

**“ Breathe the sweetness  
that hovers in August “**

- *Denise Levertov,  
Anglo-American 20th  
century poet*

August 2021

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### **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 September 2021 edition is 12 noon on the 10th August

To advertise (see the rates on the inside back cover ) please contact :

kate1.davison@gmail.com

## Frenchay Residents Association (FRA) Report No. 81

Dear Friends and Neighbours,

### Frenchay Unlocked! Village Picnic Afternoon – Sunday 29<sup>th</sup> August –from 1 pm

We are able now to go ahead with our Village Picnic afternoon on Sunday 29<sup>th</sup> August, as we prepare this article almost a month in advance we are confident of going ahead.

After such a difficult time during lockdown, our aim is to create a time when everyone can enjoy and learn more about our village space. It is particularly sad that our very popular Flower Show and Fete plus many other events cannot be held until summer 2022, so this occasion is hopefully something that we can all enjoy together in their absence.



This celebration of our village green spaces is particularly significant when you consider the incredible amount of work undertaken by so many to secure this legacy for our future generations. We only have one chance to get it right, as the balance between housing needs and protecting our environment and village is considered.

This picnic event was originally designed to complement Frenchay Parish Church's World Climate Sunday service and events, the Church will still be able to provide refreshments from 4pm until 5.30pm on Sunday 29th.

To continue that theme, the plan is for people to picnic from 1 p.m. on the new Village Green and any other green space they care to enjoy, like the Common. As the bye laws prohibit naked flames for safety reasons, please note **any BBQ's can only be in the area set aside** by the school boundary where there is a stone area purpose built.

**Please also take your litter home if the bins are too full or far away, thank you.**

FRA will provide:

- guided tours of the new voluntary village green and nature reserve every hour from 2pm onwards;
- a family treasure hunt, with suitable rewards for effort; AND

Frenchay Museum will have a fascinating exhibition, Hugh Whatley's article in this magazine in July explained the significance of this year for Frenchay's medical facility heritage.

Grow Wilder will also be providing an information centre for us by a blue tent on the voluntary village green and other local event groups, like the Flower Show, have been invited to do the same.

Porta-loos will be situated in the museum car park.

We particularly extend a warm welcome to new residents in Frenchay Park, who can hopefully meet their new village neighbours and learn more about our wonderful village.

Assuming that we are blessed with kind weather, it should be a very enjoyable and social occasion for everyone.

Please bring games to play in addition to all of your picnic essentials, seeing the green spaces used for enjoyment is our number one objective.

### **STOP PRESS!! – New acquisition for the Museum**

Thanks to a combination of local knowledge and steady nerves in the auction room, the Museum has successfully bid for the original 'Subscription List' of contributors to the cost of Frenchay Bridge, built in 1788. Subject to the usual conservation protocols, it is hoped to have this item on display during August.

Yet another reason to call into the Museum on the Village Picnic Day - Sunday 29th!  
(Hugh Whatley)

**PS: The Museum are still looking for more volunteers, so please contact Hugh, if interested.**



## **New School Building Work Commences**

We very much welcome BAM construction as they start work on the new school. They are keen to support FRA, children going into the new school and our local community work, including improving the local environment. The site team are led by Project Manager Jason Cisneros and Senior Site Manager Simon Hill. FRA will circulate BAM's full newsletter, but here is an extract summarising the project for everyone;

*BAM is building the new Frenchay Church of England Primary School, on behalf of South Gloucestershire Council. The school has outgrown its current teaching facility and will completely relocate into the new school building when it is complete. This new building will provide a modern, comfortable learning environment for 420 local children to the Frenchay area. The project will involve the construction of a 2 storey, primary school with a double height hall space and adjacent catering kitchen. The building will be constructed from a full timber frame structure with steel supports for the larger spanning areas. The structure will be founded on reinforced concrete raft ground floor slab with thickening and high load points. The external fabric will comprise of half height rendered masonry wall around the full perimeter of the building, above this low-level blockwork will be larch timber cladding up to the roof level. The external scheme will provide two hard games court areas, one soft sports pitch and associated car parking and cycle storage, with surrounding hardstanding.*

