for a wide range of abilities and fitness levels. For more info or to sign up contact us at info@justrun.uk

Many of our volunteer run leaders had a busy end to 2022. Kate, Nina, and Michele took part in a Leadership in Running Fitness qualification refresher training day. Nikki, Paula and Terry participated in a virtual Leadership in Running Fitness course. Jess, Julie, and Harriet represented the club at the Bristol Running Show at Ashton Court Mansion in November 2022.

"I RUN FOR SANITY"

"I run for fun"

"I RUN FOR ME"

"I RUN TO GET OUT OF THE HOUSE"

"I run for my health"

"I run for cake"

"I RUN TO FEEL GOOD"

"I run to make new friends"

**WHAT ARE YOU
RUNNING FOR?**

AT JUSTRUN WE RUN TOGETHER



As well as meeting lots of existing running participants and other clubs this was a fantastic opportunity to say hello to people who were looking to start running. As part of the day the team also led a guided run around the park. In the next few weeks we'll all be doing our annual emergency first aid refresher training.

As you can see, our members are in safe hands in our incredibly supportive club. As well as that below are a few quotes from our members about why they run. Hopefully, we'll see you soon and hear what you are running for.

Michele from
Just Run

Tales from the Tennis Court



Downend & Frenchay Tennis Club

I first started playing tennis at around age 11 at Knowle Tennis Club conveniently located next to the cricket ground where a lot of young lads just happened to be learning to play cricket! Little did I know that nearly 50 years on I would be playing again within a stones throw of a cricket club, this time Frenchay.

I haven't actually been playing during all those 50 years but once you have learnt to hit a ball and the rules of the game then you are set for life and can pick it up again any time. I can't actually remember when I returned to tennis but it quickly became a Wednesday evening activity for me. This then grew into Friday and Tuesday mornings along with many ad hoc games during the week. The ladies membership has grown considerably since I took it up again and I have made many, many lovely friends. We play in wind and rain and weather conditions can make it tricky but its always fun.

About four years ago I was asked if I would like to become more involved in the running of the tennis club and join the committee. I was duly voted on at the AGM and became secretary jointing six other ladies working together to make sure that club ran smoothly. The membership has grown and continues to grow offering a wide variety of coaching for both children and adults, at all levels..

Being on the committee has given me an insight into the running of the club which has recently become a registered Charitable Incorporated Organisation. All the committee are members and volunteers working for the members of the club and to make tennis available to all in the community.

The committee meets seven times a year and, as the club is open on all 365 days, there is always something to discuss which includes coaching programmes, finances, health and safety, maintenance of the courts, social events. and many more items that are part of ensuring the club is not just maintained but also continues to be improved for the membership. The role of the secretary is to organise the meetings, provide the agenda, taking the minutes and typing them up as well as, of course, joining in discussions and decision making.

The last few years have been challenging for the club with COVID but when some restrictions were eased it was one of the few activities people could do as it was outdoors which saw an increase in interest in tennis and demand for court time. I throughly enjoy both playing tennis and the social side of it; we are a lovely bunch of people so if you have ever thought about having a go at tennis give it a try;

I guarantee there is something for everyone.

Sue Sheath

Granny's ginger nuts

One of the things I've learnt being on the Great British Bake Off is to write and develop recipes. I like creating new treats but also updating old favourites to give them a new lease of life. This is one of the latter– it's my Granny's trusty ginger nut recipe – updated for modern ingredients and ovens. My Granny was a great cook and baker, she always had a tin of homemade biscuits on the go and these ginger nuts were my favourite. I have the original recipe from her notebook written I think in the 1950's. Like Granny I make these with Demerara sugar, it gives an extra crunch.

These take about 20 minutes plus 12 minutes cooking time and yield 22-24 biscuits. Once cool biscuits keep well in a tin for up to a week.

You will need...

