

December 2021

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“ A hard time we had of it “
were the words of the Magi, as
imagined by T.S. Elliott.
Many people may think of 2021
in similar terms : but, like the
Magi, on we proceed,,
still resolute, and still with hope.

Frenchay Community News

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

frenchaycommunitynews
@gmail.com or, if posted or
hand-delivered, to

31 Wadham Drive, Frenchay,
Bristol BS16 1PF

The deadline for the January
2022 edition is 12 noon on the
Thursday 9th December

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

kate1.davison@gmail.com

Frenchay Residents Association (FRA) Report No. 85

Dear Friends and Neighbours,



This year we would like to launch the inaugural

Frenchay Festive Windows for Christmas Trail.

Any address in Frenchay is welcome to join the trail and your window can be decorated in any way that you like. This could be using stickers, glass paint, card and tissue paper, silhouettes, lights, 3D designs, drawings or paintings.

The options are endless, but the main thing is to have fun creating it and for people to enjoy seeing all the wonderful window displays that Frenchay can produce.

We recommend using an upstairs window if possible as that can be seen best from the road. If this is not possible bear in mind that those doing the trail will have to come on to your premises at their own risk. If you have doubts about this then wait until next year when we will have seen how the experience has worked in practice.

There are lots of ideas online if you search Christmas window trails. If you would like to take part you need to email frenchaychristmaswindowtrail@yahoo.com to register your property by the **10th December**. You will then receive a message /email informing you of the number that you will be on the trail map. You will need to incorporate this number into your display so people know which house on the trail they are viewing.

We will light up our windows from the 16th-22nd December between 4-5pm allowing people to follow the trail map and take part.

Trail maps will be made available in various locations including to download on the FRA Facebook page, and links sent out in an email to all on our circulation list.

We might even establish a vote for favourites and prizes if enough properties want to take part. So please let's get into the festive spirit and add to the magic of Christmas in Frenchay this year.

We also look forward to seeing you all at the community carol service on Frenchay Common opposite the Parish Church on Monday 20th December starting at 6.30pm

New Primary School Project Update

We are very grateful to Jason and his construction team for working so closely with FRA to keep the community informed. Here is an update from Jason:

BAM and our groundworks contractor GWorks have completed the concrete base to the entire footprint of the new school building. We greatly appreciate the support you have given our construction teams working onsite, and the interest you have shown in the construction process, with many of you stopping to have a look through our site entrance gates and often speaking with members of the site team.

Invitation to visit our site.

To complement this healthy interest in the project, BAM would like to offer an open invitation for a tour around the new school construction project on Thursday 16th December 2021. The BAM site team will escort members of the public around the new school construction site, showing you the timber frame structure that will form the overall shape of the building and create the internal teaching spaces.

BAM will provide four tours each starting at specific times to help accommodate everyone's varying availability. The times of each tour will be: 14:30, 15:00, 15:30 and 16:00. We do hope many of you will be able to join the BAM team on Thursday 16th to see the new school during construction phase and enjoy a small festive treat of mince pies.

Jason Cisneros | Project Manager | BAM Construction Ltd

Biodiversity projects.

Thank you so much to everyone who helped us on a Sunday morning recently to plant some more purple crocuses. This is the 'thank you' that we have received from Rotary International.

On behalf of The Rotary Club of Clifton, and also Rotary International, I write to thank you and The Frenchay Residents Association most sincerely for your wonderful generosity of a cheque for £350.00 for the supply of 2,000 purple crocus corms. This money will go towards Rotary's "Purple for Polio" campaign which is striving to eliminate Polio from the world. We are being supported and helped by "The Bill and Melinda Gates Foundation".

There are now only a couple of small pockets in the world where polio still exists, and we are very close to clearing those areas of this terrible disease. This will be an incredible result which has taken many years to achieve. Once again my sincerest thanks for your kindness.

In other news on this diverse subject, please also see the very interesting feature in this magazine about the new Friends Group intended to make plans for the Voluntary Village Green when it comes into Parish ownership very soon. Hugh Whatley has championed this as Preservation Society Chairman and all Frenchay groups are working very closely together to enhance and protect our environment.

Similarly the Frenchay Allotments Society, whose report makes great reading on what they have achieved in helping community food schemes with surplus produce. This is a fantastic achievement that we hope will be championed elsewhere as well.

On the 4th of December many of the FRA committee will be attending the Grow Wilder Christmas Pop-Up Christmas Market down at their Stoke Lane premises. The event is from 10am until 4pm so please pop in and join us. We had wonderful support from GW at our August picnic day, so we are delighted to support them for what looks to be a wonderful event.