**Can we please ask that residents and visitors avoid parking between the site entrances and the new bungalows during working hours to allow safe and achievable lorry movements to the new school site. Thank you everyone.**

## **Community Speed Watch**

After what seems like an eternity, our traffic expert Ian Potter has finally received confirmation that the speed watch volunteers can commence their training, which should be complete by the time you read this. Feedback from residents has helped Ian to identify the relevant 'hot spots' and these will be used for the monitoring of motorists.

It would be great if this project ends up with motorists sticking to local speed limits more and the generic results will be communicated back to residents as well as the traffic police.

There is no doubt that with less traffic during lockdown the reports of speeding vehicles in certain locations increased dramatically. Many thanks to Ian and the volunteers working hard to make our local roads safer.

Stay safe and well everyone, we really look forward to seeing as many of you as possible on Sunday 29<sup>th</sup> August afternoon.

**Adrian Collins (Chair - FRA)**

## Frenchay School wins Bristol Area Lego Competition



This summer, six teams from primary schools across Bristol competed virtually in Whirlpool Corporation's first ever *FIRST*® *LEGO*® League Bristol tournament.

Team Jeremy from Frenchay Primary School was crowned the winner of the ultimate Champion's Award, with Hambrook Primary School, St Paul's Catholic Primary School, Courtney Primary School and Meadowbrook Primary School taking home additional prizes.

A global competition involving over 310,000 young people (in 38,800 teams), from across 100 countries, *FIRST*® *LEGO*® League aims to develop children's abilities and interest in STEM, alongside a wide range of personal and future career skills. Whirlpool Corporation has fully funded the Bristol tournament and this included sponsoring seven local primary school teams to participate and providing brand-new *LEGO SPIKE Prime Robots* too.

The theme of this year's *FIRST*® *LEGO*® League Challenge, RePLAY, focused on the importance of play and being more active. Teams were challenged to compete across the four key components: Robot Game, Robot Design, Core Values and the Innovation Project.

This year's Bristol tournament took place virtually, with teams submitting their [live matches via recordings throughout the day](#), to be carefully adjudicated by a panel of industry-based judges.

The teams, made up of primary school children aged 9 – 11 and led by either a member of school staff or a parent, had all committed months of time and preparation to the challenge.

*(continued on next page)*

In the Robot Game, teams are challenged to build and programme their LEGO robot to complete a set of up to 15 'missions' across a LEGO playing field. Teams have two and a half minutes to complete as many missions as possible.

In the Robot Design assessment, teams showcased their robots to the judges and explained the design and coding process behind them.

For the Innovation Project, teams had to identify a problem connected to the annual theme, come up with a solution, and then, finally, present this to the judging panel.

In all areas of the competition, the teams had to demonstrate a signature set of core values, tying into each of their tasks. These were: Inclusion, Discovery, Teamwork, Innovation, Fun and Impact.

As the winners of the Champion's Award, [Team Jeremy from Frenchay Primary School](#) progressed to the IET *FIRST*® LEGO® League England and Wales Final, which took place virtually on 2 July., and although they were unable to win this national event, it was an honour to be a part of it.

The team has also been invited for a tour and hands-on experience of Whirlpool's UK manufacturing centre in Yate, and will be gifted £1,000 worth of Whirlpool appliances to be used in the school.

Whirlpool Corporation's Public Affairs Director, Ian Moverley, commented: "Congratulations to all of the teams involved in our first-ever IET *FIRST*® LEGO® League tournament in Bristol. Following the success of our inaugural IET *FIRST*® LEGO® League in Peterborough last year, we wanted to offer a similar experience for our Bristol community. It is fantastic that the tournament has been able to go ahead this year; a tremendous achievement for all teams involved considering the challenges and COVID-19 related issues faced by all schools this past year. I would like to say a big thanks to all of the team coaches and the teams themselves for their hard work; as well as to our brilliant team of volunteers who helped make this event happen!"

