

August 2022

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August will hopefully provide the weather to allow us to enjoy the lazy, hazy, days of Summer, perhaps on a trip away, or perhaps simply on Frenchay Common or down by the River Frome. The Nat King Cole song of the early 60s had them not just as lazy and hazy but also crazy, even though involving only “soda , pretzels, and beer “. So, crazy seems OK : just don’t go wild !

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Frenchay Community News

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

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

The deadline for the September 2022 edition is 9.00 pm on Wednesday 10th August

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Frenchay Residents Association (FRA) Report No. 93

Dear Friends and Neighbours,

Special Report on Biodiversity in Frenchay

You will be aware from many of our previous reports that biodiversity is a very important theme to our purpose, Neil Falango and Tony Joiner on the FRA committee have been very active in putting these plans together with a lot of assistance from Robert and Sarah Beetham who are our 'go to' experts in the field, literally!

So for our August report I am delighted to concentrate just on the summary that has been prepared by Robert and Sarah to explain everything we have been trying to achieve and how we are considering future biodiversity projects.

This summary epitomises what can be achieved with everyone working together, we are the envy of many communities in having such a cohesive approach that involves all stakeholders. We are very grateful to Robert, Sarah and everyone who is helping us on these projects and please bear in mind that we can offer DofE community service accreditation for students that wish to help us with the assistance of a parent.

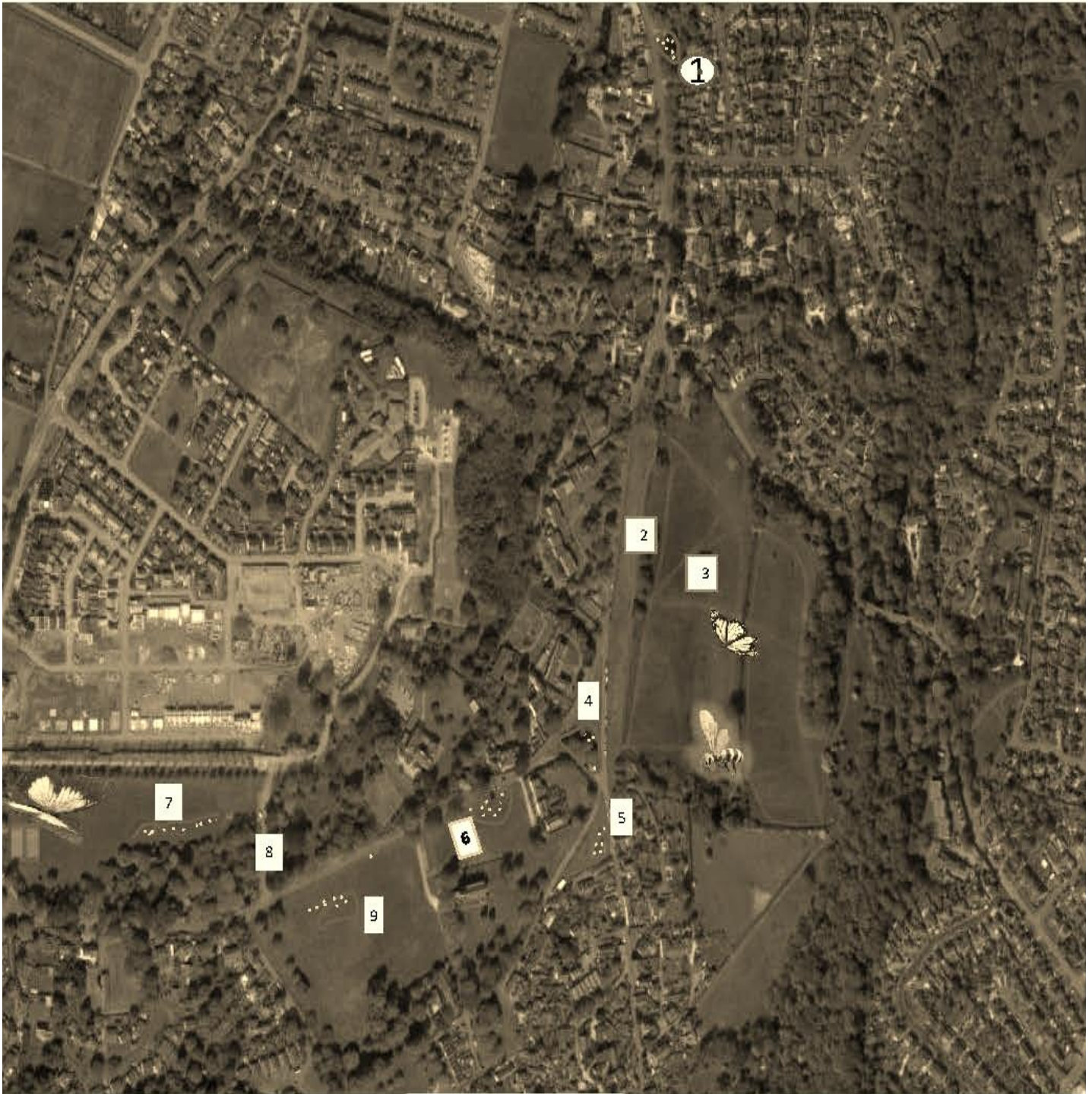
To bring this into context we have provided a location aerial-photo-map with this article, and as it is in black and white, we will also publish this to our FRA Facebook page as the magazines are delivered at the end of July. We hope that this is helpful to you.