It's great to have everyone working together on these projects in Frenchay's best interests.

The Planning Application Maze

Everything about the SGC planning application process seems to assume that you have a degree in computer sciences and use intricate technology every day! Furthermore, very few properties within a radius of a property that has applied receive a postcard, or letter, to let you know what is happening on your doorstep.

Although it takes yet more time in assimilating technology, it is worth registering with the SGC planning portal, so that you can receive email alerts and follow progress on existing applications affecting you and your surroundings. This is the link to set up that process:

developments.southglos.gov.uk/online-applications/registrationWizard.do?action=start

Have a wonderful Christmas everyone and all the best for 2022, thank you for your continued support and engagement during 2021. **Adrian Collins (Chair - FRA)**

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A NEW FRIENDS' GROUP FOR FRENCHAY PARKLANDS ?

Some two years ago, at the November 2019 AGM of Frenchay Preservation Society (FPS), it was proposed that FPS should sponsor the formation of a Friends' Group to *support* the long-term management of the 20+ acres of hospital land being handed over as a Voluntary Village Green (VVG).

There was unanimous agreement at the AGM to this course of action after presentations from a South Glos Officer and representatives of Page Park in Staple Hill, where just such a Friends' Group was able to bid for additional funding not available to local councils. At this point I must stress that this is a complementary activity to the planned management of the VVG as one of the 'Parish Council Assets' and is not in any way a criticism of the available budgets! In fact, these additional funds will help to ensure that we can optimize our response to the generally acknowledged 'climate emergency' in the way that we are able to look after a major addition to our natural environment as 'Frenchay Parklands'.

So, fast-forward two years and where are we? Unfortunately, the answer is still struggling to come to terms with delays caused by the covid pandemic and various legal issues which have prevented the handover of the VVG. However, I am feeling reasonably confident of better news in 2022, which is why I am now setting out a summary of what needs to be done – in three clear stages:

The good news is that the unanimous backing at the AGM of Frenchay Preservation Society means that we have already achieved Stage 1 – the identification of a 'sponsor organisation'.

Stage 2 is to arrange a public meeting, with some display boards and relevant information which will encourage local residents to show support by simply adding their names to a list. If we manage to persuade at least half of 'Frenchay' to drop in and show support then we can move on to Stage 3...

Stage 3 is to actually set-up the Friends' Group - *if the support is there!* Offers of help are already available with such matters as constitution (vital when bidding for public money) and setting initial aims & objectives. In an ideal world, and subject to stage 2, we will be able to recruit a representative range of volunteers who feel able to make all this happen! (Whilst promoting Frenchays Best Interests at the same time.)

Meanwhile, back to Stage 2. I am looking for 'short-term volunteers' who would like to join a small group and help to organise a public meeting in the spring of 2022. The tasks are fairly straightforward: prepare some information boards (eg; what friends groups do, the 20 acres of land, examples of what others have achieved). We also need to set-up on the day, 'meet & greet' and make a record of those attending, with any comments. If you would like to help, my contact details are shown below.

Thank you in advance for your interest!

Hugh Whatley (Chair – FPS and vice-chair of FRA).

Mobile = 0777 552 2689. E-mail = HWandCo@aol.com

PS – One of our local inspirations is 'Grow Wilder' (part of Avon Wildlife Trust) who are located just down Frenchay Park Road on the corner of Stoke Lane. They are holding a **pre-Christmas Market on Saturday 4th December (10am to 4pm)** with various craft stalls, demonstrations & refreshments.

* * * * *

2022 FRENCHAY MUSEUM TALKS – FRENCHAY MEETING HOUSE 7.30

Please note change of venue.

JANUARY 13th – Crossings of the River Severn – Ray Bulmer

FEBRUARY 10th – Frenchay Subscription Bridge – Roger Angerson

MARCH 10th -ANNUAL GENERAL MEETING followed by a talk.

APRIL 1st – F D Maurice – Alan Freke - UNITARIAN CHAPEL

Meetings are open to all so come along to find out more.

This is your museum so please support us.
£2 admission.

The museum will be closed for its annual deep clean during December and January.



Report from Frenchay School

We are very excited to see the developments with the new building. BAM have been working hard to lay the foundations for our new two form entry school. As part of the Passivhaus requirements extra thick insulation has been fitted to ensure that the building is as energy efficient as possible. November sees the timbre frame being installed and we imagine the building will really begin to take shape once this is in place.