Registration for the *FIRST*® LEGO® League 2021-22 season is now open with the new theme 'Cargo Connect'. Teams can be made up of school groups, scout groups, or simply be a team of friends, but will need at least two adult coaches.

For more information please visit: <https://education.theiet.org/first-lego-league-programmes/register/>



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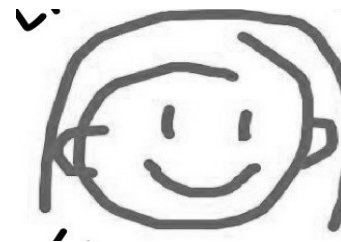
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## **Councillor Ben Burton reports :**

### **Library Services – Frenchay**

We know many residents take advantage of the range of books and other media that is available at South Gloucestershire libraries. We understand that for some residents it is often difficult to get to the library itself so we are keen to highlight a service that is offered locally.

Downend Library 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. This was a very important service during the pandemic which not only provided reading materials during lockdown but also was crucial in supporting members of the community and signposting to other agencies as needed.

There is some capacity within this scheme at present so please contact Downend Library if you would like to join (contact details below). Staff will select books, audio books or DVDs according to your requirements and volunteers will then deliver these items to you. This is a great service and brings the joy of books to many residents who would otherwise not be able to use our library services.

If you would like to sign up for the scheme or, indeed, volunteer to deliver books locally, please contact Downend Library (01454 864773 or [downend.library@southglos.gov.uk](mailto:downend.library@southglos.gov.uk)).

### **Vaccinations**

We know that many residents are looking forward to Covid 19 related restrictions being eased but for others this causes understandable concerns. One of the main drivers in reducing hospital admissions is the success of the nationwide vaccination campaign and this has also been going well locally.

We are sure many residents have received both doses of their vaccinations but, for younger members of the community, more vaccination sites and walk in clinics are being offered. Please visit the South Gloucestershire Council Newsroom for information about the new large scale Vaccination Centre that opened at the Conference and Exhibition Centre on UWE's Frenchay campus on 7 July.

<http://sites.southglos.gov.uk/newsroom/health-and-wellbeing/new-large-scale-vaccination-centre-uwe-bristol-opens-as-all-adults-are-urged-to-book-their-vaccination-now/>

We urge all residents locally, who have not already had a first or second dose, to take advantage of this facility. The vaccination programme will hopefully ensure that we can return our lives to relative normality.

*Cllr Ben Burton (ben.burton@southglos.gov.uk)*



## News from Downend Library

Pack your bags and head to the library to join *Wild World Heroes*, Summer Reading Challenge 2021!

Summer Reading Challenge 2021

**WILD WORLD  
HEROES**

To get involved, children read 6 books over the summer holiday and collect stickers to complete their special *Wild World Heroes* poster to get a medal and certificate. **It's FUN and FREE to take part.**

Join the *Wild World Heroes* for the Summer Reading Challenge at Downend library any time from Saturday 10 July to Saturday 11 September, and discover how you can make a difference to the environment too. Our staffed hours are - Mondays, Wednesdays, Fridays 10am -5.30pm and Saturdays 9.30am – 1pm.



Also NEW this year, there is also the Mini Challenge specially designed for pre-school children.

Plus children can pick up a FREE craft bag of awesome animal activities to make at home when you join Wild world Heroes. Find out more at [www.southglos.gov.uk/librarychanges](http://www.southglos.gov.uk/librarychanges).

Like us on Facebook [www.facebook.com/sgloslibraries](http://www.facebook.com/sgloslibraries) and follow us on Twitter @southgloslibs for the latest Wild World Heroes updates.



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Please also visit our web site at [www.frenchayvillagehall.co.uk](http://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.

## **Begbrook Social Club, Frenchay Park Road BS16 1HY**

It is with great pleasure that we would like to welcome all our Members, Groups, and friends back to the club to enjoy our facilities as you did before .

