

April 2022

CONTENTS

- 2—4 FRA report
- 5 Cncllr Ben Burton reports
- 7 Frenchay WI
- 9 Frenchay Museum Update
- 10 Frenchay Flower Show Update
- 11 Book Exchange
- 13 Church Diary
- 14 Good Friday Music and Readings
- 14 Spire Lighting / Notices
- 15 Our Minister writes
- 16 Monthly Wellness Page
- 18-19 The Frenchay 10k
- 21 Working Women Museum Exhibition
- 21 Reminder re Museum Talk
- 22 Frenchay Probus Club
- 23 Cricket Club News
- 25 Tennis
- 26 Recipe for April
- 27 Gardening
- 29 News from the Dings
- 30 Esmé's Article - Water-lilies
- 31 Just Run
- 32 Library news



Much in life is now thankfully up and running again, and in the case of the annual Frenchay 10k event, literally so ! An article on pages 18 and 19 explains what is happening in that regard. Or then again, if 'runner beans' are more your thing, it may soon be time to think ahead to the Frenchay Flower Show, of which there is further news on page 10

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 May 2022 edition is 12 noon on Monday 11th April

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

Frenchay Residents Association (FRA) Report No. 89

Dear Friends and Neighbours,

We hope that the spring colours have helped many of you as you go about your daily lives, coming out of lockdown has been a relief as we reflect upon two very strange years.

Thank you to everyone who has given kindness and support to others during this time, our community has been truly wonderful and hopefully this spring and summer we can enjoy being together again. Recent developments in the world show the importance of enjoying our freedom and environment, whilst putting some of our problems into perspective.

One thing that we started before lockdown were the FRA community lunches at a local venue for residents to get together once a month, this proved popular and was growing nicely in numbers until Covid restrictions came in. So if you were part of that, or would like to do that now, FRA are happy to facilitate this with a target of starting early May when sitting outside should be comfortable. Please e-mail adriancollins1958@gmail.com

The Queen's Platinum Jubilee Celebrations

Our May edition article in FCN will give detailed guidance and a summary of what will be arranged for you to participate in on Saturday 4th June, on the common opposite Frenchay Parish Church from lunchtime onwards. All parties involved are currently putting their plans together, this will include live music and entertainment as we enjoy picnics on the common together. Such planning, we are reliably informed, includes dry and warm weather!

Becks Pool Update.

It was great to see the pond team getting back into action in March, including some youngsters as part of their DofE commitments. Progress is being made on the power supply for a new aeration system and stone plinth information station, so watch this space for further exciting news.

Lots of the marginal and bank planting schemes done several years ago are becoming nicely established and providing an ever improving 'wild' habitat for many species now.

This has become a tranquil haven for many who visit it and observe nature at its best.

Biodiversity Projects

We mentioned in March's article, that our local Councillor Liz Brennan, was facilitating a 'matched funding' application for FRA to cover half the costs for a considerable amount of our biodiversity work. This includes all of the bulbs and wild flower seed mixes, plus important scarifying equipment, as we embark upon biodiversity projects for 2022.

FRA will receive £1,560 from this support, so many thanks to Liz for her support of FRA.

Another key project has been the very kind donation by NHS/NHBT of 23 fruit trees to help establish a new 'Community Orchard' along the new pathway route to school, from the hole in the wall on Beckspool Road to the nature reserve. In late February a team of FRA and DofE volunteers planted the trees in almost monsoon conditions, very timely and perfect for mulching the next day. We still have guards to put around the trees, which are on order by NHS, but this is coming together nicely now and hopefully will be part of the Parish parklands very soon. FRA and some of the nearby allotment holders will be acting as guardians for maintaining and nurturing these trees. Once the new school is complete the whole community orchard will support educational needs and projects, followed hopefully by some delicious edible produce to share in years to come.

It is also good to see that the Voluntary Village Green links past Frenchay Park House and the grass avenue by the old observation ward bungalows down to the nature reserve and allotments are now nearing completion. This is part of the eventual hand-over to the Parish, which is making slow but steady progress as all of the making good of that area is finalised. It is nearly ten years now since this land was saved as a Voluntary Village Green as part of the previous RUG campaign. To have that all completed will signal a great achievement, giving us chance to recognise those who worked so hard in Frenchay's Best Interests.

Getting Current Promises Fulfilled

In our 2022 FCN articles to date we have highlighted the local issues that we continually fight for in Frenchay asking you, as residents, to make representation to our District Councillors on these issues to add weight to our campaigns.

One very important matter in this respect has been the application to extend and modernise Frenchay Museum, which is featured separately in Hugh Whatley's article in this month's magazine.

FRA and Frenchay Museum Committee are very grateful for the outstanding public support following FRA's urgent e-mail appeal two days before the SGC planning management committee meeting.

Councillor Ben Burton had 38 e-mail messages from residents to reinforce his support for the extension, in addition to those who put supportive responses on the SGC planning portal. So the museum can now move forward and 'modernise' their facilities, immense gratitude is due to Hugh Whatley and the Museum Committee for persisting with the planning 'crystal maze' and to SGC Councillor Ben Burton who supported this all the way.

So, removal and suitable replacements for the Frenchay Common traffic 'build outs', adequate Nursery School provision for the new primary school opening September this year and health plus social care facilities next to BIRU are among the promises still left to fulfil.

If any of you receive Downend Voice, please refer to the very good letter published from Barbara Harris on page 42 of the March issue about the promised community hospital facilities, which first were pledged back in 2005. Let us hope that SGC can have a proper plan for us to consider very soon. Like many things in Frenchay that involve infrastructure and facilities (for a village that will have doubled in size over the last four years), it seems that these needs are being ignored or never considered a priority.

Thank you for your engagement and continuing support.

Adrian Collins (Chair - FRA)



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.

