

02.2022

February 2022

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It is not just the unusual binary representation of the date that marks this month as special, nor the fact that on the 22nd of the month, and as happens very rarely in any millennium , the date written as 22.02.2022 reads the same backward as forwards : what is really significant is that on the 6th of the month, the Queen will reach the landmark of her Platinum Jubilee, even if the main public celebrations will be held later in the year in June.



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 March 2022 edition is 12 noon on Friday 11th February

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

kate1.davison@gmail.com

Frenchay Residents Association (FRA) Report No. 87

Dear Friends and Neighbours,

Those spring bulbs are starting to appear to brighten up our days and even the days are beginning to get a bit longer as daylight lasts beyond 3pm! So many reasons to be cheerful and the thought of spring and summer events is starting to exercise our minds.

One of the biggest occasions this year promises to be the Queen's Platinum Jubilee celebration weekend from the 2nd to the 5th of June, FRA are working very closely with all Frenchay stakeholder groups to organise a memorable weekend of activities and fun for all ages. If you have suggestions or would like to help FRA please make contact.

Part of those celebrations include the Queen's Canopy project, designed to support the planting of new trees, in an attempt to arrest our climate emergency and raise awareness of how we can protect and enhance our environment for future generations to enjoy.

FRA are already engaged on such schemes, including ideas about where new community tree planting can be considered around the Voluntary Village Green spaces.

The new walk to school, where the wall has just been knocked through, provides the ideal space either side of the new path to establish an avenue incorporating a community orchard. This would engage all of the children, and parents, using the walk as the trees grow and bear fruit. So watch this space for further developments.

If you would like to see an example of how such a community orchard can be established to complement an existing open space, we urge you to walk into this end of Begbrook Park just over the border into Bristol. To the right hand side as you walk through the park, with the football pitch on your left, you will see where over 20 trees have been planted recently.

Many congratulations to Bristol CC for using actions, rather than words, to convey their commitment to tackling the Climate Emergency seriously.

Nature Reserve Pond Restoration

So with the fantastic support and assistance from BAM we now have the old 'pond' completely dug out ready to line this with 'puddle' clay when the time is right. All of the existing pond plants are safely stored in a water filled trough, behind the old pond, so that they can be replanted as marginal vegetation before the spring.

The volunteers who have done all of this preparation have had a thoroughly enjoyable time and there will be many more opportunities to get your hands dirty with FRA, we promise.

Play Area Tree Damage

You might recall that FRA promised to replace the memorial tree by the play area with a flowering cherry tree, identical to the species planted by the old hospital buildings that were demolished for the new houses. This was completed in January and the family who lost their daughter Zoe have been kept informed. The tree has been sourced with the help of SGC's tree expert Neil Gazzard and used the SGC new tree planting discount scheme.

FRA have spent £160 on this new tree and we are aware that some residents expressed an interest in contributing towards this. Contact us if that is still the case please.

Carols on the Common

This event seems to have gone down very well, when we wrote January's FCN piece some 'future assumptions' had to be made as we prepare our articles three weeks before publication. In fact on the FRA Committee, my 'mystic Meg' skills are often admired as we compile our FCN features well in advance!

So we think from a quick head count that over 300 residents joined us including many families with young children which was great to see. The cold clear night and wonderful illuminated church as a backdrop made it the perfect setting and thanks in particular to Tony Joiner on our committee who came armed with generators, miles of extension cable and suitable lighting for the band and audience.

Based upon current news events it was just what everyone needed as we approached Christmas with ever more uncertainty.

We also need to thank everyone who attended for their incredible generosity, as we raised over £300 in our bucket collection at the end.

£100 of this will go as a fee to the band who, in turn, use their performance fee money to help train youngsters to play and perform with wind instruments.

After consultation with Charles Sugden and Kate Davison from the Church, we have donated £100 to one of the UK Government's supported food aid charities for children and families in Afghanistan. The particular importance of this charity is that the UK Government 'match' any contributions, so our £100 will double up to £200, equivalent to 100% gift aid!

The £100 balance we will keep in our funds for future projects. Thank you all so much.