Biodiversity in Frenchay

A number of you will have noticed that several grassy areas around Frenchay have been left to grow in the interests of increasing the biodiversity of our surroundings and thus enhancing the habitat for humans and wildlife alike

(this article continues on page 4)

The aerial-photo map below shows the locations of the 9 areas referred to in the text of this report



To get your bearings, Site 7, the furthest left on the picture above, is the area of the new Village Green immediately to the South of Lime Tree Avenue. Site 1 is adjacent to Beckspool Road

These have been developed in agreement with our local parish councillors and feed into a Local Nature Action Plan at a Parish, and at a South Gloucestershire level. It is not just a no-mow May initiative that many of you will be aware of but a more in-depth process to increase biodiversity.

The principles of managing such areas are well laid out by many of the organisations involved in wildlife enhancement across the country including Plantlife, the Woodland Trust, the National Trust, Butterfly Conservation and many more. In brief, the process involves leaving the area uncut between mid-April and the end of August, then cutting (or grazing) and collecting the cut vegetation. The area then maybe enhanced with appropriate seeds or plants. The choice of the areas we are attempting to enhance and how they are managed has been made in accordance with observed current use, observation of whether a latent habitat is likely to be present or not; and being close enough to link up with similarly managed ground, thus fulfilling the criterion of connectivity. Management is being carried out through discussions with our contractors, Frome Valley Landscapes or South Glos Council and by a few volunteers as appropriate. More volunteers would be very welcome. This article will deal with each of the areas that have been chosen and what we have learnt and discovered along the way.

Area 1; The grass strip lying south of Beckspool Pond

Inspection of this area indicated that it was an area of improved grass land with little in the way of any outstanding natural species. Moreover, it had probably been cut over many years and the cuttings not removed, thus enriching the soil and inhibiting the growth of any native species that may have originally been in the soil. It was also the repository, for a short time, of the dredgings from Beckspool pond. In this situation and it being a small area, it was possible to remove the existing grass by scraping off the surface. An annual wild flower mix to provide immediate colour, together with a perennial mix appropriate to our soil type were then sown to provide the basis for a long term wild flower area. This year this is being realised with many flowers appearing for the first time.

To our surprise, a lovely pyramidal orchid appeared last year and has done so

again this year. A number of these orchids can be seen on roadside verges nearby.

Area 2; The Haha along the edge of the common next to Tuckett Field

This was identified as an area that might yield new species or allow existing ones to proliferate. This has been true up to a point but is a difficult area to manage. Rampant species such as Alkanet and Cleavers tend to outdo other plants as do grasses which are difficult to control because cutting is not straightforward. More thought is required for this area and probably more management by volunteers as outlined by FRA in our July Frenchay Community News magazine.

Area 3; Tuckett Field

A plan to enhance this area to the status of a true wild flower meadow with open access (with a similar management plan in place for the adjoining National Trust Frenchay Moor) has been out for consultation and received a large degree of support, in fact 97 % of respondents were in favour and this is now being considered by the Parish Council.

Area 4; The area under and near the trees on the common between Frenchay Hill and Beckspool Road

Inspection revealed that this was unlikely to yield anything unexpected.

A lot of spring flowers-snowdrops, Bluebells, Cowslips and Primroses were planted and the area left to grow. However, management this year didn't go quite to plan and the area may have been cut at an inappropriate time for these species, thus reducing the number of flowers that we expected. The area did yield about 17 species of wild flower in 2021, this year 24.

Area 5; Frenchay Hill embankment- above the telephone box

This steep area off Frenchay hill has been left to grow long, we expected to see a good show of native flower, which did not materialise. The likely explanation is that the area had been previously sprayed with weedkiller in order to remove brambles.

We intend to have the area cut this autumn and introduce Yellow rattle, also known as the "meadow maker", which suppresses grass growth and allows existing and new

wild flowers to establish .

In future the grasses will be a lot shorter and will save the cost of it being strimmed every two weeks and hopefully it will develop into a productive and attractive flower area .

We will need some assistance this September to collect the grass cuttings.

Area 6; The area around the Holme Oak on the common just opposite the Unitarian Chapel

This area was chosen as there was evidence of an existing flora that had obviously been present in the ground despite regular cutting for many years. It was left to grow last year, in the autumn was cut and after a little while to allow seeds to fall, cuttings removed. After this some appropriate species were sown or planted. This year there are thriving colonies of Knapweed (purple flowers), Red Clover, Birdsfoot Trefoil (all existing previously) and new colonies of Betony and Yellow rattle. Last year, we identified 14 species, this year 21

Area 7; A scrape in the new Village Green area where the grass has been allowed to grow.

This area was identified in an Environmental Management Plan drawn up by consultants for Redrow as part of their Section 106 commitments. It involved a scrape of the ground followed by seeding. We do not believe that the seed mix used was correct. This year we have let it grow so that any wild flowers could be seen. There needs to be further discussion of this area once The Voluntary Village Green is taken into ownership by the Parish Council.