Councillor Ben Burton reports:

Frenchay Village Museum

I was really pleased to see that the Planning Committee overturned the planning officer's recommendation and gave approval for the extension to Frenchay Museum. Local residents understand the importance of Frenchay Museum and the tireless dedication of the volunteers who run it. I am very grateful to all those residents who either spoke in support or sent me messages in advance of the committee meeting. I was able to highlight this level of support in my submissions to the committee and I am sure it played a part in convincing other Councillors to approve the plans

In my view, granting the planning application was the right decision because the best way of conserving buildings is to ensure they have relevance today and a future use. There is no point in 'conservation for conservation sake' that would then lead to a building deteriorating, especially when it is in such a prominent location. I was really pleased that the planning committee listened to local views and the strong support for the proposed extension. I am hopeful that this will just be the start in providing improvements to the public realm around Frenchay and to ensuring that essential facilities are provided locally.

We will now look positively to the future and assist the Frenchay Museum committee in turning these plans into reality.

Downend Library

We know that many residents regularly make the short journey to Downend Library to use the various facilities. One of the common complaints was the lack of a toilet that was open to the public and this often caused issues for parents with young children when using the library.

I am pleased to report that funding was secured for a new toilet to be installed and work is currently taking place. Downend Library will reopen on Saturday 19 March 2022. We hope the additional facilities will help support the vital service that the library provides, especially considering the extra investment that was recently allocated as part of the Council's budget to improve child literacy

As we reported last year, Downend Library also operates a housebound library service that is open to residents in Frenchay. Volunteers or staff will deliver books or other materials to residents on a monthly basis. If you would like to sign up for the scheme then please contact Downend Library (01454 864773 or downend.library@southglos.gov.uk).

Ben Burton



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

ROSIE WAY (BUYER) - DEC '18

01179566221 | SALES@MCOLEMAN.CO.UK

M. Coleman
ESTATE
AGENTS



M Coleman Estate Agents,

19 Cleeve Wood Road,
Downend, Bristol, BS16 2SF

Web – www.mcoleman.co.uk

Live a calmer, happier life

louisewalker.co.uk



Louise Walker Or phone 07510197249

Professional Home Organiser

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

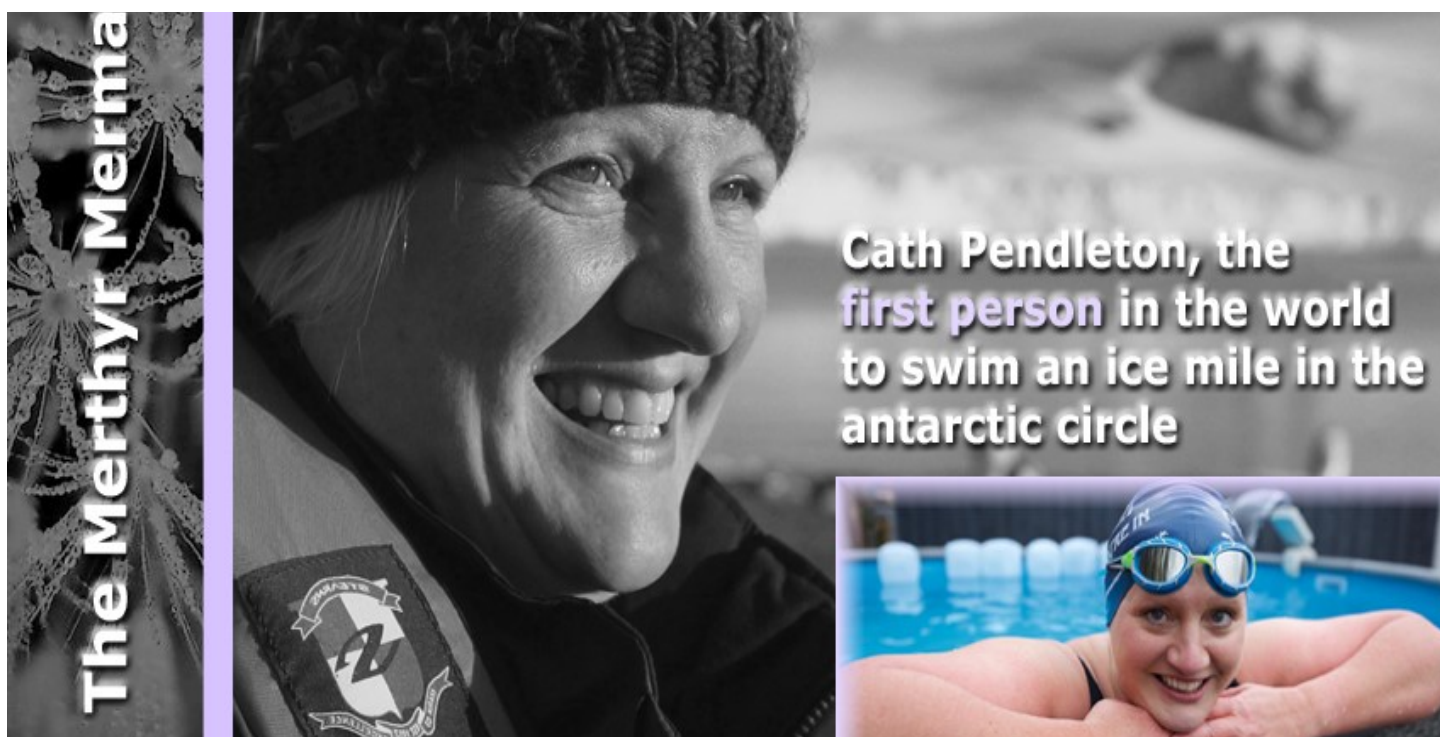
I can help! I can declutter and organise it all: kitchen cupboards, bedrooms, spare bedroom full of clutter, wardrobes, children's bedrooms, toys, wardrobes of clothes.

Please visit my website to arrange a free, no obligation visit to meet and discuss your needs



Frenchay WI are pleased to be starting the new membership year this month, April, and we would welcome prospective members to join us.

Our speaker will be Cath Pendleton, the 'Merthyr Mermaid and Ice Swimmer. Cath featured last year on a BBC programme, where she was celebrated as being the first person to have swum an ice mile in the Antarctic Circle.



Cath Pendleton, the first person in the world to swim an ice mile in the antarctic circle

Our new Social Secretary, Linda, is planning some activities which members can sign up for at meetings. Some of our ladies went to the cinema in Yate recently – a great way to go to see a film with a group of friends! Linda is also arranging a Luncheon Club on different days each month so that members can join in on the days they are free. She is also looking at visits farther afield that may involve coach trips, so no-one has to drive far. If members have any other ideas for group activities, Linda would be pleased to receive them!