Frenchay Parklands - proposed Friends Group

At the time of writing, we are still waiting for the next meeting with North Bristol (Health) Trust which will hopefully confirm that outstanding legal work is progressing towards the planned hand-over of the Voluntary Village Green lands to Winterbourne Parish Council at the end of March. If this date can be achieved, then we are planning to hold a series of 'drop-in' events in the run-up to the early Spring Bank Holiday weekend at the end of April / beginning of May.

Just in case Covid is still of concern, some fine spring weather and lighter evenings would make it possible to use outdoor locations such as near the Village Hall, on the Common to connect with school run and by the Museum & Play Area over the weekend. Hugh Whatley's contact details are 0777 552 2689 or hwandco@aol.com.]

Please come to us with any ideas or skills you have to offer, FRA can hopefully make it happen as we will not let up in our determination to enhance our wonderful environment and maintain our great community spirit.

Thank you for your engagement and support. **Adrian Collins (Chair - FRA)**

FRENCHAY VILLAGE MUSEUM Winter Talks

Unfortunately, due to the present Covid situation, **we have had to cancel the talks for January and February.** These will be rescheduled when the position becomes clearer.

The museum reopens in February on Wednesday, Saturday and Sunday afternoons with Covid precautions in force.

There is still an opportunity to see the Frenchay Then & Now series of vintage postcards with the view today.

Entrance is Free so what is stopping you?

A free bar of Fry's chocolate for every child to celebrate the Fry family's Frenchay connection.



Pre-school Rhyme time @ Downend Library

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Tracing your family history?

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We've been working hard to prepare the library to keep everyone safe, visit www.southglos.gov.uk/librarychanges for the latest updates

FRENCHAY VILLAGE HALL IMPROVEMENTS

The Frenchay Village Hall Management Committee would like to take this opportunity to update you on the funding generated by the SGC Section 106 Agreement relating to the Redrow Housing development, which is to be used to carry out Improvements to the Village Hall.

This funding, together with our own available funds, will make the Village Hall ready for the next 25 years, enhance its facilities for the community, improve accessibility and sustainability of operations.



We have recently had the Hall surveyed and generated ideas for improving the building infrastructure, in particular the heating, insulation, double glazing, electrics, lighting, toilets and accessibility. There is also the possibility of extending the entrance area with an extended porch, remodeling the lobby area and stairs to the first floor and other general layout improvements.

One additional idea is to provide an office space, with internet, printer and 'open use' meeting room which may be a useful asset for the village community.

General maintenance items will continue to be funded from our existing funds and also look into other grant opportunities for improvements beyond what can be funded by the S106 grant. If anyone has experience in grant applications and could help with this, please get in touch.

We would also like to hear from anyone with project management or other expertise, to assist us with the forthcoming building projects.

The Village Hall is a valuable asset for the whole community, we would like to ensure that we utilise the Section 106 funding wisely, your views are important to us. We will share more details as the plans develop.

Thank you in advance.

Please get in touch with me on - frenchayvillagehall@gmail.com

Geoff Pinner Co-ordinator of the VH improvements sub-committee

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Travelling Back in Time : a report from Frenchay School

The children of KS2 at Frenchay Primary have been working hard on their new topic: What happened before the year zero?

They were very lucky and excited to be able to go on a trip to Stonehenge where they discovered lots of amazing facts about the site and why it was built. As well as their trip they have been learning about the different types of houses in the Neolithic period and had a go at building their own models using clay and other materials. They also travelled back in time to the Iron Age to act as tour guides as well as creating our own Stone Age-Iron Age menus using their research on the different foods available in the different times.



The final lesson involved the children using a Stone Age recipe to make bread dough! They scavenged sticks and wrapped the dough around them, before baking our bread on an open fire that was set up on the common! Amazingly it worked and they all got to try some freshly baked Stone Age bread - it was delicious.

Katherine Marks : Head Teacher



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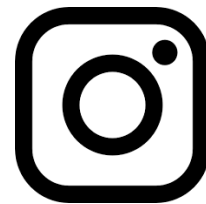
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Councillor Ben Burton reports :

We would like to take this opportunity of wishing residents a Happy New Year. We hope that everyone was able to spend some time with friends and family over the festive period.