Our two function rooms are available to hire and we are pleased to announce that we will soon be resuming our entertainment program .

This will include 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 .

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## CHURCH CALENDAR FOR AUGUST 2021

All Sunday services are now being held in church

Commencing at 10.30am

1 August	Holy Communion
8 August	Morning Worship (Young Families' Focus)
15 August	Holy Communion
22 August	Morning Worship
29 August	Matins followed by short Holy Communion

Commencing at 6.00pm

1 August	Holy Communion
8 August	Evening Prayer
15 August	Evening Prayer
22 August	Evening Prayer
29 August	Evening Prayer

*After 19 July it should not be compulsory to wear face coverings (masks) in church but please do so if you wish. Sanitisation is still available.*

We would like to welcome as many people as possible – families, especially on 8 August.

**Every Wednesday**

8.00pm Prayer Meeting on Zoom

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

**Christian Aid Week Report.** It is a tradition in Frenchay that in May we put donation envelopes through doors and later knock on doors to see if you wish to donate.

With Covid, we did not think we should be knocking on doors so instead asked for envelopes to be returned to an address in the street. We assumed this would result in a big decline in giving but actually it raised £591 !

Thank you to those who took the trouble to donate in this way and to the people who let us use their address for the return of envelopes. The money will be used to bring relief to those in the poorest parts of the world.

## Our Minister writes :



Dear All

I wonder if you, like me, are looking forward to a new start?

As I write, we are anticipating a release from many social distancing restrictions on July 19. A new era begins in some ways. Also by the time you read this you will know whether we have 'brought it home' in terms of the Euro Football Champions' Cup. Winning the semi-final was already giving that 'better footing' to the nation's morale. These new starts are of course quite tenuous, and don't necessarily last for ever.

It is rather similar when I have bought new clothes. I sort of feel a new person for a while. And then I get used to them – or tomato ketchup blobs and spoils... Are you like me, in that you like the feeling of a new start? Do you, like me, wish you weren't always having to be looking over your shoulder, wondering in case it's about to be spoiled?

Let me stick with new clothes for a moment. I relate this to 'habits', which are literally 'clothes' or 'coutumes' in the French, which we know as 'customs'. St Paul writes to the Colossians about how they have now 'put off old habits and put on new habits' since becoming Christians. This is because they have become fully children of God – they are taking on the habits of their heavenly Father in whose image they were created. This 'new nature' which a person can attain is not skin deep. If so, they would be like wolves in sheep's clothing (as Jesus describes the false prophets in Matthew's gospel). Becoming a Christian is nothing short of becoming a 'new creation', which is not subject to a reversal of regulations, or a botching on our part. It is permanent, and works from the inside of our beings out into the rest of our lives. Jesus described it as being 'spiritually reborn', in John's gospel.

So, would you like to explore this? We are running Discipleship Explored and combining it with a Confirmation Course, starting on August 23. Confirmation is optional, but is on November 15 at 7.30pm this year.

Please be in touch with Kath Sugden [sugden868@gmail.com](mailto:sugden868@gmail.com) for more details and to register your interest.

<https://discipleship.explo.red/>

*Rev'd Charles Sugden*

## The Story behind the Hymn : 'My God, how wonderful you are'

The writer was a Yorkshireman, Frederick William Faber, born in 1814 in Calverley in the West Riding. His father was the secretary to the local bishop.

Faber's family was of Huguenot descent with Calvinistic beliefs, but Frederick eventually abandoned these, became a follower of John Henry Newman, and was ordained in the Church of England in 1839.

He loved to wander in the Lake District and write poetry and while there befriended the poet William Wordsworth. In 1841 he undertook a tour of the Continent and wrote a book entitled *Sights and Thoughts in Foreign Churches and amongst Foreign Peoples* (published in 1842), with a dedication to Wordsworth. In 1845 he was received into the Roman Catholic Church, being ordained as a Roman Catholic priest in 1847.