We were honoured to have had a visit from Liz Townend, the Director of Education for Bristol Diocese, along with the new CEO for the Diocese. A tour of the current school along with a tour of the new building gave them a thorough insight into who we are as a school and what we are striving for. We can't wait to see the next instalment of the building in the coming months.

Katherine Marks, Headteacher

And as planned, when finished, below.



Councillor Ben Burton reports :

Frenchay Primary School – Update

We are sure that everyone is pleased to see the progress being made in relation to the new Frenchay Primary School. BAM continue to move at pace and the foundations have been completed. Those taking a keen interest in the site will start to see the timber frame being erected in the coming weeks.

This is a very exciting project and will deliver a fantastic learning environment for local children. We will provide updates as the school build progresses and will hopefully be able to share some photos shortly. As your local Councillors, we continue to ensure that vital local services are provided for Frenchay and giving children the best start in life is a key priority

Plant a tree for Tree Week

Tree Week is the UK's largest annual tree celebration, marking the start of the winter tree planting season (November to March) and raising awareness of how we can all help to increase tree cover in the UK. Trees are essential for the health of our environment and provide clean air, food, shelter for wildlife as well as helping to prevent flooding and soil erosion.

For our third Tree Week (27 November to 5 December 2021), South Gloucestershire Council will be giving away 250 vouchers worth £20 to South Gloucestershire residents as a contribution towards buying their own tree. If you had a tree voucher last year, we are asking you to let others apply first this year. But we would love to see your tree.

Please share your photos with us on social media. Facebook, Instagram or Twitter
#NationalTreeWeek #SouthGlos

Further details and the online application will be available from Monday 29 November 2021. Please visit the following website for further details:

<https://beta.southglos.gov.uk/plant-a-tree-for-tree-week>

As your local Councillors, we continue to work with Winterbourne Parish Council to enhance the natural environment around Frenchay and maintain the rural feel of the village.

Ben Burton



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FRENCHAY WI Report

Frenchay WI are thrilled to be able to continue with our meetings and to see so many of our members attending.

Our speaker in October was Steve Loader from the Seamen's Mission who told us of the tough times the foreign sailors who come into Portbury and Avonmouth docks have endured - some of them not being able to leave their ships for 9 months nor seeing their families for even longer. Steve ensures the sailors have access to sim cards for their phones so they can be in contact with their families and he takes much needed stocks to them - chocolate being one of the favourites! Our members had been busy knitting hats and scarves for those sailors who are ill-equipped to endure our cold weather conditions and these were presented to Steve so that he

Our November meeting - on the 15th - will be our Annual Meeting, when the next committee will be elected. We also have WI Markets who come along to sell their wares - home-made cakes, jams, knitted and crocheted garments, etc.

On 20 December we will hold our Christmas meeting with dinner and entertainment. Unfortunately, we cannot receive new members this month as we will be catering for the number of members who have signed up at our November meeting.

However, any new members are welcome to come along to any of our meetings in the new year at the Village Hall on the third Monday of the month starting at 7.30pm.

Our secretary is Chris Davies and she can be contacted by email at frenchaywi@gmail.com or by phone on 0117 9568123



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 **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. It is available for hire for meetings for clubs, community activities, private parties, weddings, fund-raising events etc

Frenchay's Hollywood Star at the Arnolfini

On **January 7th** at the Arnolfini in Bristol there is a screening of the 1921 silent film, "The Three Musketeers", starring Douglas Fairbanks as d'Artagnan, and Frenchay's very own Nigel de Brulier as Cardinal Richelieu. The picture below shows Fairbanks as D'Artagnan, and De Brulier as Richelieu.

Nigel de Brulier was born Francis Packer in the South Lodge of Frenchay Park in 1877. He went to Frenchay School, then by the age of thirteen he was working in Frenchay Park House as a hall boy. He emigrated to America sometime before 1900, where he became an actor and took the stage name Nigel de Brulier. He appeared in his first Hollywood film in 1914, and he featured in more than 120 films before his death in 1948.

Tickets for the screening of "The Three Musketeers" are £8.50 (£5 concessions) and can be booked in advance on the website

<https://arnolfini.org.uk/whatson/three-musketeers/>

Frenchay Village Museum has published a book about his life, "Frankie Went To Hollywood". It's available from the museum priced £4. As the museum is closed during December and January, if you'd like a copy email frenchaymusuem@hotmail.com or call Carol

Thorne on 9569963.