As your local Councillors, we continue to work hard to improve the local area and regularly receive feedback from residents and the local Parish Councillors. If there are any concerns, suggestions or ideas that you would like to discuss then please do not hesitate to contact us.

Section 106 Funding for Frenchay

Sports facilities and public open spaces in Frenchay, and those used by Frenchay residents in neighbouring Downend, will be benefitting from a significant proportion of £450,000 of new facilities and improvements thanks to developer funding secured by South Gloucestershire Council. The funding has been secured as Section 106 developer contributions from the development at the former Frenchay Hospital site and the recipients were listed in the January FCN.

As local Councillors we are delighted that South Gloucestershire Council is continuing its investment in supporting local sports clubs and helping improve some of our public open spaces. These new facilities and improvements will mean that even more people in the area will be able to benefit from active and healthy lifestyles, as well as enjoying the outdoors and some of the nature we have on our doorstep.

We continue to pursue other key local facility improvements such as better nursery provision, increased access to library services and other supporting services for our existing and new Frenchay communities. Please get in touch if there are specific services that you consider are needed in Frenchay.

Beckspool Road – Traffic Calming Measures

We are conscious that changes to the traffic calming measures proposed for Beckspool Road (as it crosses the common) need to improve road safety, be sympathetic to the visual appearance of the village and support our local community. The proposals put forward by South Gloucestershire Council were mainly welcomed by the community and considered an improvement on the existing arrangements. However, there were some concerns raised in relation to parking on the common, ensuring safety for the routes to the new Frenchay Primary School and access to important key local buildings such as the Frenchay Unitarian Chapel and Frenchay Parish Church.

(continued on the next page)

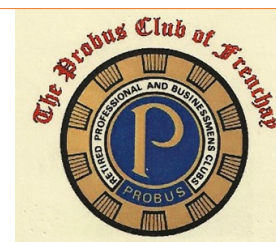
We are pleased to report that we relayed local concerns about some aspects of the scheme and were able to negotiate some changes. We consider these alterations better reflect local residents' views, whilst at the same time ensuring the primary desire for improved road safety is achieved. We fully understand that this is a key route through Frenchay and we would all like to see lower vehicle speeds, reduced traffic and more considerate driving. We are hopeful that these changes will help to change drivers' behaviour and make Beckspool Road safer for the whole community.

The new scheme will now move through the various legal processes and we will update further in due course.

Cncllr Ben Burton

Probus Club of Frenchay : Back in Full Swing !

In December we enjoyed our Christmas Lunch with 40 attending (members and partners). In early January we held our AGM; five new members inducted, and a strong team elected to our Council, including Ed Allingham as President.



We are now looking forward to an interesting programme of meetings – on the first Wednesday of every month at the Frenchay Village Hall.

If interested, email frenchayprobus@outlook.com



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Redrow Homes Update

Redrow South West are pleased to announce we will be starting work on the final phase of our development in Frenchay which is due for release later this year. The development has continued to prove extremely popular with home- buyers. With just 69 homes in total in this final phase, area sales manager Charlotte Newnes encourages house buyers to register their interest with the sales team early to avoid disappointment.

The development so far has had an incredibly positive response, and we are at the moment sold over 6 months in advance of build, with some homes being sold almost 12 months in advance of completion off plan. We strongly encourage potential house -buyers to get in touch with us to book an appointment, as we anticipate high levels of interest in this exciting new phase



In keeping with the current phase at Frenchay Gardens there will be a range of varying external finishes to the homes to ensure continuity across the development in terms of the aesthetics and variety of the homes available

We are currently selling 1 and 2 bedroom apartments, with pricing starting from £249,995. These are the perfect option for all buyers, be it first time buyers, investors, or those looking for a stress free, efficient new home, with modern fixtures and fittings. All apartments come with their own parking, and easy access to open spaces and areas, and all of the new amenities and improved green spaces Frenchay has on offer.

