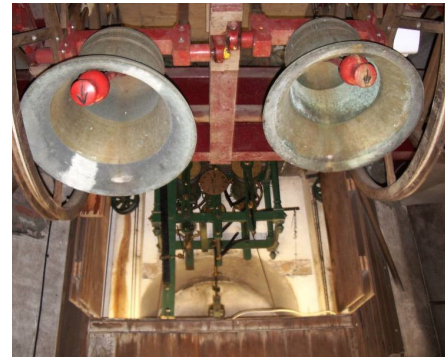


January 2022

CONTENTS

2—3	FRA Report
5	School Report
6 –7	Councillor Ben Burton reports
7	Flower Show Announcement
9	Museum Notice
10—12	A Whistleblower's Story
13	Church Diary
14	Frenchay Bellringers
15	Minister's Letter
16 - 17	Wellness
17	Library News
19	Gardening in January
21	WI Report
21	Probus Report
22	Just Run
22—23	News from The Dings
23	Cricket Club Report
24	New Year Recipe
25 - 26	DFTC Junior Roll of Honour
27	Esmé's Article



The picture above is of two of the bells at Frenchay Parish Church, where there has been a long tradition of ringing in the New Year. Whether this can be arranged for this particular year remains uncertain, but hopefully it can still happen.

To see more about bellringing at Frenchay, please read the article on page 14 of this edition.

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 February 2022 edition is 12 noon on Monday 10th January

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

kate1.davison@gmail.com

Frenchay Residents Association (FRA) Report No. 86

Dear Friends and Neighbours,

Happy New Year to you all, we hope that everyone had an enjoyable Christmas with their families and friends.

2022 will see FRA continue to tirelessly push and campaign for many things in Frenchay that have been promised or that are needed as essential parts of our Infrastructure to support a population that will have doubled over the last three years;

Removal and replacements of the Frenchay Common 'build outs', Nursery School provision for the new school, healthcare facilities, shop and café, our Museum expansion and restoring the Hambrook Junction to its previous function are among the many matters top of our list.

The list is probably endless, but the lack of resources and impact upon SGC resources due to Covid, make it even more difficult to bring these tasks to a satisfactory conclusion.

However we all pay our Council Tax for a reason, so we should see some of our expectations delivered. Any private business has to provide good value, the same applies to South Glos Council.

Festive Windows

Thank you in particular to Rebecca Lemin on the FRA committee who conceived, and implemented, the festive window trail. This being the first attempt, we hope that this event will become a permanent festive fixture to inspire many others to be creative and bring joy to our village.

In addition to the very enjoyable Festive Windows, there seemed to be a much earlier display of Christmas lights, and decorations, on many more homes than usual. A very good way of cheering everyone up in the lead up to Christmas. Thank you to everyone for some wonderful displays and the joy that it has provided.

New Primary School Site Visit

Thank you to Jason and his construction team for providing the very informative guided tours around the new school on 16th December as the new structure starts to take shape. The speed at which this project is coming together is testament to BAM and their professionalism, we don't think that any other contractor could have done the job in time, very impressive indeed. In addition to working flat out to get the new school ready for September, Jason and his team have still found time to engage the community and work with FRA on many joint ventures.

It's an absolute pleasure to have BAM being so supportive to our community.

Biodiversity projects

So to continue the plaudits for BAM, we are well underway in restoring the nature reserve pond with their resources and financial support helping us enormously. Thus, one very wet and muddy Sunday morning in December saw the removal of the pond plants to a watertight storage area to make the pond ready to be dug out again and 'puddle clay' lined.

We had a fantastic team of volunteers, including children and DofE students and, just like before with the Becks Pool scheme, we all had great fun getting wet and muddy together.

In addition to the FRA woodland camping stove team providing hot drinks, volunteers came armed with homemade cake and other sugar laden treats, to keep our energy levels high. Thank you also to NBHT and SGC for helping us with permissions to start work during the cold and dormant season, next spring we can now unveil a spectacular new pond.