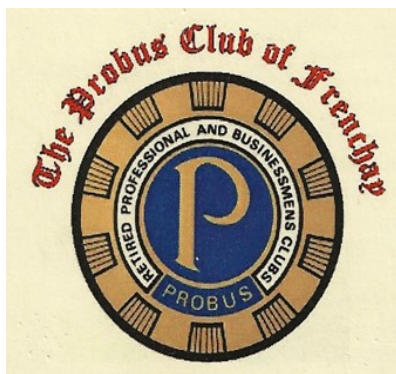
FRENCHAY PROBUS

Our local Probus Club has resumed operations, starting with a "Reunion Lunch" in October to which prospective new members were invited.

Then at our Club Meeting in early November we enjoyed a talk on Bristol Bears Rugby, and our meeting in December will feature a choir and a Christmas theme.

Probus is still inviting new members from our community of retired professional and business men.

Meetings at the Frenchay Village Hall, 1st Wednesday of each month, 10..am until 12.00



CHURCH CALENDAR FOR DECEMBER 2021

All Sunday services are now being held in church

Commencing at 10.30am

5 December	Christingle Service
12 December	Holy Communion
19 December	Morning Worship
26 December	Benefice Morning Praise at Holy Trinity Church, Stapleton

Commencing at 6.00 pm

Holy Communion (BCP)
Evening Prayer
Carols by Candlelight
No service

Carol Service	12 December	3.00pm	BRACE Carol Service
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Services for Christmas	Christmas Eve	4.00pm	Crib Service
		11.30pm	Benefice Midnight Mass
	Christmas Day	10.00am	All Age Worship followed by Short Holy Communion

We would like to welcome as many people as possible

Also **Every Wednesday (Except 28 December)** 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, or for spire lighting, please advise churchwardens@frenchaychurch.co.uk

SPIRE LIGHTING

13 November GERALD THOMAS – 20 years today. Love from the whole family xx

16 November ROSS – Bob Ross for Mary

19 November TED PACKER – with love from Richard and Kate on what would have been your 100th birthday

30 November ALAN SMITH Always in our hearts –Janet, Alister, Tasmin, and Joe

6 December KATH THOMAS Happy 90th Birthday Mum. Love from all the family

7 December ROSE PHILLIPS -A dear mum and grandma, it has been 4 years since you left us. Loved and dearly missed by Viv and Rose xx

11 December ROSAMARIA LANGMAN – Lovingly remembered by Alexander, Louisa and John

12 December DAVE PHILLIPS – A dear Dad and Grandfer on what would have been his 94th birthday. Loved and deary missed by Viv and Rose xx

Our Minister writes :

Dear All,

*Arise, shine! For your light has come,
And the glory of the Lord has risen upon you.
Look ! Darkness shall cover the earth,
And thick darkness cover the peoples ;
But the Lord will arise upon you,
And His glory shall be seen upon you!*



I don't know whether every shepherd in Bethlehem in the days of Emperor Caesar Augustus knew these words from the prophet Isaiah. If they did, whether they had any inkling that they might be fulfilled in their own time. And if so, how many actually expected to be festooned with angels praising God on the hillside , declaring : 'Glory to God in the highest, and on earth peace...'

What about us? When we gather on the Common on 20th December, or in the Parish Church the night before, will we know that God's true light of hope is shining on us? The last 2 years or so have been a time of trial. This was the context into which Isaiah spoke 700 years before Christ. Israel was in isolation and exile. Are we feeling in a bit of a fog, while the pandemic panders on?

As the old carol, 'God rest ye merry' gives in refrain :

O tidings of comfort and joy !

The light of hope is right in front of our eyes. Have we noticed? To you and me, the Son of God has come, born of a virgin, wrapped in warm dry cloths, but lying in a manger. Soon to be a refugee, having escaped a scene of terrible genocide, to live 30 years of relative obscurity in a town of little repute : Nazareth in Galilee. And yet, he was and is the One.

The angels put on a great show at his curtain call on the Bethlehem hillside. The shepherds went and looked into the matter.. We have the events of Jesus' life, death and resurrection faithfully recorded in the bible. Yet have we, personally, realised our hope? Has he 'entered in' to our lives?

Check out <https://hope.explo.red/> Maybe see you on the Common or in church.
Have a blessed Christmas and life ahead,

Rev Charles Sugden.