The sales office is open 7 days a week 10am-5:30pm, with the sales team on hand to help. We are strongly recommending booking appointments to ensure we have dedicated time and space in the office and show homes to spend with you.”



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CHURCH CALENDAR FOR FEBRUARY 2022

All Sunday services are now being held in church

Commencing at 10.30am

6 February	All Age Worship
13 February	Holy Communion
20 February	Morning Praise
27 February	Holy Communion

Commencing at 6.00pm

6 February	Holy Communion (BCP)
13 February	Evening Prayer
20 February	Evening Prayer
27 February	Evening Prayer

Commencing at 12 noon

2 March Ash Wednesday service at Holy Trinity, Stapleton

Please note government's further rulings about the wearing of masks we are all encouraged to take extra care in church. with wearing masks now mandatory. Sanitisation and social distancing are being maintained. Any changes after publication of the FCN will be notified through the communication channels shown below.

It would be greatly appreciated if you would inform Sylvia Perry churchwardens@frenchaychurch.org.uk. Telephone: 07979961815 of your intention to attend any service to assist us with seating arrangements please.

We would like to welcome as many people as possible

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

Church Spire Lighting

7 December

RICHARD BERNARD - Remembering Richard with so many happy memories and love from the family

16 December

SYLVIA BERNARD- remembering Sylvia with so many happy memories and love from the family



2022

8 January MARY ROSS – Remembering Mary – Bob

24 January JEAN SANSUM Remembering ‘Little Mum’ forever with my love”-
Judith Hackett

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

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Our Minister Writes

Dear All,

February may be thought of as a time of hibernation, or a time of early Spring growth. I suppose it may depend on your mood, whether you are having to isolate for health reasons, or if there's snow and ice about.

As part of Frenchay community, serving through the Parish Church, I am excited by what lies ahead for us in the coming months.

When at Trinity Theological College, Bristol, studying for ordination some 30 years ago, I was struck by a sketch that some of my colleagues put on. The lads obviously enjoyed going down to the pub and having a pint. If I remember rightly, they mimed drinking a pint of beer as they shouted out the following 3-stage mantra : Action! Reaction! Reflection! With 'Action' they raised their right arms and tipped their wrists ; with 'Reaction' they removed the imaginary pint from their lips and licked their lips ; with 'Reflection' they breathed out a great sigh of satisfaction. An excellent model for pastoral practice in our future parishes!

Dave Bookless, who led this theological exercise, is now Director of Theology for A Rocha International, having co-founded A Rocha with his wife back in 2001.

"A Rocha UK is part of the worldwide family of organisations committed to nature conservation as an expression of Christian mission. It works collaboratively with others who share a passion for nature, a healthy environment and a just transition to a low carbon world." (from their website).

Linking the sketch with our community in Frenchay at this time, I could just advertise the White Lion! However, I would like to think that we are a community which begins with 'Reflection' – giving thanks for all that is good, allowing us to look forward and plan. Then as a community we try things out, building on the 'Action' we have already experimented with previously, and then together we share our 'Reaction' as the events of the year unfold. Before we once more reflect and plan as the cycle continues.

All that is good will therefore grow. And that must please God who is the author of all that is Good. I look forward to sharing this journey with you.



Rev Charles Sugden.

Welcome to February's Monthly Wellness Page

(this article also contains advertising material)

January can be one of the toughest months for our wellbeing plans with wintry weather setting in, lots of rain keeping us indoors and that familiar emotional slump some of us feel after Christmas. However, we have passed the shortest day of the year, so the only way is up with longer, brighter days promised edging closer and closer.



Caroline Mc Cabe

In the meantime, what can we do to warm and invigorate our senses? For me it starts with nourishing the soul with the right ingredients inside and out. A colourful diet of red, orange, yellow and green provides not only a “happy looking” plate but also delivers a boost of vitamins, minerals, and antioxidants while we await Spring.