As reported before, we have now planted over 5,000 crocus and woodland bulbs, with many families spending an enjoyable hour or two planting them and learning why we are doing this.

It's great to have everyone working together on these projects in Frenchay's Best Interests and we will provide much more in 2022 to keep everyone entertained.

FRA is also working very closely with the Preservation Society in the preparatory work of setting up a 'Friends Group' to support the long-term management of "Frenchay Parklands". This was explained in detail by Hugh Whatley in last month's Community News and a number of volunteers have expressed an interest as a result of getting involved with our Sunday morning planting & nature pond work, which is a great start. More details to follow next month, as we prepare for a public meeting in the spring and demonstrate 'ownership' of those 20+ acres!

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.

FRA look forward to the New Year working with and supporting the Village in any way that we can, plus hopefully some of our traditional summer events can return and get Frenchay buzzing again.

Adrian Collins (Chair - FRA)

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School Report

The new school building at Frenchay is taking shape with the delivery of the timber frames before Christmas. It didn't take long before the walls of some of the classrooms were fitted and you can see the doorways installed. The school is very excited about the progress BAM are making. The new year will see some visits to the school for the children so they can learn more about what is happening and see what their new classrooms will look like.

Liz Townend, the Director Of the Diocese also came to see the school. This will be the first Passivhaus building in the Bristol Diocese. Something to be very proud of.

Katherine Marks Headteacher



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Report from Councillor Ben Burton

Christmas Message

We would like to take this opportunity of thanking the residents of Frenchay for their continued support throughout 2021. We are pleased to see how well the community has bounced back from the difficulties of 2020. It has also been great to see so many community groups continue to thrive and people being able to meet up at the pub, playground, school, sports club or just out and about.

May we take this opportunity of wishing everyone a Merry Christmas and a Happy New Year.

Sports Facilities and Libraries

A large proportion of more than half a million pounds in funding is set to be invested in nearby sports clubs, public open spaces and improvements to library facilities in Frenchay and Downend. The latest tranche of funding will provide investment in the following sports/ recreation facilities in both Frenchay and Downend

- £32,500 to Cleve Hill Tennis Club to fund a clubhouse extension and the construction of a new tennis court
- £42,709 to Cleeve Archers to fund the installation of an air source heat pump and construction of a covered shooting area
- £36,000 to Ding Crusaders RFC for improvements to their grass pitch
- £76,300 to Downend and Bromley Heath Parish Council to fund tennis court renovation and pavilion access enhancements
- £99,424.94 to Downend and Frenchay Tennis Club to fund construction of a new clubhouse
- £22,500 to Frenchay Cricket Club to fund cricket wicket upgrades
- £99,424.94 to Frenchay Tennis Club to fund construction of a new toilet and changing facility

These investments are in addition to funding allocated to Downend Library, which we know is well used by Frenchay residents. We hope that these developer contributions, arising from the construction of new houses on the old Frenchay Hospital site, will continue to support and improve local recreation facilities.

New Frenchay Primary School – update

Work is underway on the brand-new Council-led school building for Frenchay CofE Primary School, ahead of the planned opening in September 2022

The brand-new home for the school is being built on the former Frenchay Hospital site on Alexander Road and has been designed to the low carbon Passivhaus standards, which will substantially reduce energy consumption. This will lower the school's running costs whilst also supporting the objectives of the Council's Climate Emergency declaration made in 2019.

The new building has been designed in collaboration with the school to keep the unique character and ethos of the current primary school. The classrooms are provided on two floors with outdoor learning areas for first floor classrooms looking out over the nearby woodland. The existing school provides places for up to 140 pupils on its Churchside site, and once relocated the school will be able, over time, to welcome more children with capacity for up to 420 primary-age pupils

As local members, we were delighted to join the Cabinet Member for Education, Learning and Employment Cllr Erica Williams, headteacher Katherine Marks and school governors to visit the site and view the new school's progress. We were able to see the size of the school as the floor plate had been completed, and the erection of internal partitions was due to commence shortly after our visit. It was pleasing to see BAM making such good progress and hopefully this will continue so the school can be handed over at the earliest opportunity to Katherine and the school



Frenchay Flower Show 2022 Good News !