SPECIAL SERVICES FOR ADVENT & CHRISTMAS



ADVENT CAROLS followed by
SHORT HOLY COMMUNION 10.30 am
Sunday 28 November



CHRISTINGLE - 10.30 am Sunday 5 December



CAROLS BY CANDLELIGHT
6.00 pm Sunday 19 December



CRIB SERVICE - 4.00 pm Christmas Eve
24 December



MIDNIGHT HOLY COMMUNION
11.30 pm Christmas Eve 24 December



CHRISTMAS DAY 25 December 10.00 am -
FAMILY SERVICE followed by SHORT HOLY
COMMUNION

BOXING DAY 26 December 10 30 am –
BENEFICE MORNING PRAISE **at Holy Trinity,
Stapleton**

COVENANT SERVICE 6.00 pm Sunday 2 January

O Little town of Bethlehem : the Story behind the Carol

Neither the writer nor the composer of this well-known Christmas carol had any thought that it would live beyond one Sunday-school service.

The writer, Phillips Brooks, was born in 1835 in Boston, Massachusetts, and was given his mother's surname as his forename. He graduated from Harvard University in 1855 and started work as a schoolteacher, but was sacked. Regarding himself as a miserable failure, he switched careers and underwent ordination training qualifying in 1859 from Virginia Theological Seminary. After being ordained as a priest in 1860, he was appointed Rector to Episcopal churches in Philadelphia. At 6ft 4 ins tall, he became well-known for his height as well as his preaching. During the American Civil War he supported the North and opposed slavery. In 1869 he became Rector of Trinity Church, Boston, where there is a statue of him outside the church. His output of publications was prodigious, including volumes of sermons. Various honorary degrees were conferred on him, including Doctor of Divinity from Oxford University in England. Two schools were founded in his name. In 1891, he was consecrated Bishop of Massachusetts, but sadly died only two years later at the age of 57. He was buried with great ceremony at Mount Auburn Cemetery in Cambridge, Massachusetts.

In 1868, Phillips Brooks wrote the text of this carol for the Christmas Sunday-school service at his church, having been inspired by a visit, one Christmas, to Bethlehem. The organist of the church, Lewis Redner, composed a tune for it called "St Louis". This has become the standard tune for the carol in America, but not in the UK. The tune we use here is called "Forest Green" and was adapted by Ralph Vaughan Williams from an English folk ballad "The ploughboy's dream" given to him by a labourer, Henry Garman, of Forest Green in Surrey. The hymn was published in *The English Hymnal* in 1906.

This is the last of my hymn articles, my first one being in September 2010. I do hope you have enjoyed reading the fascinating and sometimes poignant stories behind the hymns, as much as I have in researching and writing them.

Dr Judith Langfield

Judith also explained further:

"I have decided to call it a day partly owing to the increasing difficulty of finding hymns with an author or composer about whom I have not already written, and partly owing to my need to cut back on my commitments. Playing the organ almost every week and playing for choir rehearsals takes up a lot of my time, along with all the practice that is required.

I've thoroughly enjoyed doing the research for these. It has been fascinating uncovering all sorts of facts, such as the origin of the word Neanderthal, as well as the very human stories and amazing coincidences that led to the writing of a hymn."

Editor's Note : Huge thanks are due to Judith for all the contributions (no less than 128 articles) and all the work that has gone into researching and preparing them.

NEWS from SHAFTSBURY PARK

Now the clocks have changed we are involved in some early kick off's where our opponents do not have floodlights. This means even earlier starts for some of our more distant fixtures. Fortunately we have ticked off two of our long journeys but still face trips to the Leicestershire (twice in a month), The Channel Islands, Suffolk and Cornwall.

We are sitting mid table and scoring lots of tries, but on the downside we have picked up some long term injuries to key players. We have a good squad however and injuries do give opportunities to others. Our Knights (2nd XV) and Warriors (3rd XV) are now well into their first season playing league fixtures and have both made promising starts.

November 11th saw us hold our annual Remembrance Service with laying of wreaths at our War Memorial in the car park.

Sadly we have also lost a long standing and loyal club member, Pete Williams. Pete lived in Weston but would regularly travel up to watch the game, he was a real gent and will be greatly missed.



Our annual Christmas Lunch takes place on December 18th before the big local derby against Clifton. This is an eagerly awaited game with local bragging rights up for grabs. As always take the opportunity if you can to come along and support your local club playing at a high level .



The Big Match of the Season

Dings Crusaders

Vs.