My go-to Korean-inspired “healthy bowl” looks like sunshine on a dish and starts with the simplest thing – a jam jar! Mix 200ml of light coconut milk, juice of a lime, table-spoon of maple syrup the same of rice vinegar, three tablespoons each of dark soy sauce and sesame oil plus three teaspoons of a sweet/spicy fermented paste called Gochujang (approx. £2 from Asian supermarkets like Oriental Market on Gloucester Road, BS7). Shake up the jar and set it aside. Now grab your colourful vegetables – anything you like from peppers, courgette, broccoli, sweetcorn, carrot; think rainbows – and stir fry them with coconut oil and as much garlic and fresh ginger as you like. Add your jam jar of goodness to the stir-fry pan and warm it all through. You could add chickpeas or browned tofu cubes for added energy. Serve topped with crushed cashews for crunch plus parsley, cheerful and powerful herb rich in antioxidants. Sit back and enjoy the visual feast!

Our skin often reflects what is going on inside our bodies, so I pair this diet with Sea Buckthorn Body Oil £19.95 for 100ml from WELEDA. The organic oil is pressed from the flesh and seeds of this resilient plant, brimming with vitamins, unsaturated fatty acids, and antioxidants. Its golden colour brings radiance to the skin with zesty notes of grapefruit and mandarin balanced with soft sandalwood.

If you would like more information on this or other sustainably sourced wellbeing products by WELEDA, just drop me an email at caroline@starly.co.uk and I will be happy to advise. You can browse my web shop here:

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The Frenchay BIRU

The residual clinical facility on the former Frenchay Hospital site is the Brain Injury Recovery Unit, known as 'the BIRU'. It is a specialist neurological rehabilitation centre which opened on its current site in Frenchay in 2001, and in 2016 a new building was added, creating a total of 52 inpatient beds with supporting therapeutic facilities including two gyms, a small hydrotherapy pool, adapted kitchens and social areas.

Patients are admitted to BIRU from Southmead Hospital, Bristol Royal Infirmary and other regional acute hospitals, following a brain injury which may be due to trauma, stroke, or other illnesses of the nervous system. The average length of stay is a little under 4 months and treatment is provided by the NHS, for patients with complex difficulties requiring specialist rehabilitation.



A large team of staff is employed at BIRU - approximately 250 people - including registered nurses and nursing assistants, doctors, physiotherapists, speech and language therapists, occupational therapists, clinical psychologists, receptionists, administrators, cooks, housekeeping staff, drivers and maintenance staff. Some have been working at the centre ever since its first opening whilst many have joined in the last few years.

On admission to BIRU, many patients are unable to communicate, move around independently, eat or drink following their brain injury, or may have experienced changes to cognitive (thinking) skills. With the help and guidance of the expert team at BIRU, many are able to achieve huge improvements in their abilities and return to live in the community with greater independence.

The BIRU is accredited with Headway, the Brain Injury Association under their 'Approved Provider Scheme, a robust system of assessment, involving on-site evaluation of evidence and discussion with staff, patients, and families. It is an important accreditation, as it provides patients and their families with a sign of quality that can help with their decision-making.



‘Women in Innovation’ Award 2021

Innovate UK is the UK’s national innovation agency, and in 2016 it launched a ‘Women in Innovation’ campaign, aiming to find and engage more women in the UK with brilliant ideas for innovation, and to provide these women with access to advice, funding, and connections to help them rapidly achieve their business ambitions. Last year, out of 750 applications, 40 winners were chosen across a wide range of economic activity, each to receive a one-year tailored package of financial support, coaching, mentoring, and business growth opportunities.

One of the 2021 winners was **Caz Icke** (pictured), a Specialist Physiotherapist at the Frenchay BIRU, awarded for the development of her pioneering **SoleSense** product, a customisable rehabilitation solution designed to help individuals who have balance and walking difficulties as a result of brain injuries, strokes, and other neurological conditions..



The objective was to enable patients to do more independent rehabilitation, given the shortage of available time that therapists can spend with any individual patient.

The product was developed with a focus on neurological conditions that affect balance and walking. SoleSense uses wireless pressure-sensing insoles to deliver auditory and visual biofeedback via an app. They can be worn continuously to improve performance in balance and walking, encouraging self-management as a lifestyle choice in a fun and engaging way. It allows patients to track their own progress and to set collaborative goals with their therapists. They can be used throughout the rehabilitation pathway. The main task is ‘How to increase the level of repetitions of movement needed to produce lasting change in the nervous system

that allows carry over of functional gains.’