After two years of not being able to hold the very popular Flower Show, we are hoping to do so next year.

We have set a date of 9th July (previously 16th July) to hold the Show, with Covid guidelines being observed. Once again hopefully the marquee will stand out prominently on the Common.

The Committee will meet this month to discuss a way forward, and as soon as we are able will give out further information and requests for help.

In the meantime start preparing your seed beds, get your paint brushes out and practise your baking skills, ready for the return of 'The Show'.

On behalf of the committee I would like to wish everyone a Happy New Year.

Julie Sheppard (Show Secretary)



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Crossing the Severn

An illustrated talk hosted by the Frenchay Village Museum.
To be held at the Friends' Meeting House, Frenchay

Thursday, 13th January 2022 at 7-30 pm.



At Sugbrook, a small village on the South Wales coast, opposite Severn Beach, there is a small museum that tells all about the construction of the Severn Railway Tunnel. This sparked my interest and I began to explore the InterNet looking for the many ways of crossing the Severn.

From a boggy hilltop in Mid Wales it is about 220 miles to the Prince of Wales Bridge and there are over 120 places where you can cross the river. Fords, footbridges, a cycle bridge, road and rail bridges, motorway bridges, ferries and a railway tunnel.

Part One of the talk will illustrate some of the crossings and Part Two after the interval will tell of the construction of all the crossings downstream from Gloucester.

And if you have never heard about the road tunnel under the Severn, then come along to the talk and I'll tell you about it.

Ray Bulmer.

A Whistle-Blower's Story

Tony Monks is a serial whistle-blower.. If someone is not keeping to the laws, don't expect him to look away : he will be on to it, and wanting to bring it to everyone's attention. And even if he is just on the sidelines, if someone steps out of line, he will be the one to flag it up for all to see, even if it is not always the most popular thing to do.

That is how it is for someone who has been a high-level football referee and who has officiated at many of the best-known stadia in the country.. Tony retired as a referee after the 97 /98 season, and while he has had connections with the Greater Bristol area over a long period of time, he came to live in Frenchay over 9 years ago, and after 21 years down the road at Stapleton. He continued his association with refereeing after his retirement from the game by hosting visiting referees to the Memorial Stadium for Rovers' matches, until standing down from that arrangement at the end of last season,.

Tony started off as a player in youth and adult football, playing in the Downs League and the Bristol District League, but an injury in 1981 led him to get involved with refereeing the following year, gradually working his way up the ladder, regularly being assessed on how well he was doing, and reaching Western League level in 1986. At each stage ,he would become firstly a 'linesman' (colloquially often referred to as a 'Lino') and then progressing to take charge in the middle of the pitch. Later, the term 'linesman' was dropped in favour of the current term used, 'Assistant Referee', which better reflects their role in proceedings, but then, as now, the three officials (now supplemented by a 'fourth official' at the top levels), work very much together as a team..

Good performances in the Western League soon led to promotion to Football League status, which Tony achieved in 1990, where he was appointed regularly as a linesman, also undertaking Western League games as the principal referee. Needless to say, that level of football requires high levels of fitness from the officials, and a regular part of the process is to undergo very demanding fitness assessments.

Another important ingredient is to have a flexible and sympathetic employer, which Tony usefully had at the construction companies where he worked. Tony also found the skills learnt from managing workers on building sites helped in controlling and managing discipline on the football field, and vice versa. Equally important was to have a supportive and understanding wife ready to cover on family and other duties at many times during the season, and Tony is very ready to acknowledge his debt to his wife Lynne on that account.

Promotion to the Football League panel brought his first match at Swansea v Huddersfield at the old Vetch Field, and appointments at games in the former Third and

Fourth Divisions, supposedly limited to a 120 mile radius from home but which was often mutually stretched to take in many of the London grounds as might otherwise been beyond that limit.. The standard fee payable was £50 per match, plus travelling expenses. In his second season, there were appointments firstly at Second Division games, and then his initial First Division game at Aston Villa who were hosting Liverpool. Tony is shown second left in the picture, alongside Ronnie Whelan, the Liverpool captain and Irish International. The following season saw the introduction of The Premiership in place of the First Division, and Tony's appointments as linesman were regularly to places such as Chelsea, Tottenham, and Southampton, alternating these with games as the referee 'in the middle' in the Western League.