Area 8; Grassy areas either side of the road leading from CLIC Cottage

This area was extensively planted with aconites, snowdrops crocuses and fritillaries over last winter courtesy of a supply from local donations, and hard work by a number of volunteers on three successive cold winter mornings. This area will complement the long established area of similar spring bulbs immediately to the right of the CLIC Cottage entrance.

The long-term plan will be to replant the woodland margin with spring bulbs, but

hopefully on warmer days!

Area 9; This area is still to be established

There is an area of the common opposite the village green approximately 20 by 30 metres that is notable for its poor thin soil and good amount of existing Birdsfoot Trefoil, Red clover and Knapweed, despite many years of mowing. This is one further area we would propose to leave uncut in the future to complement the other areas already discussed. We do not believe that leaving this area uncut would interfere with any existing use of the common.

The future

Establishing new or enhancing existing wild flower and grass areas is a long term and labour intensive process. We recognise that in the interim some areas may appear untidy to some eyes. We need a bigger team of volunteers to help with future management such as removal of cut grass. We need to further cooperation with our contractors who are very much on board with our aims.

This is an exciting and significant project involving a lot of hard work and volunteer time. This has included helping students to obtain DofE accreditation for Community Service work, so please bear this in mind if you as a family wish to consider helping us.

Any comments on what has been written here would be very welcome. Anyone wishing to be on the list for assisting us in our endeavours would also be very welcome, please get in touch with FRA through adriancollins1958@gmail.com or message us through the FRA Facebook page.

Thank you all for your engagement and continuing support.

Adrian Collins (Chair - FRA)

Reporting on the 2022 Frenchay Flower Show

The sun was out , the sky so blue, and a wonderful atmosphere prevailed on a very special day for our Frenchay Community.

Any concerns we had about people coming to support the show after two years of pandemic restrictions, proved totally unfounded.

Long queues quickly formed at both entry gates and very soon the Common was alive with literally thousands of enthusiastic visitors!

The Flower Show was back!!

The Show this year was graciously opened by four local Princesses ;

Their 'Highnesses,' Freya -Mai Bateman ; Darcey Jefferies ; Alice and Emma Lambert.

A big thanks to them for a wonderful start to the Show.

Ribbons were cut and Frenchay Flower Show was underway.

We were brilliantly entertained firstly, by a great new addition to our programme 'The Westerly Winds ' followed by our regular favourites ' Marshfield Brass Band'

The bands played a wonderful selection of music which everyone thoroughly enjoyed - even though it was a scorcher in the sun! We so appreciate their support and thank them most sincerely.

Our thanks also go out to The Winterbourne Down Morris Men who were a huge hit , and we must not forget the delightful Starlight Cheerleaders ... who all coped quite miraculously with the heat whilst thoroughly entertaining everyone.

The flower exhibits in the Marquee and the Friends Meeting House were quite beautiful and the display of home grown produce , baking and preserves must have inspired everyone to get planting , baking and stirring the pot!

There was also a wonderful exhibition of artwork , skilled crafting and photography for us to admire. All presenting a big task for the Judges. Thank you one and all.

The WI , as ever, provided their legendary cream teas in the Village Hall ... thank you so very much , it's a huge undertaking.

To all the Exhibitors , from the Stall holders , adorable alpacas, model railway ;cars bikes and steam engines a huge 'Hats Off'. We hope to see you all again next year. Apologies to anyone I may have missed.

Biggest thanks , must go to our wonderful Committee ; organisers and helpers, without whom this show could not possibly happen , and a wonderful community tradition lost.

On one final note — a massive thanks to our visitors. When everyone had packed up , collected their trophies , spent their last coins at the Auction: When stall holders left to put their feet up and you had all gone home ,there was not one, not one, scrap of litter on our beautiful Frenchay Common. As they say ... Respect . No Glastonbury Clear Up for us!!!

Hope to see you all in 2023.

Philip Whitby-Coles (Chairman)



Beautiful flowers to admire and to buy.



As crowds built up, orderly queues formed, exemplified by these 3 young Alpacas, eager to get in !



The V.I.P. car park of Classic Cars attracted many admirers.





Frenchay
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Katherine Marks, Headteacher, writes :

Unicorn class are enjoying the final few weeks together in Reception. Lots of learning has been taking place and we have been making the most of the warm, sunny weather by spending lots of time outside

Last week, we enjoyed taking part in science day where we had to create a bird's nest. We worked together in small groups to collect everything we needed to create the nest. Once they were finished, we tested them to see if they were able to withstand heavy rain and wind. The aim was to make sure the 'eggs' were safe in the nest.

We have been enjoying our minibeast topic where we have been learning lots of facts about insects, including the life cycle of a butterfly. We are lucky that we get to watch the life cycle of a butterfly in real life! We had some caterpillars arrive and we have been closely observing the changes that have been happening. They are currently in chrysalides, so we are excited to see the next stage and to finally release our butterflies into nature!



The adults in Unicorn class have all been so proud of how well we have done in our first year of school and how grown up we all are. We are very excited to be in year one!