Caz, seen here at the presentation alongside some of her colleagues, said “The Award has provided a fantastic level of validation to this project, and kickstarted the product into the next phase of its research and development life cycle. “





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Just Run Frenchay – Running Events

Running events are a highlight for members who get the running bug or for those who like (or need) a target to aim for as extra motivation to run. For other members they are a great way to fundraise while achieving a personal goal. There are too many to list here but some of our members shared their local favourites. Good luck if you decide to sign up!

Top of the list is the Frenchay 10km Road Run – one of the oldest 10km events first held in 1980. The race was conceived with the joint purpose of staging a well-organised run for serious runners and beginners' alike AND raising money for local charities. Unfortunately, this event has been cancelled for the past 2 years but the 40th Frenchay 10km Road Run is planned for Sunday 24th April 2022 with all proceeds going to charity. There's plenty of time to train for this event and we're keeping our fingers crossed it can go ahead this year. Find out more at: <http://frenchay10k.co.uk/>

Firm favourites are the local 5km Park Runs at Chipping Sodbury (flat), Pomphrey Hill (has some hills) and Eastville Park (has some hills). Our couch to 5km course usually graduates, and participants receive their medals, on completion of the Chipping Sodbury Park Run. These free, weekly, timed, community events take place all over the world and some of our members have even enjoyed participating while on their holidays abroad in the past. Park Runs are very friendly and welcoming whether you walk, jog, run or volunteer. Find out more at: <https://www.parkrun.com/>
Finally, the Bristol 10km and half marathon and the Bath half marathon are highly recommended for those wanting a larger event with a good crowd to cheer you round.

Just Run Frenchay Ladies running club meet every Monday at 7pm at the Dings Crusaders Rugby Club, Shaftesbury Park, BS16 1LG. Couch to 5km and 5-10km courses are underway alongside our regular 2-, 3-, 4-, 5-, 6-mile groups. For more information about Just Run Frenchay contact Jessie at info@justrun.uk



It is with regret that Frenchay WI have decided to suspend meetings for January and February in light of the current Covid situation. A poll of our members indicated that the majority felt it was safer to do this. However, we are hoping that things may improve and we will be able to reverse our decision in February.

This being the case, any new members can contact our secretary, Chris Davies, on 0117 9568123 or by emailing frenchaywi@gmail.com to get the latest news regarding our February meeting

We really hope we will be able to change our minds but the safety of our members is paramount

Fingers crossed we will be able to publish news of our March meeting in next month's edition of the FCN.

FRENCHAY FOXES

With Choir leader Fran Bolton



Hello, Frenchay (and especially the ladies!) and a happy new year to you all!

Since last September, your local community choir, The Frenchay Foxes, has been meeting in person again to sing, and it's been so good to get back together! Maybe this year is the time for you to come and give it a try..? We learn everything by ear, so there's no need to read music - in fact, most of the group had never been in a choir before - and the main point of the sessions is to have fun!

We love being able to sing together in person again, but we're obviously keen to keep everyone as safe as possible so, at the moment, only the fully-vaccinated singers are coming along, and they also do a lateral flow test each Wednesday morning before coming to choir

Our new Foxy term began on Wednesday 5th January and we had a great time at our first sing of 2022. There was also the very welcome return of our tea-break (with chocolate biscuits, naturally!) which made us feel we'd taken another step towards

The remaining sessions of this term are January 12/ 19/ 26 and February 2/ 9/ 16 - why not come along and have a free "taster" session to see what we're all about? You can get in touch with me to ask any questions you might have: just email fran@naturalvoice.net.
Fran x

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**

News from the Dings

A huge crowd watched a very competitive and high quality local derby against our closest rivals Clifton (geographically our next closest opponents are Henley on Thames). Sadly the result went to Clifton by a very narrow margin, and had we had 'try line' technology a disallowed try by Dings at the 'death' would have given us victory!