The 94/95 season brought a trip to Venice for an Anglo-Italian Cup game, with St. Marks Square visible from the Stadium across the lagoon, and the following season, he returned to Italy in the same competition for a game at Ancona,

Among his most memorable matches were his first game at Ninian Park, then the home of Cardiff City and where for many years in his youth, he had stood on the terraces, and a game between Swindon and Manchester United, during which Eric Cantona was sent off (but not to be confused with the notorious Kung-Fu incident at Crystal Palace when the same player was dismissed in even more dramatic circumstances). The photograph below is of Tony (on the left) , sporting his Premier



League refereeing shirt, before the start of that match at Swindon.

Tony continued at that level until 1996 when, essentially on account of age, he came off the Football League list, and the following season he came off the Western League list. On two occasions, he officiated at Bristol City v Bristol Rovers in Gloucestershire Cup Finals, a test of anyone's mettle.

As a linesman, operating very close to a bank of spectators, typically partisan and sometimes hostile, the key is focus and concentration on the job in hand, resisting totally any thought of engaging in a response. Whatever remarks come your way, you just have to smile to yourself and remain confident that you have done a good and honest job. Managers and players will often try and test you out with a comment, ready to exploit the situation if you were to show any sign of uncertainty. The mantra has to be : “Just smile; don’t engage.” You also have to show respect to the managers and players : and if that happens, they will respect you.

Tony has very mixed feelings about VAR, having served in an era which long preceded it and when they generally managed well enough without it. Certainly it brings greater accuracy, arguably in too precise a manner, and at the cost of the flow and spontaneity of the game.

Retirement as a referee led Tony to give his services to Bristol Rovers at the Memorial Stadium by acting as a host to visiting referees and to assist them before and after the match. He did this for 23 years, until the end of last season, when Covid and other factors brought the arrangement to an end.

Tony very much enjoyed his career as a referee, and to reach such a high level in the game gave a true and proper sense of achievement. It caused him to meet the likes of Alex Ferguson, Paul Gascoigne, and David Beckham, and it took him to places of which many would be envious.. And if you can handle footballers and their supporters with authority, you are well placed to manage many a situation in life.



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 website 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.

Available for hire for the following:

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Community activities

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Church Diary for January 2022

All Sunday services are now being held in church

Commencing at 10.30am

2 January All Age Worship
9 January Holy Communion
16 January Morning Praise
23 January Holy Communion
30 January Morning Praise

Commencing at 6.00pm

Covenant Service for Benefice
Evening Prayer
Evening Prayer
Evening Prayer
Holy Communion with Anthem

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

Spire Lighting

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



28 NOVEMBER

Remembering **Jon Broom** with love on his birthday.
Happy 15th birthday to **Will Sanderson**

9 DECEMBER

Gordon Grant

In loving memory of our Father, Father in Law and Grandfather , on his Birthday. You will be loved and remembered every day- Matthew, Greg, Paula, Debbie, Lily Joe, Ed, Jack and Annabelle



Bell Ringing in Frenchay

A new challenge for the New Year?

Come and try Bell ringing. You will exercise both mind and body. It is a suitable pastime for all ages from 8 upwards. Retired people can learn to ring well – they just take a little longer to absorb the details!

We welcome new ringers at St John the Baptist Church on the common – practice night is Monday from 7.30 – 9.00pm. We have 6 light bells and instruction will be given, first learning to handle the bell. Once this is mastered ringing in rounds with other ringers will follow, and finally "methods". The bells are rung in established patterns, which can be from simple to very complicated – so it is an ongoing challenge.

If you would like more information email John Payton :

paytonplace@hotmail.co.uk or call him on **0117 9024842**

or Edna Cause on **0117 9562106**

Our Lay Minister, the Reverend Judith Lee, writes.