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Karen Whiles MCFHP MAFHP

Councillor Ben Burton reports :

Please note that we have already reported the worn road markings at the M32 roundabout that we know many residents will use daily. As this roundabout forms part of the motorway network, permission and collaboration is required from Highways England in advance of any works. We hope these lines will be refreshed quickly

South Gloucestershire Council has just launched an innovative new way for residents to report potholes and other issues on roads, footpaths and cycleways in Frenchay and the rest of South Gloucestershire.

The new online reporting system enables people to quickly and easily report potholes, damaged surfaces, worn road markings, empty grit bins and similar problems. A photograph and additional information can also be added to help the council identify the issue. Once a report has been made through the new system, issues are dealt with as quickly and efficiently as possible, with up-to-date information sent directly through to the tablets of StreetCare operatives for investigation or, if serious, urgent resolution. The person making the report will receive an email notification once the issue has been logged and can then track its progress via their customer account.

Since 2019, South Gloucestershire Council has committed a record £174 million towards improving the local highways network. This includes investment into roads, footpaths and cycleways along with significant transport infrastructure to support public transport and sustainable forms of travel. The council has resurfaced over 23 kilometres of road since the start of 2022 and around 5,000 potholes were filled between 1 January and 31 May. Four teams of StreetCare operatives routinely use around six tonnes of materials to repair local roads every day. During busy times the council can increase the number of teams repairing potholes and at its peak has eight teams working hard.

You can report an issue by visiting www.southglos.gov.uk/report (a pothole in the road needs to measure 300mm by 300mm and be 40mm deep to be considered in need of attention).

A4174 Noise Reduction Works

We are pleased to inform residents that noise reduction works will soon start on the land between A4174 ring road and Fenbrook Close. South Gloucestershire Council has reviewed the best way of achieving noise attenuation at this location and we wanted to provide some further details to local residents.

The original scheme envisaged the construction of a physical noise fence and evidence suggests this would reduce noise by up to 4.1dB. However, another common method of achieving a reduction in noise is to improve the variety and

(continued on the next page)

density of the vegetation. We understand, with careful selection of species, that increasing the density of vegetation will lead to a comparable reduction in noise and some studies have concluded dense areas of trees and shrubs can reduce sound levels by 5dB or more.

South Gloucestershire Council has decided to proceed with the option of increasing the variety and density of vegetation between the A4174 Ring Road and Fenbrook Close. We consider that this will help to reduce the noise and pollution experienced by residents of Fenbrook Close whilst also better aligning with South Gloucestershire Council's declared climate emergency. The planting of more vegetation will help to protect an important nature corridor and promote greater biodiversity in this location. If you would like any further details about this scheme then please let us know.

Ben Burton



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

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CHURCH CALENDAR FOR AUGUST 2022

Commencing at 10.30am

7 August	All Age Worship
14 August	Holy Communion
21 August	Morning Praise
28 August	Holy Communion



Commencing at 6.00pm

7 August	Holy Communion (BCP)
14 August	Evening Prayer
21 August	Evening Prayer
28 August	Evening Prayer

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

Every Wednesday

8.00pm Prayer Meeting on Zoom

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

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

All Age Worship 10.30 Sunday 7th August

We give thanks for God's beautiful creation and on the first Sunday in August hope to be able to move outside during our worship, to enjoy the beauty of our surroundings. Worship that day will be for people of all ages and include activities for children. All are welcome and we especially invite those families new to the area.

Kate Davison

Church Open every Sunday For the rest of this summer Frenchay Parish Church will be open every Sunday between our two services. All are welcome to visit our beautiful building.

This month's Minister's letter is by the **Reverend Ruth Harding**, newly ordained as a Minister, serving the Frenchay and Stapleton benefice :

I work in a school, so as I come to the end of an academic year, it is a time to reflect on what I've been doing over the past year and how things are going. This reflection time at the end of the academic year also coincides with the anniversary of one year since I was ordained and became a deacon, and started as a curate in the Anglican churches of Frenchay and Stapleton. This has been a privilege and I have enjoyed attending the events on the common over Christmas and the Jubilee. After 2+ years of being more cautious about meeting up it was good to see a community coming together again. I have also had the fun of being able to go into Frenchay school and take part in 'Easter in a box'. When I get along I love being part of the 'Just Run' group that meets on a Monday. It is good to run with others and chat, (when I've got the breath), or just to take in the scenery and atmosphere around me as I run.

As I was ordained priest last weekend at the beginning of July it felt very special celebrating and presiding at my first communion the day after, being amongst people I know and serve as a priest amongst. It felt like sharing a special meal with family in Jesus's company. Thank you to all those who have supported me on this journey.

And, as I write this article, I am looking forward to being involved in the Frenchay Flower show again, after it has been unable to run for 2 years. It is another opportunity to get involved in the community in Frenchay. I will be in the church tent on the common getting messy with paint, glue and tissue paper, and having fun meeting people.

This magazine is called 'Frenchay Community News'- we are a community because we are a group of people who live in the same place, or are part of the Frenchay community because we have an interest in Frenchay and what goes on.