In the first half of the season we have travelled 1708 miles for our matches, that is more than Bristol Bears travel!

We started the second half of the season with a very narrow defeat at league leaders Esher, but collected two bonus points in the process for scoring four tries and finishing within 3 points of Esher. It looks promising for the rest of the season..

Frenchay Cricket Club News

As this is written, the improved drainage system at the Club is being regularly tested to the full, and the Groundstaff have fingers crossed that there are drier spells of weather coming. Once the underlying 'Frenchay Clay' gets saturated, it takes time to dry out, and there is lots of preparation work required to get the wickets fit for play.

The Seniors have started pre-season Net Practice at the newly refurbished Sports Hall at Colston's School on a Wednesday evening, and new players are welcome – contact frenchaycc@gmail.com. The whole range of Youth Squads have also started indoor pre-season practice, and enquiries to frenchayyouth@gmail.com. In addition, many members of the youth squads have also involved in regular winter training sessions for the various Gloucestershire County Performance Squads.

This month sees the Under 15 Boys and the Under 11 Girls with two teams, competing in their respective Indoor Leagues, which is always really good, competitive practice prior to the 'outdoor' season ahead.

This month also sees five of our older teenage players expanding their cricketing experiences by embarking on the ECB Coach Education 'Foundation Level One' Coaching Course. All of them have already been assisting with various groups, and this is their first step on formal Coaching qualifications, which the Club is very keen to encourage. Our thanks go to Councillor Ben Burton for his support with a Member Awarded Funding Grant underpinning this initiative.

Meantime 'off the pitch', development work on the new Pavilion continues, and there is a chance that, all things being equal, we could be in a position to commence the development in September this year, immediately after the completion of the summer season. Exciting thoughts, and we will need to see how progress on the project continues through until then.

Jacko's Curried Pork with Brandy

Jacko was a dear friend who gave us this for supper in the south of France one evening and mistakenly put in a tablespoon of salt !!!!

450g pork fillet 25g butter 200ml double cream
½ tsp salt 2 tsp soy sauce 1 tbsp curry paste
2 tbsp brandy 1 tbsp snipped chives to garnish

Cut the pork into 8 thick slices. Flatten each slice slightly with your knuckles. Heat the butter in a frying pan until melted. Add the pork and cook for a few minutes each side until browned.

Add cream and simmer for 2-3 minutes until the pork is cooked through.

Remove pork with a slotted spoon and transfer to a warm serving plate. Add salt, soy sauce, curry paste and brandy to pan, stirring well to combine.

Bring to the boil for 30 seconds and then pour over the pork and garnish with snipped chives.

Serves 4 and needs a green vegetable with something to mop up the yummy sauce like mash potato. Enjoy !

The Tidy Cook

Esmé's Article : 'Hope'

I realise that some people do not enjoy poetry ! You may be wondering, that if I know that, why am I writing another one ? It is because you can always turn the page ! I send my thanks to those of you who asked me to share some more. That was kind of you. Let us all think positively : it's the best way to get through these worrying times, and I hope that my poem may help you to do that.

Despair is like a CONKER, just lying on the ground,

It seems just as useless as chasing grief around.

However HOPE is like the sunshine that splits the outer shell.

A little seedling's on its way, so beauty comes as well !

If something once so simple can produce a lovely tree,

A beautiful Horse Chestnut, so inspiring to see..

Let's from despair be free, and fill our lives with love and POSITIVITY !

Esmé

Downend & Frenchay Tennis Club

DFTC 2021 Xmas Party! What a wonderful way to celebrate our DFTC, with our first post restrictions event. With over 50 tickets sold there was a buzz of excitement as time drew near. The Cricket Club had put up a splendid tree and filled the whole clubhouse with decorations, with finishing touches added by Lesley and Wanda. The festive barman was wearing a dashing Xmas suit of red and white, offering help and advice and good cheer throughout the evening. Everyone was very welcoming, the booze flowed, and Wanda and Lesley sold raffle tickets, jokes and laughter were the loudest sounds in the room.