40g unsalted butter	20g syrup
150g plain flour	125g Demerara sugar
1½ tsp ginger powder	1 tsp bicarbonate of soda
pinch of salt	1 medium egg

You will also need one large, or two medium baking trays lined with silicone baking sheet(s) or baking parchment.

To make Granny's ginger nuts...

1. Heat the oven to 180C fan / 190C non-fan / Gas 5.

Combine butter and syrup in a pan and heat until melted, but do not boil. Take off heat and cool slightly.

2. Combine flour, ginger, sugar, bicarb and salt in a medium bowl and stir well to combine.

3. Add butter mixture to flour mixture, add egg and stir until combined.

4. Using your hands gently form the dough into a ball. Using scales weigh out 16g pieces and roll into a ball. Place balls on the baking tray(s), spaced well apart and flatten slightly.

5. Bake for 12 minutes. They should be slightly brown around the edges; give them a minute or two more if they still appear too soft.

7. Remove from the oven, and if they have puffed up flatten them slightly with a pallet knife.

8. Move from tray to a cooling track with a pallet knife.

Make tea and have a biscuit (or two, or even three)!

I have many more baking and cooking recipes on my blog which I update weekly – will4food.com



Esmé's Article : 'Names'

Do you like your first name? I really hope so ! It is the thing that I am most grateful to my parents for. I wish I had asked my father in which book he had discovered it.

When I started at the Red Maids' School, there was only one other Esmé, and she was in my form. She was a boarder, and I was a day-girl I am grateful to a few young friends who have called their daughters Esmé.

My three great grandchildren are called Ophelia, Sylvia, and Rueben., and I have another due in 2023. How lucky am I !

Many of my friends and some of my workmen call me 'Es', which I like. Do you get your name shortened? I wonder, because they do not do that in France. Many men there have doble-barrelled names. I have friends called Jean (pronounced John) -Noël , Jean-Christophe, Jean-Phillipe, Jean-Michel, and Jean-Bernard.

In my mother's youth, many babies were given three names. My mother was Ivy Florence Bertha, and my dad was Clifford Lionel Albert. I wonder what your parents were called?

A workman in my flat today told me that his name was Joseph. I said jokingly "Is your wife called Mary? " He said" No, she is called Jo !" And that is what prompted me to write about names. Enjoy yours !

Esmé

Begbrook Social Club, Frenchay Park Road BS16 1HY

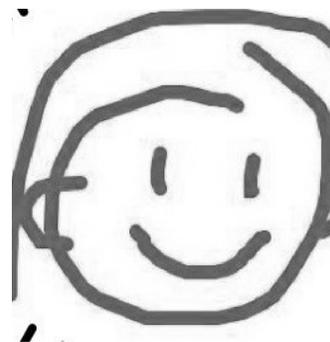
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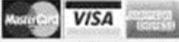
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To take part in the Winter Mini Challenge, children join online at www.wintermini.org.uk and read three books of their choice to unlock a limited-edition virtual badge and a special Winter Mini Challenge certificate to print off and keep.

We have over 4000 children's books at Downend Library if you have already read all of your Christmas books! Plus you can reserve books from other libraries for free.

The website has lots of resources to support reading including games, book reviews, reading activities and content from the best children's authors and illustrators around. For parents, there is a Home Zone and Library Zone on the website with more information and top tips.

- A couple of other dates for your diary
 - Wednesday 4th January** – Pre-School **Rhyme Time** resumes after a Christmas break. Starting at 9.30am, its FREE & no booking required.
 - Saturday 23rd January** – the first Lego Club of 2023, starting at 10.30am – stories and Lego, what's not to like? Again no booking required

Christmas Tree Re-cycling : 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.

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Church Contacts

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Email revcharles@frenchaychurch.org.uk

Church Warden : churchwardens@frenchaychurch.org.uk

07979961815

Community Kate Davison : kate@frenchaychurch.org.uk

01179568085

Parish Administrator officefpchts@gmail.com

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

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