Each New Year is like a new page or chapter of our lives, an opportunity to turn over a new leaf.

As we turn the page in our new diaries we may reflect on whether the past year has been a good one; for us personally, for those we love, for our community and our world. Thoughts that ripple out offering us new possibilities for the future.

I pray that we can be people of hope, planning to do what we can, in our wee small way, to make a difference. I also pray that we will each recognise and use the opportunities that come before us. Our world is crying out for help, encouragement, support and most of all for love and peace, of which we have an abundance when we are open to be conduit channels of all that God has to give.

I wonder if you have a history with New Year Resolutions. That may bring a smile to your face! I suspect it has much to do with personality, impetuosity, maybe unrealistic expectations.

Resolutions are a very personal matter, decisions to follow a particular course, to find a resolution to a problem. We are answerable to no-one but ourselves, they seem to be the right thing to do, to try to make changes for the better, and not just for ourselves. Personal but not selfish, they may involve self denial, and help and support from those around us. They may give us a great deal of pleasure, even vicarious delight.

It is good to make resolutions in a spirit of prayer and to involve God, perhaps seeking His guidance for the year ahead. I wonder if you keep a Journal. It is good to write things down, the very act of writing helps us to remember.

Of course resolutions don't have to be made on New Years Day, in faith we can make a fresh start on each or any new day; and each evening is a good opportunity to reflect on how the day has gone, perhaps use this prayer:

Lord bless me as I try to make this day special. May this be a good year of resolutions. Bless my family and help them with their resolutions so that together we can give you thanks for all your blessings.

Peace and blessings and love to you and yours,

Revd Judith.

Monthly Wellness

By **Caroline McCabe**

(this article also contains advertising material)



Welcome to a new Monthly Wellness page for FCN!

We all know maintaining a balance in mind, body and spirit during these challenging times can be so difficult, but here in Frenchay we are blessed with many of the ingredients needed to do just that. I am happy to say I am a newcomer to this area and one of the main reasons I chose to live here is for the wealth of trees and open space it offers – another being its sense of community.

In all traditions and cultures there is an understanding of the power of nature to heal. Clinical trials have highlighted how being amongst nature reduces the stress hormone cortisol and promotes a feeling of wellbeing. We know about the healing capacities of plants like arnica for stiff muscles for example and in modern day skincare there is a huge resurgence in the listing of “natural ingredients” as proof that the product will be good for you. In this regard we must also be aware of the amount of greenwashing in the marketing wheel to sell more products to us!



As a Wellness & Beauty Advisor (and busy single mum) my go-to top tip must be to gift yourself some time to stop, look up, and observe the shape of the wonderful and natural things around you. We are lucky to have such beautiful established trees surrounding us and giving back every day. They sequester the carbon we produce and provide us with a certainty that life still goes on, evolves, and changes shape before our eyes.

That link between putting back in after you have taken out is what carbon neutrality is all about. However, in terms of wellness and self-care, we can find ourselves just taking out – working, rushing, fulfilling duties and not putting back in – stopping, meditating, accepting. Prioritising ourselves, offering ourselves positive and compassionate thoughts will nurture us just as good food and good company does.

A few years ago, I came across WELEDA a company founded in 1921 which has the same principles of giving back what we take out. They have been committed to sustainability for 100 years, pioneering organic farming methods and leading the way for ethical business practices. Amazingly, they are still owned by the same not-for-profit organisation and are a Carbon Neutral company!

To kick-start our New Year and as an ambassador for WELEDA, throughout January I am offering a free 10-minute discovery call by phone or Zoom if you would like to know more about certified natural skincare and healthcare products. Perhaps you have someone in mind who would benefit from some self-care advice? Perhaps you realise you actually need some “me time” and would like to know more?