Clifton

Saturday 18 December

k.o. 3.00 pm



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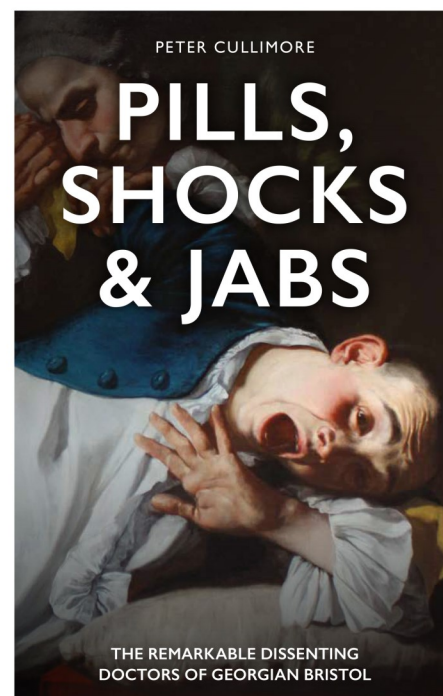
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NEW LOCAL HISTORY BOOK (and possible Christmas present!)

Frenchay features prominently in a new book by Peter Cullimore: "Pills, Shocks & Jabs" which tells the story of 'the Remarkable Dissenting Doctors of Georgian Bristol'.

If you like to settle down for a good read over Christmas / New Year, then this book is seriously worth considering for its exploration of the deep influence of wealthy Quakers like Joseph Beck and Edward Ash in funding and organizing 18th Century healthcare in Bristol (despite considerable prejudice).

Members of Frenchay Tuckett Society will be interested to know that historical advice and fact-checking of references to Quaker structures and procedures was carried out by Roger Angerson, and it is hoped to have copies of the book at the Museum - but not available until the February re-opening date. The book is on sale in various local bookshops for £12, or on line at www.bristolbooks.org (HW).



Making the most of your Garden in December

December weather is often the worst of the year in that it is grey, wet, cold and dank. However, if we get cold, frosty weather then the garden can be transformed into a glittering wonderland and suddenly all kinds of winter jobs are possible from winter pruning, gathering up those papery leaves and tidying up those messy borders. If you haven't yet cleared out your used compost it can be used to level up lawns or spread over the borders as an extra mulch.



Each year we use what we can find in the garden to make our Christmas wreath. It may not look professional but there is something about using whatever we find to create a thing personal to us.

Yes, the holly can be very painful to use, Japonica sometimes "loose" their berries before we get there but the birds are welcome to them and making a wreath to hang on your front door is a lovely welcoming gesture at Christmas.

Why not have a go yourself? It's really easy!

Begin by wrapping a combination of holly, ivy, pine sprigs and mistletoe around a flexible wire frame then shape this around an overturned bowl. That will ensure your wreath has a nice, even circular shape. Arrange berries, twigs, foraged pinecones and teasels amongst the leaves before securing them together with small ties of string. Adding rosemary gives a lovely scent each time you open the door. If you fancy it, add a touch of sparkle or some snowflake shaped decorations amongst the leaves. Use red or gold ribbon to hang it up, this can even be hung inside the house on the back of any door. Too much? How about a Christmas posy of your favourite plants tied with a red, gold or silver ribbon?

FRA this year is also inviting Frenchay Residents (and beyond) to have a festive window display – further invitations in this copy. This is an opportunity to bring our outdoors in! Garden foliage and other odds and ends found in the treasure trove that is the back garden, can make stunning festive displays, centre pieces and even the main event – the Christmas tree itself! We have a Christmas tree in a pot that we move to our front of house display.

You never know what you might unearth if you go for a forage in the foliage or root around in the rough. Logs, twigs, stones, pebbles, leaves and branches can make super versatile Christmas objects. Try making a window box with silver foliage plants and bright red cyclamen - it will look fabulous!

Relax in the knowledge that as well as creating stunning, one-of-a-kind festive masterpieces, you're also doing your bit for the planet and bring your own potpourri of natural fragrance to your home.

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December Recipe

This is a great dessert for a Christmas party with family and friends and an alternative to Christmas pudding. The Pavlova can be made up to a month ahead and after wrapping it in cling film and foil can be stored in a cool place.