Our regular meetings are held in Frenchay Village Hall at 7.30pm on the third Monday of every month BUT, as April's meeting would fall on Easter Monday, for this meeting only, we are moving the date to Tuesday the 19th. We look forward to greeting any new members who would like to join us. Contact details are: Secretary, Chris Davies on 0117 9568123 or email frenchaywi@gmail.com

SBBS

Steve Beck Building Services Ltd.

- ALL BUILDING WORKS
- CARPENTRY
- ALTERATIONS
- EXTENSIONS
- REFURBISHMENTS
- KITCHENS
- BRICKWORK
- ELECTRICAL
- PLUMBING
- NEW HOUSE BUILD

FULLY QUALIFIED
LOCAL BUILDER
FULLY INSURED



TEL: 0789 1493016

EMAIL: steve@sbbuildingservices.net

Mark Sanderson

Painting and Decorating

Interior, Exterior, Wallpaper & Murals, Dustless Sanding

For an immediate transformation
and a long-lasting, quality finish

To discuss your requirements or obtain a quotation,

Tel. **0117 956 6599** (Frenchay) or **07940 197464**

References available - All work guaranteed - Fully insured

FRENCHAY VILLAGE MUSEUM

– Planning permission for a new extension!

It was ‘third time lucky’ in our attempts to persuade the planners of the need for an extension to West Lodge and perhaps a good omen that the formal permission was issued in time for the AGM of Frenchay Tuckett Society (FTS) last month.

This milestone has been achieved with the help and support of Councillor Ben Burton who joined us for a presentation to South Glos Planning Committee, who made the actual decision on 3rd March.

The journey started in the autumn of 2017, shortly after concluding a new 125 year lease, with a feasibility study which looked at all aspects of the Museum’s future. At that time, it was hoped to have something ready for the 20th anniversary of the original opening in April 2000, so the new target is 2025 ! (Perhaps with celebrations extending onto the ‘new’ Village Green.)

Our design proposals tick all the architectural & conservation boxes and will provide additional multi-use display & meeting space, proper storage, an inside toilet and a dedicated office / work room. The plans also include an outside activity area, a fenced garden alongside the new road from the mini-roundabout and general improvements to the setting of the old Lodge.

We have already taken advice from heritage mentors about the implementation of our plans – both financially and in terms of supporting current volunteers and the existing week-to-week operations.

An illustration of how the extended building would look appears below, but you can access more comprehensive plans and elevations through the South Gloucestershire Planning Portal (BETA) under reference P20/17040/F.

If you would like to contribute in any way to the realisation of these ambitions to secure the long-term future of the Museum - as we move from an ‘analogue’ to the ‘digital’ age - please contact me.

Hugh Whatley (Chair - FTS).

T = 0117 956 6378.

M = 0777 552 2689.

E = HWandCo@aol.com



Countdown to the 77th Frenchay Flower Show 2022 ...just 3 months to go

It's just 3 months to go until this year's Frenchay Flower Show which will be on Saturday 9th July so please put the date in your diaries and start planning your fruit, vegetables and flowers!

The Committee are busy finalising the schedule for the Show, booking stalls and finding sponsors. We are planning some new Jubilee themed classes for schools and under 16's but don't forget to let us know if you have any ideas for competitions, stalls or entertainment that you would like us to try and include.

Many of the Show's much loved old favourites will of course be returning like the adorable Alpacas, wonderful Wind bands, superb Starlight Cheer group and the legendary W.I. cream teas.

You will find the list of classes together with an entry form in the May edition of Frenchay Community News

but to make the most of our resources, this year we have decided to reduce our printing and postage costs by going online as much as possible.

Downloadable competition entry forms, rules and schedules will therefore be available shortly on our website www.frenchayflowershow.com and our Facebook page which is called 'Frenchay Flower Show & Fete'.

Please also check out the website and Facebook page for some wonderful photos of Shows from previous years.

Look out for further monthly updates in the Frenchay Community News and in the meantime don't forget to get in touch if you want to get involved on mail@frenchayflowershow.com



FRENCHAY BOOK EXCHANGE

For several years I have looked after the telephone box at the top of Frenchay Hill, sorting the books and passing on surplus books to charity shops and a charity that sends educational books to African schools and colleges.

The Book exchange was started to enable people to pass on books they have read and enjoyed to new readers.

It is not a dumping ground for unwanted books to save going to the charity shop. In the past 2 weeks we have had hundreds of books left in the phone box and I am therefore asking you to help me by observing a few guidelines.

Please do **NOT** donate:-

- free supermarket magazines no-one ever takes them.

- damaged books – sometimes we even get books with pages missing – is there anything worse

 - than reading a book and finding that the name of the murderer is missing??

- 30 year old guides to real ale pubs or camp sites – do the places even exist any more?

- VHS tapes

- Instruction manuals for household items.

- Sets of books

- Multi volume encyclopaedias

- Books that are not likely to attract borrowers. A few titles in the past week are

 - “Electroplating for Amateurs”, 5 books on Urine Therapy, and “Better health through controlled fasting”.

I do not want to censor books but I do remove books which are offensive. If you have inadvertently taken a book which has proved offensive I apologise – it is simply not possible to examine every book.

If the box for donated books is full, please take them home until there is room.

If you have comments or questions please ring me on 0117/9569963.