If you are part of a group you are also part of that community. Jesus was part of a community- his first miracle was changing water into wine at a wedding, he was part of a community with his friends, the disciples, and he went to the temple. It is difficult to see how we could exist without others as one person does not have all the skills- we were made to be part of a community.

So, as I reflect on this past academic year, I am grateful to be part of a community. I wonder what you appreciate about Frenchay and all this community has to offer?

If we haven't already met, I look forward to meeting you in future community events. Please come and say hello.

Ruth



The Reverend Ruth Harding was ordained as a Priest at Bristol Cathedral on Saturday the 2nd July, and the picture on the right was taken at that special occasion.



One year ago, Ruth Harding was ordained as a deacon, and now she has progressed to her further ordination as a Priest. She will serve as a Curate in the joint-benefice of Frenchay and Stapleton, and as a 'self-supporting' minister.. She administered her first Holy Communion at Stapleton Church on the day following the ordination.

Members of her family and fiends from the local parishes attended to support her at the Service and to wish her well in her ongoing ministry. She replies to them as follows:

A MESSAGE FROM REVD RUTH HARDING

“ Thank you Holy Trinity and Frenchay parish churches for all the support you have given me during my training, in my deacon year and over last weekend as I was priested.

It has been overwhelming and, as I saw people from the congregations at the cathedral, presiding at my first communion, and at the teas on Sunday afternoon, it has truly felt like being part of a family.

It is a privilege to be part of the churches and the community in this Benefice and to serve and worship amongst you. I am humbled by the way people serve in the Benefice and beyond in a sacrificial way and I am looking forward to the rest of my curacy and ministry in the coming years alongside you.

The ministry team are a special team to work with, supportive, encouraging and with a wide range of skills which I aim to learn from. Charles has been a supportive Training Incumbent giving me space and encouragement to grow in my ministry. “

SPIRE LIGHTING



3rd June **Francis Langfield** In loving memory of Francis Langfield

9th June **Ruth Lewis** In memory of my Nan who passed away on the 13th April

6th July **Barbara Edwards** - everlasting loving memories from the family on the ninth anniversary of her passing

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

Roland Jempson

It is with sadness that we share the news that Roland Jempson has died, aged 91. He was a well-known figure in Frenchay, especially among those who lived near him and also in the church community. His funeral service will be in the Parish Church at 12.00 noon on Tuesday 2 August.

I first met Mr Jempson - as he was then known - about forty years ago, when he started worshipping in Frenchay Parish Church, not long after Revd Roger Thomas became our Rector. Roland was a strongly committed Christian, as well as a key player in getting work done, both inside the building and especially in looking after the churchyard. He was never afraid of rolling up his sleeves and taking on whatever work was needed. His skills as a stone mason were what made it possible for a pipe to be laid running downhill all the way to Church Road, despite the very small fall in level, thereby allowing the church to install a toilet. Later, I was fortunate to join him as Church Warden and learnt much from him.

The last few years were not easy for Roland, as his sight, hearing and general mobility deteriorated and he was no longer able to live at home. However, his faith remained strong and his contact with local people was maintained right up to his death. Many of us will remember answering our phones to the greeting 'Roland here'. He will be missed.

Kate Davison

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Shaftsbury Park and the Dings Crusaders - the story behind the names.



While Frenchay adapts to a major transformation with the development of the former Hospital site, it remains a village very conscious and proud of its special history. So too it is with the Dings Crusaders who have brought the excellent facility of Shaftsbury Park to Frenchay, but always respecting the episodes of important social history that have given rise to its present fruition.

Much of the content of this article derives from the commendable book by Ian Haddrell, with his permission and co-operation, entitled 'The History of Dings Crusaders Rugby Club', and aided and abetted by long-standing member, a player over several decades dating from the late 1960s, subsequently an enthusiastic supporter and administrator, the Reverend Canon

Trevor Denley. Trevor also provides the monthly reports on The Dings for FCN.

So just where and what was "The Dings"? It was part of the area of St. Philips, Bristol, close to Temple Meads Station, and through the 19th century was one of the worst slums in the city. In this district of narrow alleys and mean houses, conditions were so bad that the health of the people was severely impaired and ordinary comfort became impossible.. The houses were overcrowded and insanitary, clustered together in courts, sharing one outside toilet between several homes, and with no gardens. The refuge for the man of the household was typically the local pub, where there was light, warmth, and companionship, but the knock-on effects of this temporary comfort were often disastrous for family life.

The persons most motivated to try and alleviate this suffering were from several denominations of the Christian Church. They looked to provide an alternative to the pub and the demons of alcohol. They looked to provide a public facility, without intoxicating drinks, to be open from morning to night, where working men might get a proper breakfast on the way to work, and in the evenings find a place of rest and recreation. The Shaftsbury Hall opened in March 1888. A further aspect developed within a few years, inspired by the then Minister of Redland Park Church, aiming to promote the Christian way of life, while at the same time improving the welfare of the inhabitants of this deprived area. In 1893 the Shaftsbury Mission was established in the Shaftsbury Hall, and members of the Redland Park Young People's Guild were encouraged to go down to the Dings to run boys' and girls' clubs, gymnastic classes, first aid, Bible classes, and many other activities.