Christmas Pavlova

This will serve 12 -15

For the Pavlova -

6 large egg whites

350g caster sugar

1 tsp white wine vinegar

1 tsp cornflour

Decoration

Mint leaves and icing sugar for dusting

For the filling –

600ml double cream

1 tsp vanilla bean paste

50g icing sugar, sifted

200g strawberries, hulled and quartered

300g raspberries

200g blueberries

1. Preheat oven to 160C/140C Fan/Gas 3
2. Line a large baking tray with baking parchment and draw a 30cm circle in the middle of the paper. Draw a 15cm circle in the centre of the larger circle to make a ring.
3. With an electric whisk, whisk the egg whites to soft peaks when the whisk is removed. Whisking on maximum speed gradually add the sugar a teaspoon a time until they are soft and glossy. Mix the vinegar and cornflour in a cup and stir into the egg whites in the meringue.
4. Spoon the meringue onto the ring drawn on the baking parchment. With a large spoon make a shallow trench in the meringue for the fruit and cream to sit in.
5. Transfer to the oven and immediately reduce the temperature to 140C/120C/ Gas 1. Bake for an hour to an hour and a quarter until the outside is hard but still white. Turn off the oven and leave the Pavlova inside for an hour or overnight to cool and dry.
6. To assemble, whip the cream, vanilla paste and icing sugar until stiff peaks form when the whisk is removed. Spoon the cream into the trench in the meringue. Arrange the fruit on top and decorate with a few mint leaves and sift over icing sugar before serving.

Season's greetings to everyone and enjoy

The Tidy Cook

Just Run Frenchay : Our Leaders

Without our volunteer run leaders, we couldn't facilitate up to 75 local ladies to run safely each week in small groups tailored to their running needs and abilities. Our run leaders are first aid trained and to provide a safe and enjoyable running experience, they complete the UK Athletics Leadership in Running Fitness course. This covers risk assessment, warm-ups, cool downs, and how to lead fun running sessions for a mixed ability group of runners.

Why volunteer? With busy lives, it can be hard to find time to volunteer.

However, www.helpguide.org says "the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day."

Thank you to our volunteers for all you do for Just Run Frenchay!

We wish everyone seasonal best wishes and look forward to welcoming back our members and meeting all the ladies who decide that 2022 is the time to get the running shoes on and join one of our regular 2-, 3-, 4-, 5-, 6-mile groups, couch to 5km or 5-10km courses.

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



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Holiday Play Scheme at Frenchay Village Hall

2 to 11 Year Olds Welcome

Open during all school holidays: 8.30am –
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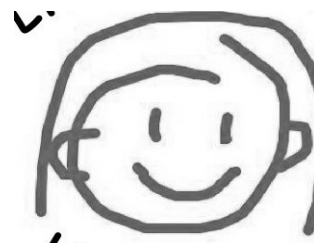
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A range of planned and themed activities
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Lucy Foley 07920885185

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lucy_foley@hotmail.com

Held at Frenchay Village Hall

Frenchay Cricket News This is generally a fairly quiet time at the Ground, with the heavy conditions underfoot preventing most of the Groundsman's activities from taking place. But they still manage to keep the grass trimmed in the dry spells.

Now is a good time to celebrate another successful youth system in terms of producing top level young players. In the Girls system, we have 21 players across all age groups invited to take part in the 'Winter Performance Training Programmes' of the Gloucestershire Squads. In the Under 11 'Development', Imogen Stokes has been selected a year 'early' (as a Year 5). There are four representatives in the County U13 Squad, Imogen Davies, Olivia Mackenzie, Lilly Moss and Sophie Murray, with Daisy Dalton making the 'Development' Squad. Another five from the Club join the U15s, with Jasmine Sappal, Jemima Smith and Ellie Donaldson at 'County' level, and Darcie Ford and Sophie Pickering in the 'Development' Squad. At Under 18, Frenchay Girls make up 50% of the entire Squad of 18. Izzy Carey, Liv Daniels, Izzy Patel, Lily Knox, Anmol Krishna, Rachel le Poidevin, Issy Richards and Sarah Walsh make up a formidable group, some of whom have just completed their third year of 'senior cricket' at the Club. Overall, no less than 14 of these girls have come right the way up through the Youth System from Under 11s.

The Boys County Performance Squads are yet to be announced, but beneath this are the 'GCB Zonal' Squads, with Frenchay represented by Sachin Shriram at U10, Omar Khawaja and Ruben McDonald Capote at U11, and Leo Williams at U12.

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Downend & Frenchay Tennis Club : A Coach's Story

My name is Kirstie and I joined Downend & Frenchay Tennis Club in April of this year (2021). I have been a tennis coach for 8 years, before this I was a Hospital Play Specialist at the Bristol Children's Hospital, which is a job I loved and was incredibly rewarding. Both of my children got into playing tennis at the ages of 4

and 6 and it soon became a massive part of our family life, it was then that I decided to train to become a tennis coach and found a career that is equally rewarding.