Carol Thorne

And win yourself a prize if you can be the first person to provide the correct answer, by e-mailing it to frenchaymuseum@hotmail.com , to the question :

‘ What was the name of ‘Frenchay Hill’ before it acquired its present name ? ‘

Progressive Heat

Solutions Ltd

Local Gas and Heating Engineer

Boiler installation and breakdown specialist with over 20 years experience

Gas, Oil, LPG and Renewables- Commercial and Domestic

Call Ollie on **07891556380** or

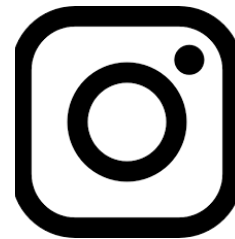
Email ollie@progressiveheat.co.uk



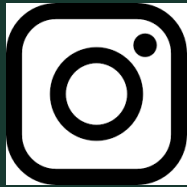
661304



Extended warranties available



@progressive_heat



661304



R. DAVIES & SON

FUNERAL DIRECTORS

FUNERALS FROM £975

Unattended Funerals Attended Funerals Bristol Funeral

The Poplars (formerly Pendocks) HAMBROOK Tel 0117 956 677

Also at Bedminster, Bishopsworth, Horfield, Kingswood, Shirehampton, Westbury-on-Trym, and Whitchurch

TALK TO US ANYTIME

Whatever your funeral wishes or budget, we can provide a funeral to suit you. Prepaid funeral plans also available.



WWW.RDAVIESFUNERALS.CO.UK

Pricing is correct at time of print and is subject to change. Price stated is for an Unattended Funeral.



CHURCH CALENDAR FOR APRIL 2022

Commencing at 10.30am

3 April	All Age Holy Baptism
10 April	Passion Narrative for Palm Sunday with Holy Communion
17 April	All Age Worship for Easter Day with children's activities
24 April	Holy Communion

Maundy Thursday (14 April)

Commencing at 12 noon	Agape Lunch Service in Frenchay Village Hall
Commencing at 7.30pm	Holy Communion at Holy Trinity Stapleton

Good Friday (15 April)

Commencing at 10.00am	All Age Passion Story in Church and Churchyard
Commencing at 2pm	Hour at the Cross
Commencing at 7pm	The Crucifixion of Jesus - A Good Friday Meditation with Music, Readings and Hymns (See item on next page)

Saturday 16 April

10am -12 noon	Easter Trail (See below)
---------------	--------------------------

Commencing at 6.00pm

3 April	Holy Communion (BCP)
10 / 17 / 24 April	Evening Prayer

TINY TIME for the under-fives 10.00am- 11.30am on the 3rd Thursday each month

Every Wednesday 8.00 pm Prayer Meeting on Zoom

Come and do an Easter trail around Frenchay church grounds (or inside if wet) and find out more about The Super Cool Story of Jesus. And then take part in some Easter crafts, watch a short film and have some refreshments. Anytime from 10-12 on April 16th. To book and for more information please contact: revruth@frenchaychurch.org.uk.

Although the government requirement to socially distance has been removed, and face masks are no longer mandatory, we are respectful of many people's continued caution when meeting together in church. We will still administer Holy Communion in the same way as we have since Christmas time. There will also be a socially distanced zone in church where masks are worn and there is no singing. Elsewhere, people may sit as they choose and remove masks during the worship.

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

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

Good Friday service 7p.m. 15th April 2022

In 2019 we tried out a new type of Good Friday evening service. It proved so successful that we are doing it again this year after a gap caused by the pandemic.

The service will take the form of Bible readings alternating with hymns or choir items, and will last an hour. It tells the story of the last days of Jesus Christ.

The choir will be singing the *Agnus dei* from the new Kilcreggan Mass, *Ave verum corpus* by Mozart, *Drop, drop slow tears* by Orlando Gibbons, and *God so loved the world* from Stainer's *Crucifixion*.

So come along on Good Friday, 15th April at 7p.m., sing your favourite well-known Lenten hymns (including *There is a green hill far away*, *When I survey the wondrous cross*, and *Glory be to Jesus*), and listen to the dramatic story as it unfolds in words and music.

Dr Judith Langfield (organist)

SPIRE LIGHTING



18 March LAURENCE ELLIOTT HALL
think of you so often

Even though we are distant, we

30 March ELSIE LANGFIELD In loving memory of Elsie Langfield

31 March ROSE PHILLIPS remembering a dear Mum and Granma
on what would have been her 85th Birthday - loved and deeply missed by
Viv and Rose

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

Celebrating 'Raising the Roof 'at Holy Trinity Stapleton (part of the Joint Benefice with Frenchay Church)

On May 7th /8th there are to be special celebrations at HTS and for which details can be found on www.holytrinitystapleton.org.uk We wish to give thanks to God and to our donors and to bless the community and to invite everybody to help the church serve the community even better in the future. Please feel invited. **Rev Charles**

Our Minister writes:

Dear All,

As I write, Mr. Putin's forces are on their 13th day of invasion in Ukraine. The signs are that a very courageous resistance has been made so far. Ever since waking up to hear the news on 24th February, I have sensed the world become a darker place. As though a shadow has been cast over that part of the world, that is translating into innumerable shadows over the lives of all who care.



There are practical things we can do. Locally in Frenchay and Stapleton there is a Refugee Support Network, that is making ready for that possibility that one day we will have the opportunity and privilege of hosting Ukrainian refugees in this part of Bristol.

<https://stapletonrefugees.wixsite.com/my-site>

There is the Ukraine DEC Fund which can be donated to. There was a concert in Stapleton Parish Church on Saturday March 19 at 3pm, supporting work among Ukrainian refugees in Moldova. (See the above website for details).

The Easter story has a picture of 'darkness covering the land'. But that was at Jesus' crucifixion.

The light of dawn is associated with the arrival of Mary Magdalene at the empty tomb with her friends, early on Easter morning.

What has happened? How is bleakness and death turned to light and hope?

May I invite you to come and find out, in Frenchay churchyard. There are two events, one on Good Friday at 10.30am, and the other on the next day (Saturday April 16th 10am – 12 noon any time) when there is a chance for all ages to experience the Easter story.

I love it that these events are planned to be outside. Let's pray for good weather!

Meanwhile our hearts go out to those suffering in Ukraine. The post-pandemic period here in Bristol harbours much new discovery, opportunities for good change, but also the likelihood of economic distress for many. I am sure our church and community will be united in caring for the weak and needy, sharing generously with those who through no fault of their own are suffering lack. I look forward to seeing how the 'wing' of Gods' love provides a shelter of hope, security and consolation in the midst of a darkening world landscape.. **Rev Charles**

Welcome to April's Monthly Wellness Page

Caroline McCabe

E. caroline@starly.co.uk Mob. 07970 212 607



A few months ago, I came across the concept of *Love Languages* and was intrigued to know more. Back in 1992 Gary Chapman published his book *The Five Love Languages* in which he describes how learning about our preferences in receiving love and how our loved ones prefer to receive love from us can benefit relationships. The book is aimed at romantic partnerships but once you dive into the subject it is easy to see how it can be relevant to all relationships even the one we have with ourselves!