He was often ill, being diagnosed eventually with Bright's Disease, a long-term disease of the kidneys, from which he died in 1863, aged 49. His great-nephew was Geoffrey Faber, a founder of the publishing company, Faber and Gwyer, which later became Faber and Faber.

The tune "Westminster" was composed by James Turle, born in 1802 in Taunton. After singing as a chorister at Wells Cathedral, he started in 1817 having organ lessons at Westminster Abbey with George Ebenezer Williams. He was appointed deputy in due course and in 1831 took over as the organist at the Abbey, playing for his last service in 1880 for an anniversary of Queen Victoria's coronation. He died in 1882.

*Dr Judith Langfield*



### **SPIRE LIGHTING**

-

**July 2021**

- .2 July**     **Marre**     With gratitude for a wonderful woman Dr Diana Marre on her birthday - Miguel, Sofia and Hugo
- 5 July**     **NHS George Cross** Celebrating the 73rd anniversary of the founding of the National Health Service
- 7th July**     **Caroline Anne Coleman.**     It seems only yesterday, I will love you for ever., Richard

For Requests (cost £10), contact [churchwardens@frenchay church.org.uk](mailto:churchwardens@frenchay church.org.uk)  
or on 07979961815

**Gaining an Eco Church Award** helps us focus on changes we can make locally, involving many different aspects of our parish life. Achieving Silver will not be easy. We need people with an interest or expertise in each of these areas listed in the award to join us. You do not have to be a church goer, just to want to work towards a greener future. Can you help? If so, please contact Kate Davison 0117 9568085 [kate1.davison@gmail.com](mailto:kate1.davison@gmail.com)



**Bronze Eco Church  
Award Certificate**

This is to certify that

**Frenchay Parish Church**

has won a Bronze Eco Church Award in recognition of their efforts to care for God's earth in each of the following areas (as applicable):

- Worship and Teaching
- Management of Buildings and Land
- Community and Global Engagement
- Lifestyle

Signed Andy Atkin Date 1st June 2021  
CEO, A Rocha UK



[ecochurch.arocha.org.uk](http://ecochurch.arocha.org.uk)  
[arocha.org.uk](http://arocha.org.uk)



## Gardening in August

Now is a great time to enjoy whatever you have planted which should be bursting with colour and producing fantastic home grown fruit and vegetables. Everything seemed a little late, due to the early weather conditions this year, but catch up it will! Keep plants looking good by regularly dead-heading and remove rose suckers - you'll enjoy a longer display of blooms.

**Hoe, Hoe, Hoe** – No, we're not talking about Christmas just yet! It's time to get on top of your borders and get ahead with hoeing off weeds. Choose a nice dry day, so that any weeds that you miss collecting wither away in the sun. It's worth taking a hoe out with you every time you go in the garden, so no weeds stand a chance of bullying out your annuals and perennials.

“A weed is a plant that has mastered every survival skill except for learning how to grow in rows!”

Many lawns look browner than they do green during the summer. This could be due to setting the cutting height too low on the mower. Doing this creates shallow rooting, making the lawn more susceptible to drought and building up of moss. From the first cut of the year, start high and gradually work down to your desired height (ideally around 1 inch cutting height) and work back up to the highest as we move into early autumn. If your grass does turn brown from the heat, don't be tempted to water, it's good at dealing with a lack of water and will bounce back - if you are tempted just give it a good soak once a week.

Keep new plants well-watered and ensure newly planted trees and shrubs do not dry out - they often need much more water than you imagine. Don't forget to water your potted shrubs like Acers and Olives and give them a feed too.

It's really nice to see the no-mow areas around Frenchay are still thriving. No mow May is over but the pollinators still need support! It's also worth noting in hot weather try limiting the amount you dig, to minimise the loss of moisture in the soil. That's a cue for rest and relaxation if ever I heard one! We should look for the positives in our lives and gardening does have a great impact on both our mental and physical health! It's amazing how many worries are lost when gardening.