The latter part of the 19th century was also the era of the introduction of the concept of leisure time, to counter-balance the demands of industrialised work.. In the 1870s, many skilled workers began to have Saturday afternoons off, and in 1871 the Bank Holidays Act had provided a degree of paid holiday. These social changes gave rise to an appetite for sport, which hitherto had been largely the preserve of the aristocracy and landed gentry, with their control of land. Team sports , such as football and rugby thrived, and clubs began to be established. One such club was 'The Bristol Football Club', founded in 1888 and which became Bristol Rugby Club, now under the banner of Bristol Bears.

In 1899 the Shaftsbury Hall was extended, funded to a large extent by the Wills family, and the Shaftsbury Mission was formally incorporated and became 'The Shaftsbury Crusade. Its activities expanded and close links were formed with 'The Dings Club', essentially a local youth club, and out of this association evolved the Dings Crusaders Rugby Club, founded in 1897.

The ethos behind these developments was expressed by one of its proponents around that time thus:

“Perhaps the best features of this enthusiasm for Rugby Football which has grown up among working men is the delight in hard exercise and consequent self-denial that it has taught him. A man cannot spend his nights and his wages in the Public House if, twice a week, he has to face a hard struggle of forty minutes 'each way'. “

The idea of 'a healthy body and a healthy mind' echoed much of the temperance thinking of the time. It is alternatively sometimes expressed as 'Muscular Christianity', where sport builds character and provides alternative activities to those that might be regarded as 'sinful' or, at the very least, socially undesirable. Whatever view you take on this, there can be no denying the huge part played by people such as those involved in the Shaftsbury Crusade in contributing to an enormous, and altogether positive, social development.

The Dings
Crusaders
Rugby Club of
1897 /98



The evolution of the Dings Crusaders from these early beginnings to the present day, through its several homes and most notably at Lockleaze for many years, is a long story expertly chronicled in Ian Haddrell's book (*available through the Club*), and is a story told with pride in the fact that it has become established among the top tiers of amateur clubs in the Country, and with thriving junior sections.

The Shaftsbury Crusade Building



The present Shaftsbury Park



So perhaps when you wander along to Shaftsbury Park for one of their breakfasts regularly served, (*but check the details of exactly when*) it is worth reflecting on how this links back to the originating days in the Shaftsbury Hall. But feel free to enjoy it, as you should and surely will !

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.

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

Complete Beginners welcomed, no previous experience needed!

To find out more: www.downendandfrenchay.co.uk

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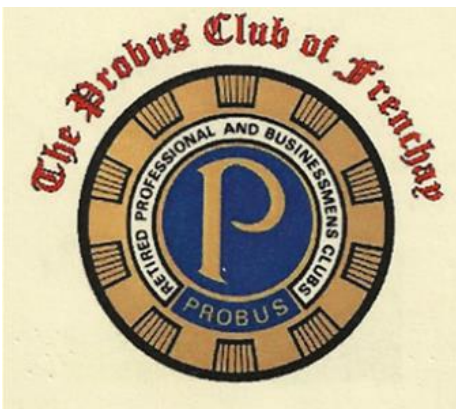


Frenchay WI are pleased to have had several new members join us recently

In June we welcomed Simon Barnes whose talk was entitled "Mindfulness as a tool for better mental health." Simon helped us to find ways to clear our thoughts in order to stop worrying about those things over which we have no control thus aiding us to drop off to sleep sooner. What he told us certainly gave us all food for thought!

As we do not have a meeting in August, it has become a tradition to go somewhere for afternoon tea on the afternoon of our usual meeting date. This year is no exception and our venue is the Mercure in Winterbourne. Unfortunately, this is a members only event as numbers have to be taken no later than our July meeting to enable us to make the booking

However, we will look forward to welcoming any ladies who would like to join us in September. We meet at 7.30 pm on the third Monday every month in Frenchay Village Hall. For further details please contact our secretary, Chris Davies, by emailing frenchaywi@gmail.com or telephoning Chris on 0117 9568123



Frenchay Probus Club continues to meet, but it had to cope with some late re-arrangements for the meeting on 6th July. The original speaker unfortunately fell and broke his hip in the prior week, and then the replacement speaker had to pull out on the day before, due to Covid.

However in stepped local member Geoff Pegler to give a most entertaining talk on ' My Life in Music', illustrated by some very accomplished playing of three very different instruments, in turn, the violin, the accordion, and the bagpipes. Worthy of 'Britain's got Talent ' any time !

There is no early August meeting on account of the holiday season, but we look forward to the Summer Lunch to be held at Bristol Golf Club on the 24th August

Contact is
through
frenchayprobus@outlook.com



News From The Dings

The 'Pre Season Friendly' season is upon us, a time to hone our new moves and welcome new players. All the hard work of the previous summer recess is now put to the test. I remember 'in my day', our warm up run involved running up and down the slope to the Dower House.

Things are much more scientific now ! In fact if I was playing now, I would have to be substituted immediately after the pre match warm up. It is really good to be welcoming such famous clubs as Newport, 'Ponty and Glasgow, with great histories to Shaftesbury Park for our 'Friendlies'. Members Sat Nav's are being programmed for the forthcoming season with many new names on the Fixture List as highlighted last month.