The five categories go like this:

Words of Affirmation – saying supportive things, positive words, compliments

Acts of Service – doing helpful things for your loved one, running an errand so they do not have to

Receiving Gifts – giving gifts to show you are thinking about them, from extravagant to small

Quality Time – meaningful time, undivided attention, active listening

Physical Touch – closeness, a hug, holding hands

For a bit of light-hearted fun, there are quizzes online you can take to see how best you receive love for example www.5lovelanguages.com/quizzes/love-language Many of us will find we are a mixture of all five but it's fascinating to see which if any dominate. I discovered for me it is all in the words which totally makes sense as I have never cared for material things or extravagant gestures. Recently I joined the *Just Run Frenchay Ladies Running Club* and noticed it is not only about gathering to do something active and positive for our health but it is the supportive words and encouraging chats that make this the right place for me.

So, learning how we function and what we need can help us find the right support and in turn best place us to give support. That said, I also know if a surprise Easter Egg and a nice hug turns up, I will be pretty happy about that too.

If gifting this Spring and you would like more information on sustainably sourced well-being products by WELEDA, just drop me an email at caroline@starly.co.uk and I will be happy to advise.

You can browse my web shop here: www.weleda-advisor.co.uk/shop/carolinemccabe

MANICURES – PEDICURES – FACIALS – WAXING – LASHES – MASSAGE – REFLEXOLOGY



AT STOKE GIFFORD VILLAGE

**25% OFF YOUR FIRST
TREATMENT IF YOU
MENTION THIS ADVERT**

Rachael's Health and Beauty is located in Stoke Gifford Village, which is a state-of-the-art Retirement Village only 5 minutes drive from Frenchay, opposite UWE. As well as our salon, there is a shop and licensed bistro, where you can relax after your treatment. There is also a large carpark at the rear of the Village.

Call 07557 107930 or email hello@rachaelshealthandbeauty.co.uk
to book your appointment.



FACEBOOK REVIEWS

www.rachaelshealthandbeauty.co.uk



BRISTOL GARDEN COMPANY

bristolgardencompany.com

**GARDEN & PLANTING DESIGN
HARD & SOFT LANDSCAPING
GARDEN MAINTENANCE
WILDLIFE & VEG GARDENS
SHRUB & TREE WORK**

0117 9394939 / 07843 428553 / 07843 428563
gardens@bristolgardencompany.com
www.bristolgardencompany.com

Fully Insured, local family run garden business with references available.

Up and Running Again : the ‘ Frenchay 10 K’ returns !

The 40th Frenchay 10K is set to be held on **Sunday the 24th April 2022**, starting and finishing at the UWE Glenside Campus, but with the central part of the course making its way through Frenchay, and attracting a large number of both runners and spectators, while raising substantial funds for charity.

Back in 1979, local resident John Honeywell attended a talk given by Hugh Coakham, pioneering neurosurgeon working at Frenchay Hospital, about brain tumour surgery in 1979, which inspired John and his friend John Laurie to raise some money to fund his research. They were both on the local neighbourhood council at that time. As John was also a runner at the time, he thought, why not set up a race, and the Frenchay 10k (F10k) was born!

After raising money for Hugh’s research for 7 years, F10k began selecting different charities, as Hugh’s research became funded nationally by Imperial Cancer Research. The first Frenchay10k meeting took place on North Street Downend, next door to where the legendary cricketer WG Grace used to live. This year will be John Honeywell’s last as race director, and in recognition of his fantastic efforts with the 10k, in 2021 he was given a ‘Champions’s Award’ by the Parish Council

Originally the prize for every runner was a certificate signed by Hugh Coakham. Then it was medals, until the famous mugs were added - we think sometime in the mid 90’s. These mugs are much sought after!

The inaugural F10k had about 120 runners, which has risen greatly over the years to around 600 runners each year, and in 2022, they are hoping for a record field of 700 runners to celebrate the 40th running of the race.. Since the inauguration of the race, it has been held each year with the exceptions of 2001 (due to Foot and Mouth), 2020, and 2021 (both years due to Covid), meaning that the 2022 race will be the 40th occasion and which makes it one of the oldest such regular events of this type in the country.

Nick Rose, Olympian and former international runner, is the current course record holder from sometime in the 80s. Nick was the half marathon world record holder for a few months in 1979, and he was the British champion for the 10k, 2 mile and 4 x 1 mile relay. When he ran the F10k he famously ran to the event, ran the race and won it, and then ran back home afterwards!

The same solicitors from Fishponds have always sponsored the race - currently Star Legal, previously under the name of Davis Wood solicitors, and before that again, as Bennett & Legat.

This year's nominated charities are the Freewheelers (Bloodbikes) and Ronald McDonald House Bristol. Both charities provide marshal support volunteers, and all the proceeds from the race (less the expenses) are donated each year to the charities. Since the race was instigated in 1979, it is estimated that nearly £175,000 has been raised for local charities.



Entries are welcomed on-line, at frenchay10k.co.uk, and at the time of writing, there is already a field of over 350 runners. You can follow on twitter and facebook. There is always a field of established runners, casual runners and people who just enjoy a leisurely jog or stroll around the course. Although entries are usually accepted on the day, with a record field in mind, it may be too late so book your place now to guarantee entry! The race starts at 11.00 am on Sunday 24 April, from UWE campus, Blackberry Hill, Stapleton, Bristol

Where to watch in Frenchay.

At around the 6k mark, the route crosses Frenchay Bridge, turning right to go up Frenchay Hill, then left into Church Road, passing the school, making its way alongside the Common on to Begbrook Park, where it turns left on to Frenchay Park Road, all the way down to Duchess Gate, and then bears left towards Blackberry Hill and leading eventually to the Finish at the UWE Glenside Campus.. A map of the route can be found on the Frenchay10k website.