*Alan Caswell*

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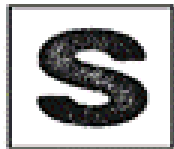
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## FRENCHAY CRICKET CLUB HOSTS THE MCC

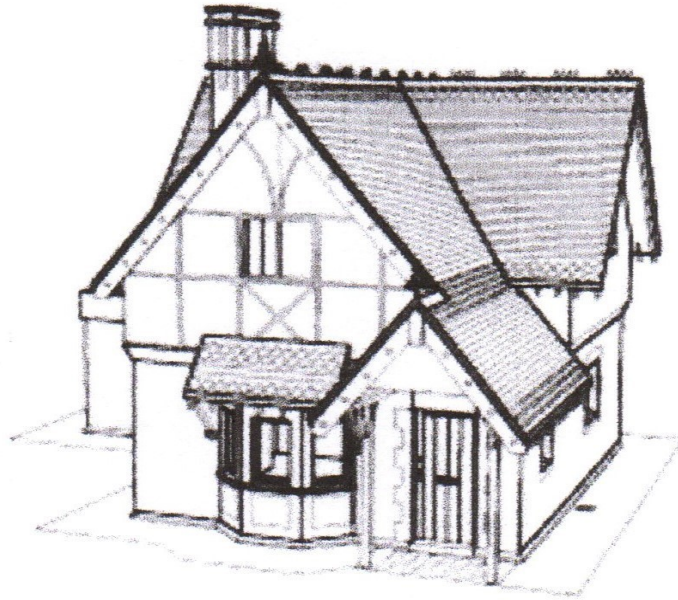
Two of the oldest Cricket Clubs in the country, or for that matter anywhere, met in a match at the Bob Stone Ground, Frenchay on the 9th July as part of the local club's 175th anniversary celebrations. The weather was kind and allowed for a most enjoyable occasion both for those playing and those watching. The two clubs shared a former member in the formidable figure of Dr. W.G. Grace, and the MCC puts out teams for roughly 500 fixtures annually to support and encourage the ongoing growth and development of the game. The Frenchay Club are a good example of the ongoing encouragement and development of the game, with its four senior sides, a women's team, a disability group, and a thriving youth section. No less than 8 players in the team taking on the MCC had come through the FCC youth system, including the youngest player, in the match, 17 year-old Tim Dobinson, who took a creditable 2 wickets for 47 runs .



The visitors batted first and reached a score of 208 for 7 off 46 overs before declaring, and while the home side were unable to build the partnerships to truly challenge that total, being all out for 121, the occasion was much more about recognition of all that the Club has achieved over a very long period of time. The club is also very much looking to the future, with plans for a new pavilion well advanced, and with the latest technical acquisition , the electronic scoreboard, in use at the match and seen

in the picture above. The photograph below is of the two teams together at the close of play on a memorable day for the Club.. Dr. W. G. would have enjoyed it !





## **FRENCHAY MUSEUM NEWS**

**The museum is now open on**

**Saturdays and Sundays 2.00 - 5.00pm**

**Wednesdays 1.00 – 4.00pm**

We have a new exhibition showing a selection of our old postcards and the modern equivalent view – don't miss it!

We also have a new feature – a changing display of recent acquisitions and small items from our collection which may not normally be on public display. Please visit and see what is new. Entrance is free and we would love to see you.

### **FRENCHAY BRIDGE**

Frenchay Bridge was built by public subscription in 1788. Have you ever wondered who subscribed to the bridge? A recent auction advertised an item that was the original subscription book for the bridge.

Frenchay Museum made a bid for it and were able to buy it. Although the cost was more than £300 the committee felt that this was a chance in a lifetime to know more about who paid for the bridge.

As soon as we receive the book, we will let you know more.