Both the Senior section and Our junior section are always looking to welcome new members.

Elsewhere our editor Ed has written a piece on the history of the club.

All at Dings look forward to welcoming you this coming season, come along and support your local National League club.

Trevor Denley



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Frenchay Cricket Club News

As I write this article, the Ground is extremely busy with two matches being played most days, and so much credit for that going to our dedicated volunteer Grounds Team. The 1st XI continue to make solid progress into the second half of the season, while the 2nds, 3rds, 4ths and new 5th XI are also faring well, giving lots of our young players extremely valuable experience and opportunities. In addition, the newly formed, (young) Womens Hardball XI are well in contention in the inaugural season of both the Gloucestershire Senior (Sunday) League and the 'Midweek' T/20 League, while the Womens Softball Team are also well placed.

During July, the Club played host to two Bristol Youth Cricket League Finals, and the Regional ECB 'Wicketz' Festival, involving Teams from Birmingham, Cardiff and Plymouth, as well as locally the Bristol Wicketz Group. It is also great to welcome PROPS Bristol back to the Ground on Tuesdays for some 'outdoor' cricket activity, after the too long 'Covid' related gap. In August, we will be hosting several Glos Cricket Foundation Children's Cricket Days, as well as Cricket Days for the Falcons Disability Group. Then, on 14th August, the long running, annual 'Frenchay Youth Day' will take place. This brings all the youth players together in mixed age group teams, playing cricket all day, with certain 'levelling up' Rules to even up little Under 9s batting against Under 17s bowling.

Really important achievement, Frenchay has again been awarded ECB 'Clubmark' status for 2022, which shows a well-run, child friendly and safe Club.

The U11 'Firebird' Girls (pictured) were recently privileged to be the first Team to use the brand new, top grade 'artificial' pitch, and celebrated with a hard earned 25 run win over local rivals Stapleton.

Jim Donaldson



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Ladies on Tour to Eastbourne from Downend & Frenchay Tennis Club

June 2022

(DFTC)

Last year DFTC members were sharing with me, while we were playing tennis, their yearnings to get away and have fun. They were suggesting group visits to spa weekends and tennis retreats.

So it was decided to see if any of the tennis women fancied a trip to The 2022 Rothesay International Eastbourne Tennis Tournament.

Rules around social distancing were becoming less severe, so, wearing my 'Senior Project Manager' hat, I promptly sent an invite to all the ladies interested in the Eastbourne trip, to a wine and crisps planning session in October 2021. What can 8 ladies, unlimited wine and posh crisps achieve in three hours? A solid plan (done within the first 25 minutes), lots of laughter and dates set for the next planning sessions.

I was very busy so my focus on the Eastbourne plan waned. I felt a sting of guilt every time mum or the tennis ladies asked me for an Eastbourne update. I was determined that once my schedule was less hectic, I would get back to delivering the full Eastbourne extravaganza.



Early 2022 I arranged a meet up at Bristol Golf Centre's swanky new friendly coffee bar. A miracle happened! A blonde whirlwind in the form of Theresa took charge. What a woman! With enthusiasm and pro-active vigour, she took responsibility for the hotel and travel and tickets and the rest... she supported 11 ladies on the trip, and she did all this work with modesty and fun and humour. You hardly knew she was in

charge. She didn't carry a clipboard or wear a whistle or anything, however everything worked like clockwork.

Thank you to all the ladies who contributed to the success of the trip with their kindness, encouragement and support throughout the whole Eastbourne adventure! I want to do the whole thing again – that's how wonderful it was.

Next month we'll tell you about the mischief we got up to in Eastbourne (the photo opposite is just the start !) , the celebrities we met ,and of course the tennis we watched.

Wanda

Downend & Frenchay Tennis Club





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Recipe for August : Low Roast Tomatoes, Goat's Cheese and Mint Salad

Preheat oven to 220C/Gas 7

Ingredients : 500 gm on- the- vine cherry tomatoes cut in half

2 teaspoons Maldon salt or 1 teaspoon table salt ¼ teaspoon sugar

1 teaspoon dried thyme 2 x tablespoons olive oil

Set the tomatoes side by side on an ovenproof dish and sprinkle with the salt, sugar, thyme and olive oil. Put them in the oven and immediately turn off.

Leave the tomatoes in the oven overnight or for a day without opening the oven.

Salad 200gm rocket or spinach 2 x tubs of soft goat's cheese

The slow roasted tomatoes 1 tablespoon lemon juice

2 tablespoons extra virgin olive oil 2 tablespoons of chopped mint

Arrange the salad, the tomatoes and scoops of the goat's cheese on a large dish and whisk the lemon juice, and olive oil in the dish that the tomatoes have been cooked in and pour over the salad. Scatter the chopped mint and this will serve 8. Enjoy!!

The Tidy Cook

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 .

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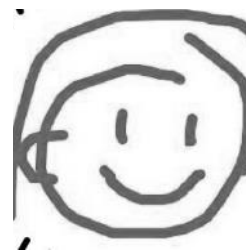
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Esmé's Article : 'Claude Monet '

I expect that most of you reading this have a favourite painter. Everyone who knows me realises that I am a devoted fan of the French Artist Claude Monet His paintings are said to be the most well known and loved works of art in the world.