After going into lockdown during the pandemic I decided I wanted to push myself and take on a new challenge, which is how I ended up being part of the well established team of coaches at DFTC. They are a professional and friendly team who have been very supportive to me, making the coaching environment fun and an enjoyable place to be. In fact, everyone I have come across at the club have been accommodating and helpful. I deliver tennis to all ages; tots, juniors and adults. I really enjoy watching people progress in a game that I love to teach. Tennis is for everyone; it's great to learn new skills, stay fit & healthy, meet new people and give yourself a new challenge which is so fulfilling. The club creates a very positive fun experience for both children & adults where friendships & skills can be developed for life.

Something new that has been incredibly successful are our Tennis For Kids (re-named as Youth Start) Courses, put together for children aged between 4-11 years who have never played tennis before or have little experience. Since coming back from lockdown, 104 children have enjoyed this six week fun starter course. We will be continuing these right up until Christmas, these courses are packed full of games and drills to get children active. The tennis sessions are led by an LTA accredited coach. Each player receives, a racket and ball set, and a t-shirt all delivered for just £29.99 (+£4.99 P&P) Activity cards, a lanyard, stickers and a certificate are provided by the tennis coach. Please visit our website for more information. We have really enjoyed welcoming and getting to know so many new players to our tennis club.

With the festive season fast approaching we also have our Christmas parties to look forward to. The last week before we break up for the Christmas holidays will be filled with lots of fun, wearing our Christmas jumpers and having the children's Christmas bowling. Our Adult Christmas party is on Saturday 4th December at the cricket club house.

Tennis is a great game for all generations, if you are new to the game or have played for years the club offers something for everyone. To find out what sessions are available please visit our website: www.downendandfrenchay.co.uk

News from Downend Library – December 2021

Christmas & New Year **Staffed** Opening Hours

Wednesday 22nd December 10am – 5.30pm

Thursday 23rd December - Staple Hill & Emersons Green libraries open 10am – 5.30pm)

Friday 24th December 10am – 1pm

Staffed hours 25th – 30th December

Thursday 30th December - Staple Hill & Emersons Green libraries open 10am – 5.30pm)

Friday 31st December 10am – **5pm**

No staffed hours 1st or 3rd January

Tuesday 4th January - Staple Hill & Emersons Green libraries open 10am – 5.30pm)

January usual opening hours resume 10am – 5.30pm

Wednesday 5th January usual opening hours resume 10am – 5.30pm

For details of our Open Access hours over the Christmas & New Year period please see www.southglos.gov.uk/libraries

And after Christmas....

If you need to recycle your Christmas Tree afterwards you can purchase a single use Green Waste Bag for £2.30 from Downend Library so it can be collected from the kerbside on the day your recycling is collected. If you are lucky enough to get a new smartphone, Ipad or laptop for Christmas why not try out our FREE e-books, e-audiobooks, e-magazines, e-newspapers and e-comics. All available via www.librarieswest.org.uk or www.southglos.gov.uk/libraries (library card and PIN number required). If you do need some assistance to use these services please either ask library staff or book a FREE one hour session with our Digital Champion.

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**

Esmé's Article

' White '

I have two favourite colours—white (blanc or blanche in French) and green (vert or verte). My lounge has a green carpet covered in white rugs. The furniture and curtains are white.

Actually, white is not a pure colour but a combination of many. Apparently some white lights, when shone, reflect a variety of different shades !

In France, my husband Ron always bought me white geraniums for our terraces. Here in Marshfield Park, on my little balcony, they are my delight, and are the only plant in full bloom, even in November!

I like white clothes too. I think that a man wearing a white collar looks very smart. I also like to see babies in white. And brides too—it's such a virginal colour!

Another of my favourite things is snow : how glorious it is when it pitches! Once when we lived in France, it snowed in April.. This was so unusual that people were all rushing around taking photographs.

I'm glad that Father Christmas usually has a white fur trim on his red coat and around the hood..

Food is another story ! I know that we have ice-cream, potatoes, and cauliflower, but I think that a dish needs some colour to make the meal look appetizing. But nearly everything else, yes please.....WHITE !

Esmé

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Frenchay Community News

If you have articles, ideas, or suggestions for future editions of FCN, or if you are just happy to be a 'CHIS', please feel welcome to contact FCN, as directed on page 1

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