So, be there to support the event, to encourage the runners, or better still to be one of them, but either way, to enjoy the day and to help raise money for the Charities.



Mark Evans Electrical

Electricians & Alarm Specialists

Established for over 20 years

Mobile: 07770 233475

- **EXTRA SOCKETS - TO COMPLETE REWIRING**
- **HOUSEHOLD BURGLAR ALARMS - INSTALLATIONS & REPAIRS**
 - SECURITY LIGHTING • SHOWERS • KITCHEN ELECTRICS
- **LIGHTING DESIGNS • PERIODIC & LANDLORD ELECTRICAL INSPECTIONS**

GOOGLE - Mark Evans Electrical Bristol



office: 0117 956 0695

126 Soundwell Road, Soundwell, Bristol BS16 4RT

Email: enquiries@markevans-electrical.co.uk

Downend & Frenchay Tennis Club

(located in the grounds of Frenchay Cricket Club, next to the Golf Centre)

All ages and abilities are very welcome and we have tennis courses available for complete adult or junior beginners, up to performance and national league level.

LTA accredited coaches offer individual or group coaching. The courts are all weather floodlit for use all the year round.

Special Offer:

LTA special offer for juniors (Youth Start) £34.99 course of six group sessions, free racket, T-shirt, ball set.

Adults: Special deal for Over 50s six sessions £15

Complete Beginners welcomed, no previous experience needed!

To find out more:

www.downendandfrenchay.co.uk

Email: info@downendandfrenchay.co.uk

Tel: 07928 349154



Women of Frenchay Exhibition : Frenchay Village Museum

In this new exhibition we examine the role of women in the workplace, how class distinctions defined the opportunities that were available to them and how social change and key moments in history blurred these lines. These themes will be explored through the lives of women who lived in Frenchay in the 19th and 20th centuries and will feature a variety of objects from our collection that can help narrate this story.

Frenchay has been home to numerous business owning families, which gave gainful employment to many women in the local South Gloucestershire area. One such business was Fry's chocolate; in this exhibition we will explore the role of women within this organisation. Furthermore, we highlight the importance of education for women and the jobs that emerged for them as a result, for example nursing and teaching as shown through VAD nurses based at Cleve Hill Hospital and the women who taught at Frenchay Village School.



Another dimension to this exhibition will be how middle and upper class women filled their days, changing attitudes to work among the upper echelons of society and what triggered this. As well as this there will be examples of what work women of this status could do and how defining moments in History, like the First World War, transformed society's expectation of the female sex

This exhibition will be open from the 20th March in our Temporary Exhibition space and will include an accompanying exhibition guide and activities for children and families to enjoy.

AND A REMINDER

In Frenchay, on Friday 1st April there will be a talk about Frederick Denison Maurice in the Unitarian Chapel at 7.30pm. Copies of our book, 'An Utterly Good Man' are available in the museum for £2. The museum is open Wed. 1-4pm, and Sat. Sun. 2-5pm

Frenchay Cricket News April 2022

This month sees the start of the new outdoor season, with a series of Friendly matches set up for the various 'Senior' Teams to hone their skills in preparation for the start of their respective League campaigns. As well as the regular four 'mixed gender' Saturday sides, new this year are two Women's 'Hardball Teams'. The more experienced side will be playing in a new '35 Overs per side' Competition for Gloucestershire Clubs, which is aimed at the older County level Girls and Women. A side is also being entered in the Bristol/South Gloucestershire Group 'T/20' format League, which is directed towards less experienced players including women graduating from the 'Softball' format.

Sri Lankan Tour

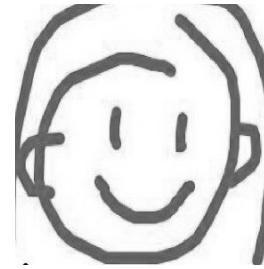
Recently returned from a 14 day Cricket (and Cultural) Tour to Sri Lanka with Gloucestershire, are three of our older teenagers, Lily Knox, Izzy Patel and Sarah Walsh, who have been at Frenchay since Under 11s. The girls had the opportunity to play matches at two International Grounds where Test matches are regularly played, Galle and Dambulla, amongst the five matches played. What an experience for these girls, who never in their wildest dreams expected such an opportunity to come their way when they were playing 'Softball Kwik Cricket' at Frenchay with their young friends 6 or 7 years ago.



This year, we also continue to run the ever popular 'All Stars' Cricket for 5 – 8 yr olds on a Sunday morning <https://ecb.clubspark.uk/AllStars/SearchResults?location=BS16+1QQ> . Also this year, we are starting a Girls Under 9 Group for Years 3 & 4 on Friday evenings from early April, so if interested, please contact frenchayyouth@gmail.com . In addition, we are again running an ECB 'Dynamos' Programme for the Falcons, encouraging SEND Key Stage 2 children into cricket. If interested, please contact rachel.eccott@blueyonder.co.uk



Frenchay Pre-School



Free Places Available

Holiday Play Scheme at Frenchay Village Hall

2 to 11 Year Olds Welcome

Open during all school holidays: 8.30am – 5.30pm
(full day)

9am – 3pm (short day)

A range of planned and themed activities provided
each day

For more information contact :

Lucy Foley 07920885185

(through Nursery Education
Grants : please speak to us for
details)

Enrolling now for 2 to 5 year olds

lucy_foley@hotmail.com

Held at Frenchay Village Hall

Begbrook Social Club, Frenchay Park Road BS16 1HY

Our two function rooms are available to hire and we are pleased to announce that we have resumed our entertainment program .

This includes Weekly Sunday Night Bingo and an Entertainer , our very popular Tuesday Night Karaoke, and a Saturday Night singer .

Our facilities have been updated with several big screens for sporting events . Any enquiries please call Val on **07970266924**

‘Taking up tennis’ for me and my family

My daughter was around 3-4 years old when she showed an interest in tennis, so off I went on a little internet search to try to find local tennis sessions for her. I came across Downend and Frenchay Tennis Club who arranged for her to have a trial. The rest, as they say, is history. She is now 10 years old, completely obsessed with tennis and now in the Avon County Tennis Performance Squad. Her love of tennis radiates throughout our family and her younger brother was also desperate to get on court and also started at a similar age to her. He too is now in the Avon County Performance Squad.