The caterers, Richard and Kerry, invited guests that 'dinner was served'. The food was exceptional – tasty, authentic, different textures of India. The queue gave people an opportunity to chat to people they hadn't spoken to earlier, with many returning for seconds and even thirds. The party continued with the raffle draw, votes of thanks, and then the dancing began.... all genres catered for. The party was joyful, like everyone was just so relieved they could have a great night, without Covid restrictions.



Our juniors were able to enjoy a final week of the term with Christmas festivities, fun coaching groups, competitions, prizes, ending with ten pin bowling at the Hollywood Bowl.

Thoughts from a Tennis Coach

Being a coach at DFTC is a fantastic, fulfilling job with one of the best aspects being that you get to work with players of all ages and abilities from our tots to our over 50's to our county performance squads. This means that every day is different and exciting. The atmosphere at the club is always very welcoming which allows players from all backgrounds and of all abilities to thrive in a friendly environment.

Another highlight at DFTC is working within a professional and friendly team of coaches who are always incredibly supportive and accommodating. Tennis is a great game and if you are new to the game or have played for years the club has something for everyone. (Josh Wraith level 3 coach). To find out what sessions we offer please visit - www.downendandfrenchay.co.uk

COLOUR IN THE GARDEN

Be creative with colour .The garden can be your blank canvas.

Decide what sort of effect you want to create.

Understanding colour and where to use it for best effect will transform your garden from a jumbled mess of colour into a perfectly designed palette.

Visiting gardens is a wonderful way to see how others use colour in the overall design.

Just as in any artistic hobby (such as painting, patchwork, flower arranging, or in interior design) , the Colour Wheel is a very useful instrument.

Even the most flamboyant designs require a degree of taming to ensure that the colour scheme is strong, rather than chaotic.

Here are some plant combinations to use : harmonious, complementary, and clashing.

Complementary plant combinations : the colours sit directly opposite each other on the wheel, Examples include purple, yellow, orange, and blue. These are colours to uplift the mood, and they work well with some light foliage woven through the planting, so as to add a little 'down time' to the plan. Do not only think of flowers : coloured leaves can be used as one half of the complementary scheme, or even using foliage only.

Harmonious plant combinations : harmonious colours sit next to each other on the wheel. Usually one of these colours is dominant, with the others as background highlights. Both 'hot 'and 'cold' colours can create harmonious effects.

Clashing plant combinations : this is the most courageous way of planting. This is the 'what works for you' approach. Plant what you love, where you love. Use lots of green as a linking element to avoid a chaotic scene. If unsure, work with no more than five clashing colours and , if possible, in bold swathes through the plot. If you like to wake up your garden visitors and give the border an oomph, element, plant a single blue or purple plant in a sea of yellow or orange.

I hope you use the Colour Wheel to plant your garden to create a party atmosphere or one of peace and tranquility.

It might be too cold this month to garden but not for dreaming of a beautiful coloured border.

Hazel Wyatt

**FRENCHAY
PARENT AND
TODDLER GROUP
TUESDAYS 9.30-11.30 AM**



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**BABIES, TODDLERS AND
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FAMILIES AND CARERS
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Hambrook Village Hall

Hambrook Lane, BS16 1RT

Suitable for meetings, talks, playgroups,
fitness classes & more.

Kitchen area, disabled access & WC.

No stairs. Max. 50 people.

hambrookvillagehall@gmail.com

or TEL: **07733 333032:**

www.stelizabethshall.com



Holiday Play Scheme at Frenchay Village Hall

2 to 11 Year Olds Welcome

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

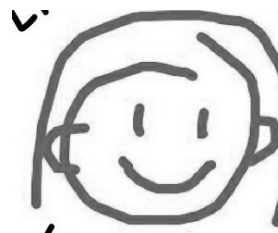
9am – 3pm (short day)

A range of planned and themed activities provided each day

For more information contact :

Lucy Foley 07920885185

Frenchay Pre-School



Free Places Available

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

Enrolling now for 2 to 5 year olds

lucy_foley@hotmail.com

Held at Frenchay Village Hall