Please contact me by phone **07970 212 607**

or email **caroline@starly.co.uk** to book in a call or you can browse my webshop here: www.weleda-advisor.co.uk/shop/carolinemccabe

News from Downend Library

The 2021 Winter Mini Challenge, run by The Reading Agency in partnership with WWF, is still on! It runs (from 1st December) until 16 January 2022. There are also games, rewards and book recommendations to explore at www.wintermini.org.uk - of course children can borrow books to read for the challenge for FREE at Downend Library

The Summer Reading Challenge 2021 saw 3436 children in South Gloucestershire reading and exploring nature and action for the environment as part of this year's Wild World Heroes theme. Now that its chilly and winter, children can join the Wild World Heroes as they embark on an Arctic adventure. They can find out about the creatures that live there and the environmental issues facing this precious, remote place. They might even spot a narwhal or two! #WildWorldHeroes!

If you have a baby aged 0 – 12 months don't forget to pick up a FREE **Bookstart Baby Bag** by visiting Downend library. Why not also bring them along to **Rhyme Times** on Wednesdays at 9.30am? It is never too early to start developing an interest in books & rhymes (please pre-book by asking staff or email downend.library@southglos.gov.uk).

Computer support

Need some help using that new laptop, tablet or smartphone you had for Christmas? Our friendly Digital Champion can help out. You can book a FREE session with him at Downend Library by calling 01454 865022 or emailing downend.library@southglos.gov.uk or asking staff for details

Downend Library also hosts longer **Computer courses** which are run by SGS College – the next one **starts in February 2022**. Topics covered include: Understanding emails & attachments / Searching the internet, /How to do on line shopping safely and How to compare deals on line. / How to have Video chat with family and friends

For more information on these FREE courses please phone 0117 9092296 or email cindy.corbett@sgscol.ac.uk

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January Gardening

There are jobs to be tackled in the garden on days when the weather eases and gives one the opportunity of some fresh air and those days occur more often now that winters are warmer.



The garden shed and greenhouse will love to have a good clean out. Wash out pots ready for spring planting and clean, sharpen and oil the garden tools. When everything is up together and ready it makes the start of the busy spring gardening a joy. Now is the perfect time, as long as the ground is not frozen, to plant bare rooted hedging, roses, shrubs, fruit trees and deciduous trees whilst they are dormant. It's wonderful to watch plants maturing in your garden and seeing your ideas coming together.

Please don't forget the birds through the winter months especially and whilst in the garden little jobs that can be done in a few minutes but make all the difference are removing weeds as they pop up and deadhead winter pansies to save them going to seed and stop flowering. Keep an eye on any climbers in the garden especially if it's going to be very windy and tie back anything that may get damaged.

If the weather is bad then it's a perfect time to plan what you want to do in the garden in the coming months, which vegetables to grow, where to put a small pond and order seeds and plants from your armchair.

Indoor gardening.... keep an eye on your houseplants which may show signs of stress if your house is very much hotter and airless they may need moving to a new location or may not need so much water. A kitchen windowsill can be utilized by growing fresh herbs and starting off some early seeds eg. Sweet peas.

The days will be getting longer and the bulbs popping up through the ground will lighten the grey days and give us a feeling of joy that nature is so miraculous. Many bulbs have been planted by a team of volunteers in the autumn of 2021 and it will be so exciting to see them enhance our very special place – Frenchay.

A Very Happy New Year to all and enjoy whatever space you may have large or small.

The Tidy Gardener

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At our annual meeting last month the new committee were elected and all are looking forward to a full and enjoyable year ahead. We had a visit from WI Country Markets where members were able to purchase home-made food and craft items.

Our December meeting was for members only but we look forward to welcoming new members to our WI in the new year. Our speaker for our January meeting will be **Emma Britton**

(ex Radio Bristol), whose talk is entitled

"From radio shows to funerals and weddings".

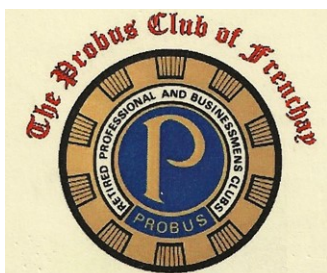
Emma has been to speak to us before, when we were very entertained by her talk. We are looking forward to another very enjoyable evening with her company.