I wanted to know more about tennis and support them on their journey and when I was asked to attend ‘She Rallies’ training with Judy Murray I jumped at the chance. This allowed me to combine my love of sports and passion for getting more girls and women into tennis. I have since progressed to complete my Level 1 Tennis Assistants Course which allows me to assist coaches and hopefully provide more opportunities for juniors including sessions within local schools. I now also captain some of the junior teams in their league matches and also play myself at the clubs Ladies social tennis sessions. Tennis is a huge deal in our family and my children inspire me every day to continue to offer support and help where I can to allow others to also get involved in the wonderful game.

Claire Nutt



Claire's son and daughter (*left*) and Claire with Judy Murray (*right*)



Recipe for the Month

This is a quick and easily prepared meal for 2 cooked in less than an hour. For 4 double everything but only use an extra 250ml of liquid.

Pot Chickpea Sweet Potato Spinach Curry (Vegan/gluten free)

1 tsp oil
1/2 red onion chopped
1/2 inch ginger chopped
1/2 tsp garam masala or use curry powder or other spice blend of choice like berbere or cajun
1/2 tsp turmeric
1/4 tsp black pepper
2 tomatoes chopped
400gm can chickpeas drained or other beans
150gm chopped peeled sweet potato or pumpkin or other squash
500ml water (substitute 240ml of coconut milk for creamier curry)
3/4 tsp salt
1/2 to 3/4 tsp cumin seeds
3 cloves of garlic chopped
1 tsp coriander powder
1/4 tsp cinnamon
1/4 to 1/2 tsp cayenne/red chilli powder
50gm chopped or baby spinach
1 tsp lemon juice

Heat the oil in a deep sided frying pan or skillet (with a lid).

Add cumin seeds and cook until they change colour and get fragrant. Let them cook until really toasty.

Add onions, garlic and ginger and cook until translucent.

Add the spices and mix in. Cook for 30 seconds.

Add tomatoes and a splash of water, mix, cover and cook until tomatoes get saucy. Mash the larger pieces. 4 to 5 minutes.

Add chickpeas, sweet potatoes, water and salt. Mix, cover and cook for 15 minutes.

Add in the spinach, lemon juice, mix in, reduce heat to low-medium and continue to simmer for 5 to 10 minutes or until desired consistency.

Taste and adjust salt and spice. Garnish with paprika and cilantro and serve as is, with rice/quinoa or garlic flatbread.

Variations: Add 240ml of coconut milk for a creamier curry at step 4 instead of all water.

April Gardening

In April the weather can still remain unpredictable and we can have anything from a heatwave to ground frosts and sleet; be prepared. Now is the time to really start off new plants and seedlings, watch trees and shrubs bursting back into life.

Sowing from seed can be time-consuming and tricky but also very rewarding. If this sounds a bit daunting - the web and garden centres have a great choice of plug plants for bedding and vegetables. These small plants benefit from a frost free environment and as much all round light as you can give them; greenhouse, conservatory, window sill or porch.

Take care with watering, too much at the early stages and the small plants could rot. It is best to increase watering slowly as the plant grows. When the plug plants arrive, they are often in small thumb sized pots and really need to be potting on immediately. Take care to pot them up just one size as it will do better. Tip – some garden centres have a box outside with unwanted pots – have a look.

If you are going to plant the plugs in containers or hanging baskets, it's a good idea to plant them in the container and grow on in the greenhouse until ready to plant out. This will help the plants establish a good root system in the container before placing outside. When growing bedding plants nip out the growing points to produce a bushier plant, otherwise some plants, particularly petunia, fuchsia, verbena will grow leggy later in the season. The rule of thumb is do not plant out bedding plants until the risk of frost has passed; this is likely to be towards the end of May. You can plant out earlier, but monitor the weather and if frost is forecast, you will need to protect with a cloche or fleece.

Lawn care If you haven't managed an initial cut yet try and get on to it sooner rather than later as April can be a warmer wet month which will speed growth but makes mowing difficult. Keep the mowing height on the high side until May unless you're raking or scarifying and then you'll need a fairly low cut.

Mow in the afternoon to allow the grass daytime drying time.

Keep the cut on the high side until you get to a more frequent mowing pattern.

Be careful with the turns as the ground can be soft.

Thoroughly clean the mower - wet grass sticks under the mower.

Make sure your mower blade is sharp.

Patches in lawns can appear for a number of reasons, and when they do, it is always advisable to repair them. Re-seeding, or turfing bare patches will prevent weeds germinating in the patches and of course it looks much better. This is the month to get your spring lawn feed into the lawn. The demands of the winter will have taken their toll and a spring feed is critical for a healthy lawn.

Alan Caswell

**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**



**ST. ELIZABETH'S HALL,
HAMBROOK : Hambrook Lane,
BS16 1RT**

Available for meetings, talks, playgroups,
fitness & dance classes, & more
Kitchen area /disabled access WC
no stairs /Max 50 people

Hiring costs : weekdays £7 p/h : hols &
weekends £12 p/h : Minimum booking
2 hours

BOOKING ENQUIRIES :

hambrookvillagehall@gmail.com

or **07733 333032**

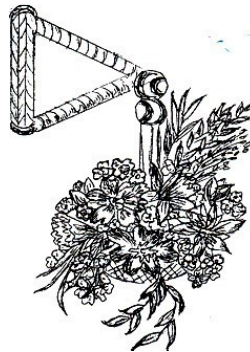


www.stelizabethshall.com

St Elizabeth's Hall, Hambrook

ROBERTS BROS

Growers of quality
since 1830



Hanging Baskets made to order

Open April to June

Enquiries **07549999465**

E-mail

robertsbros@hotmail.co.uk

The Oaks, Filton Road,
Hambrook BS16 1QG

EMERSONS TAXIS

Emersons Green, Downend & Surrounding Areas

ALL UK AIRPORTS, PORTS & STATIONS
COVERED 4, 5 & 6 SEATERS AVAILABLE



★ Lady Driver available on request ★

For a Friendly Prompt Service call or e-mail

07960 067 767

framptontaxis@fiscali.co.uk
www.framptontaxis.co.uk



News from the Dings

Late February and early March were fertile weeks for us at Dings, for the first time this season the First XV managed a run of 3 consecutive victories, scoring 19 tries in the process. The 2nd XV also had a notable win against table toppers Clifton, 53 – 0, and the thirds also going well.