*Carol Thorne, Frenchay Museum*

## Downend & Frenchay Tennis Club

Located on the Frenchay Cricket Club site, next to the Golf Centre )

Welcomes all ages and abilities to come along and meet us. There are 4 floodlit courts available to members, but also to non-members on a 'pay & play' system



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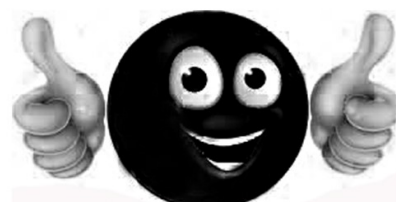
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# Frenchay Flower Show



## 100 Years Old

Sadly, due to Covid restrictions, this year there was no Frenchay Flower Show. This was a great pity for many reasons, but perhaps mostly because it would have marked a hundred years since the first one.

Frenchay Village Museum's website [http://frenchaymuseumarchives.co.uk/arch\\_parish\\_mags.htm](http://frenchaymuseumarchives.co.uk/arch_parish_mags.htm) has the Parish Magazines from 1878 to 1951 available for anyone to read, and the Sept/Oct 1921 issue has the following short report.:

*"We are obliged to hold over a detailed account of the first Show of the Frenchay and Hambrook Horticultural Society, which was held in the Village Hall on Saturday, 20th August and attracted more than a hundred entries which, considering the season, reflected great credit on the skill and diligence of the exhibitors. The Show was opened by Mrs. W. E. Mirehouse, who, in a few well-chosen words, wished it the encouragement and success that it richly deserved. "*

Mrs. Mirehouse, who opened the show, was the wife of W.E. Mirehouse, a barrister who was churchwarden at Frenchay Church at the time. They lived in Hambrook Grove.

Mrs. Mirehouse, who opened the show, was the wife of W.E. Mirehouse, a barrister who was churchwarden at Frenchay Church at the time. They lived in Hambrook Grove.

Unfortunately, the "detailed account" that was held over doesn't appear in any subsequent issues, so we know no more. But it was the start of a great tradition.

**Roll on next year's Flower Show!**

## Just Run : Frenchay

Congratulations to our latest graduates of the couch to 5km course. We are delighted that so many of them have joined the club and are running regularly. Well done and welcome to those who have enrolled on our 19<sup>th</sup> July couch to 5 km and 5-10 km courses. It's not too late to join these groups. Alternatively, there will be more courses running (excuse the pun!) in September so contact Jessie at [info@justrun.uk](mailto:info@justrun.uk) to sign up

We will continue to meet every Monday throughout the summer at 7pm in the Dings Rugby Club carpark. A big thank you to the Dings Crusaders for accommodating our community group throughout the COVID 19 pandemic. For some of our members the ability to meet and be able to run in small groups over 2, 3, 4 and 6 miles has been incredibly important and we're so proud to be part of the amazing local Frenchay sports community. **Facebook:** JustRun Bristol **Instagram:** justrun\_bristol

***Michele Crossman***

## Frenchay Cricket Club News

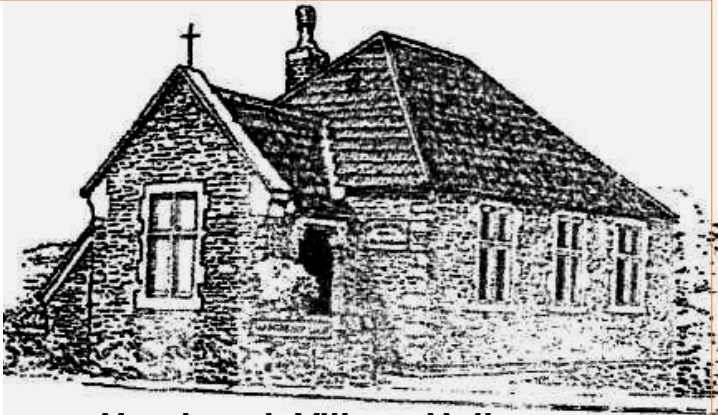
The season is progressing well, but the very changeable weather has certainly affected how many matches and training sessions have taken place. The heavy showers have challenged the improved drainage system at the Ground, but in past years, lots more time would have been lost through waterlogging.