I have many books full of copies of his most famous works. Just a short time looking at them always lifts my spirits.

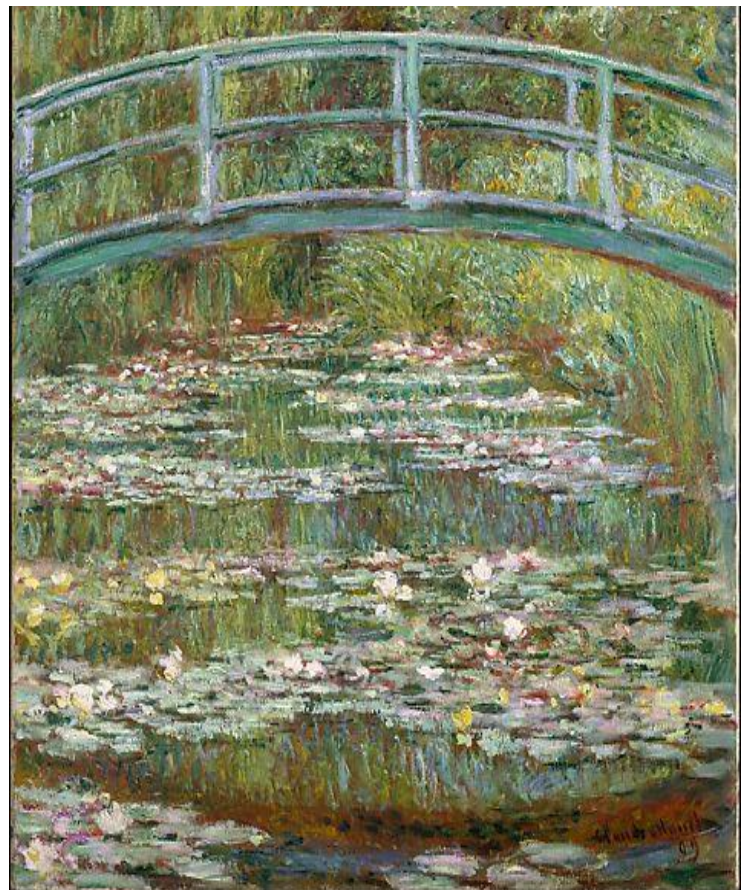
Like music, art is a wonderful healer. I learn more about him constantly, and I have just discovered that the person in his painting 'The Green lady' was his first wife, Camille.

His second wife was Alice . Between them they had eight children ! Monet suffered from frequent bouts of depression, often caused by lack of money, and things became even more difficult when an Aunt, who gave him a small allowance, stopped doing so. Monet was forced to beg from his friends. They paid him for paintings that he hadn't even started.

If you ever want to go to his house at Giverny where you can visit his museum and enjoy the glorious lake and garden, just ask me. My husband and I went at least once a year.

Perhaps you have a different artist whom you admire? I also wonder if any of you started to paint as I suggested? It is very satisfying.

As I write this, I am enjoying my paintings on the walls of my flat Why not give it a try? Good luck, and have fun !



Esmé

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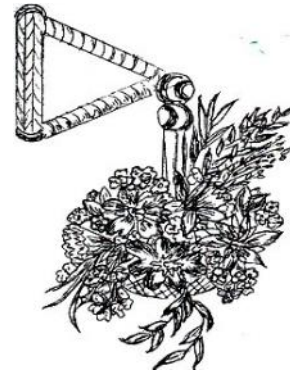


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Editor's Note

My apologies to anyone missing the gardening column this month, but that is compensated by the lengthy article on biodiversity. The usual gardening item will return next month, as will news from Just Run, on a Summer break this month. We are however saying farewell, for the time being at least, to Caroline McCabe, as added work commitments have left her short of time, but I and others are very grateful for her interesting series of articles.

Something for everyone this Summer Holiday at Downend Library

Looking to keep the children occupied this August? Then bring them along to sign up for Gadgeteers – the FREE Summer Reading Challenge for 4- 11 year olds. It started on 9th July and children can join at any point throughout August. They get stickers, pencils, packets of seeds, fridge magnets and loads more rewards for each pair of books they read. What's not to like?!

There is mini-challenge for younger children too.



Find out more about Gadgeteers and the FREE craft activities throughout August at www.southglos.gov.uk/summerreadingchallenge or like us on Facebook www.facebook.com/sqloslibraries or ask our lovely staff.

Need something else for the children on rainy day? We have lots of DVDs (for adults too) available for hire at just 50p a week and if it is not on the shelf we will reserve it for you for free.

Whether you having a staycation or travelling abroad this year you may also like to download some of our free e-books & e-audio books for your holiday (you can do this alongside any printed books you borrow from us). For more information ask staff or visit www.librarieswest.org.uk (library card and PIN required to use this service).

Cutting the grass or doing some summer pruning? If you cant compost the material yourself and don't subscribe to the council green bin scheme then you can purchase single use green bags for £2.50 for the library to get your green waste collected kerbside