Shaftesbury Park has been very busy in recent weeks, continuing to host the Bristol Bears Ladies and the Bristol Bear Cubs. The Bear Cubs have done particularly well, winning the National Title for their age group, that augurs well for the future.



In April, the club are hosting two special Pre Match lunches. Firstly, on the 2nd April, our theme is "Those who have Passed", where we will pay tribute to those of our players who died during the height of the pandemic and for whom we were not able to give a proper send off. Hopefully members of their family will be able to join us. This is before the Henley match.

Then on Easter Saturday, 16th, when we entertain Redruth we are holding a former players reunion.

Our annual Awards Dinner takes place in May.

1st XV Home Fixtures in April :

2nd April : v.	Henley	k.o. 3.00 pm
16th April : v.	Redruth	k.o. 3.00 pm
30th April : v.	Westcliff	k.o. 3.00 pm



And Bristol Bears Women, who also play at Frenchay's Shaftesbury Park, are rightly proud that no less than eleven of their number have been announced in national squads ahead of the TikTok Women's Six Nations Tournament to be played through April.

Abbie Ward, Sarah Bern, Amber Reed, and Leanne Infante have been selected for the England Squad, while Kayleigh Powell, Jasmine Joyce, Keira Bevan, Siwan Lillicrap, Alisha Butchers, Natalia John, and Manon Johnes are all in the Wales squad for a pre-tournament fixture v. the USA.

Esmé's Article :

'Water-lilies'



As April is my birthday month, I am being self-indulgent and writing about two of my favourite subjects—the artist Claude Monet and water-lilies. Monet was born in Paris in 1840, but his famous work was achieved in Giverny. This is where the River Seine meets the River Epte, and is just 75 kilometres north of Paris.

Monet and his family bought a large house there in 1872. Eighteen years later he bought a strip of marshland across the road and diverted a stream to form a pond. Soon clusters of lilies floated in it and a Japanese bridge crossed it. Many years later my husband and I visited it at least once a year.

Water-lilies in French are called Nénuphars. . Monet's paintings of them are the most famous of all his work.. He painted them not only in shades of pink but also in tones of red.. I always paint hem in white, with very pale pink centres. I was offered an art exhibition in a gallery in St. Tropez when we lived there. Very sadly my husband had serious cancer at the time, so of course I had no time to paint the number of canvasses needed !

I wonder how many of you reading this paint? If you haven't tried it, why not give it a go? Whatever subject you choose, you need plenty of white in order to create different shades. Perhaps you will find it a new fascinating hobby : I hope so. **Esmé**

P.S. Start by painting the canvas all over. For instance, do this a third of the way down in very pale blue, and two thirds up in several very light greens. When dry, start painting. Good luck !

April Edition

Just Run Frenchay – Celebrating our Members

Although we all meet as a club Monday and run together, each of us has a different motivation for coming along. It might be to meet new friends, get fit, lose weight, improve mental health, run faster etc. the reasons are endless and completely individual for each member. The aim of the club is not to compete against each other but celebrate each person's goals and achievements. We choose one member each month who stands out and this month it is Harriet.

Harriet has run with the club for about 4 years now. She signed up the Couch to 5k course 4 times, and although she did complete the course a few times, never managed to keep running regularly, and ended up feeling like she was back to square one!

Over lock down something changed for her, she completed the course and kept going, and since then we have been unable to stop her! She is now running up to 8 miles and has signed up the Bath Half marathon later this year. Harriet has got so much from running that she has now kindly offered to volunteer to help others with their running. Her story is truly inspirational and hopefully will show others that running can be for anyone. It is all about the motivation and determination and, for some, timing.

“ The club never gave up on me, even though I was one of the slowest runners. Through running with the group, I have learnt to love running. I'm still not fast, but the ability to put one foot in front of the other and run the distance lifts my mood and clears my head and every single time I run, I get a huge sense of achievement. “

Just Run Frenchay Ladies running club meet every Monday at 7pm at the Dings Crusaders Rugby Club, Shaftesbury Park, BS16 1LG. Catering for all abilities across our Couch to 5km and 5-10km courses and regular 2-, 3-, 4-, 5-, 6-mile groups.

For more information about Just Run Frenchay contact Jessie at info@justrun.uk



Whats New in Downend Library

Downend Library has re-opened following the installation of an accessible public toilet which necessitated having to close for a few weeks.

Our staffed days are :

Mondays/Wednesdays/Fridays 10am – 5.30pm

Saturdays 9.30am – 1pm.

**Open Access is available 8am – 7.30pm , seven days a week. **

Pre-School **Rhyme Times** are now taking place again on Wednesdays at 9.30am and our next Lego Club will take place on Saturday 9th April. If you would like to attend either of these please either ask staff to book a FREE place or email downend.library@southglos.gov.uk

Our Digital Champion is back and available to **help to get you online, or improve your confidence using a computer, tablet or smartphone**. For more details or to book a FREE appointment please ask staff or call 01454 865022

We now have a new **photocopier** offering colour as well as black and white printing, A3 as well as A4 copying (only available during staffed hours).



facebook.com/
sgloslibraries



@southgloslibs

HAVE YOU MADE A WILL? Steele Rose &Co Will Writers and legal Services.

Writing a will is the only way to ensure your wishes are carried out after your death; making sure that your family, home and children are protected. Steele Rose specialize in the preparation of Wills, Powers of Attorney, and associated legal documents including advice on inheritance tax. Instructions are taken in the comfort and privacy of your home and your Wills are returned to you in person for explanation. For free consultation/ or information please call Philippa Herring on 01275 474270 (local consultant) **07786198760** Single wills £140 + vat Mirror wills £180 + vat.E-mail phillipaherring@aim.com Members of the Society of Will Writers