On the field, the 1<sup>st</sup> XI continue to show up well in a very tight Division, while the 2<sup>nd</sup> XI are still struggling to get across the line in close matches. The 3<sup>rd</sup> XI are staying the pace in another challenging Division, while the 4ths have had some extremely tight finishes. The Womens Softball Team have also been doing well in their mix of matches and Festivals, with lots of laughter and learning being the order of the day.

At youth level, 'All Stars' has now been completed with around 30 young children having had a super experience, with much credit for this going to our very talented and committed group of older teenagers for assisting with these sessions. The Under 9s and U11 Girls 'Dynamos' continue with matches, as do the large number of boys in the U11 Squads. The U13 'Heat' Girls lead the way in their Glos Girls Division, and the U15 'Flames' Girls continue to impress. The Junior 'Dynamos' Falcons Disability Group is growing, as is the 'Senior' Falcons Group.

The 175<sup>th</sup> Centenary celebrations are going well, with a super day involving a 'Former Frenchay XI' v Current 1<sup>st</sup> XI, when it was great to see 'old' faces back on the pitch, some as lively as ever, others perhaps not quite so! The Celebration Match with MCC is featured elsewhere in this Edition.

Finally, so many visitors comment about how lovely the Ground looks, which is testament to the work of the highly committed volunteer Grounds Team.. ***Jim Donaldson***



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## Esmé's Article

### 'Holiday in Southmead'



(sadly, not involving any of these ! )

If you wonder why I chose Southmead for my holiday, I didn't choose it : it chose me! (Written while in Southmead Hospital ) I came here more than a week ago after making a 999 phone call !

I am writing about it, as my experiences may help somebody reading this. Over the years, I have been an out-patient in both the Eye and Dental Hospitals, and an in-patient in eight Bristol hospitals !

Here I arrived in 'A and E', and since then, I have been in four different wards !

My favourite hospital was the Maternity Hospital, as I left with a beautiful baby.

May I put your mind at rest about having a MRI scan, as many people are scared about being in a tunnel. Do not worry : you have a buzzer to press for help if you need it. Try not to do that. I always ask how long it will take. Last Saturday they said 15 minutes. I count. I know that I can reach 400 in 15 minutes. That way, when you reach 200, you know that you are half -way through the scan.

There is one reason why I prefer stays in French hospitals : you have wine with your meals ! I realise that our NHS would not want that extra expenditure, but I wish that I could buy a glass with my meal now !

The last time I was in a French hospital bed, my GP came in with his guitar, sat on my bed, and played it for me. It was really good relaxation treatment !

I am very grateful for the kind and efficient help that I am receiving here in Southmead Hospital., of course.

Stay well.

**Esmé**

Editor's Note : I am pleased to report that Esmé was discharged from hospital when they felt able to conclude that there was no serious ongoing problem, and she is now settled back home.

And thanks again to her for writing the article, even though she was in hospital !

# Mark Evans Electrical

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## Recipe for the Month

### Lemon Soufflé Custard



This is a deliciously light pudding with a top of spongy mousse and underneath a sharp lemon sauce. This recipe serves 8 but just cut all the ingredients in half to make a smaller one.

Preheat the oven 400F/200C/gas mark 6.

Grease a 1.5 litre ovenproof dish (900mls for half recipe)

4 eggs, separated

Grated rind and juice of 2 large lemons

25 g butter

225 g caster sugar

50 g flour

475 ml milk

Put the egg yolks, lemon rind and juice, butter, sugar and flour into a processor and blend well, and then add the milk through the funnel. (If you do not have a processor work the butter and sugar together, then add the egg yolks and flour and lastly the milk.) Beat the egg whites until firm and fold into the mixture. Pour into the greased dish.

Place in a roasting tin; pour boiling water into the tin to come half way up the dish. Bake for 45 minutes and serve at once. It is also good cold... allow to go cold and refrigerate. Serve with cream.

Happy cooking, ***The Tidy Cook***

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# Mark Sanderson

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