If you need any information about us, please email the secretary, Chris Davies, at frenchaywi@gmail.com.



Our meetings are held on the third Monday of every month at 7.30 pm in Frenchay Village Hall.

As 2021 comes to a close, all at Frenchay WI would like to send festive wishes to all the staff and readers of Frenchay Community News.



Frenchay Probus Club

With all our meetings scheduled for the first Wednesday of each month at the Village Hall, our socially distanced meeting on 1st December seemed a little early for Christmas until the mince pies came out, and The Northavon Singers entertained us with recitals of Christmas music, old and new. It was significant for our President to remind us that this was the first time for almost 2 years that, thanks to the Pandemic, we had been all been able to meet together. We were looking forward to the Club's Christmas Lunch later in December, and to our AGM in early January when our plans for 2022 will be revealed.

We still have vacancies for new members (retired gentlemen living in the area and whose careers were in Businesses or the professions.) For more information, send an email to frenchayprobus@outlook.com

New Year – Fresh Start Just Run Frenchay

Are you someone who made a New Year resolution to do more exercise, eat healthier, practice mindfulness etc? When the new year arrives, you sign up for a new gym membership and promise that it will be different this time. If so, then well done but if you're like 80% of the population your resolve doesn't last as you would have liked.

New Year's resolutions tend not to succeed because the many demands of our life such as work, family, friends all compete for our attention, effort, and willpower, all of which are in limited supply. Feeling disheartened, many of us decide to give up and find a new, more achievable goal or decide next time will be different. The next time you don't meet a particular goal, step back to reevaluate why and be honest with yourself. If you find that you need some form of accountability or commitment, then finding someone with a shared goal or joining a group can really help the chances of the desired behaviour becoming more of a habit.

If you are a local lady and have resolved to get fitter in 2022, then Just Run Frenchay might just be what you need. We'll have a new couch to 5km and 5-10km course **starting on Monday 10th January** alongside our regular 2-, 3-, 4-, 5-, 6-mile groups. Many of our members buddy up within their groups and meet to run outside club nights to achieve their running goals. No matter how fast or slow, short or long distance we witness everyone leaving our 7pm Monday sessions more positive and energized than when they arrived. Don't take our word for it. Come and give it a go!



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

News from The Dings

The end of year proved to be a busy one at Shaftesbury Park, our annual Christmas Dinner preceded the big local derby with Clifton.

Prior to that, at the end of November, Shaftesbury Park was aired live on BBC I-Player as the Bristol Bears, Ladies took on Wasps in the Premiership which they won comfortably. Dings received many mentions during the broadcast not least our Junior Section.

Although we are mid- table we have been plagued with injuries to all areas of the team. However it is really good this year that both our Knights (2nd XV) and Warriors (3rd XV) are continuing to put out sides and are playing in their respective leagues. This is a real plus as up to this season both sides had to rely on friendly fixtures with opponents often cancelling at the last minute.

Our under 18's Girls side were due to play North Bristol in a National Cup match but sadly our opponents couldn't raise a side. The match was played as a friendly with Dings lending the opponents some players.

We hosted the Bristol Rugby Combination Cup final, which was postponed from last season due to the pandemic. It turned into a very one sided affair, with Weston Hornets beating Barton Hill, 71 – 12, all credit to Barts though as they never gave up. A big crowd was there to cheer on their respective teams.

A very happy and Peaceful New Year to you all from Dings.

Frenchay Cricket News January 2022

A very happy new year to everyone, which hopefully will prove better for all in terms of the health and wellbeing of the wider community.

Excellent news came through in December, and time now to congratulate Izzy Patel, Lily Knox, Rachel le Poidevin, Liv Daniels and Emily Murray, all of whom have been included in the Gloucestershire Girls 'Emerging Players Programme' (EPP) for 2022. This is the top level of Coaching for Girls in the County, and having five players out of the thirteen in the EPP Group is a tribute to the commitment of the young players, the opportunities provided by the Club to develop their talents and experience, and to the various

Coaches who have assisted their development. Lily, Izzy, and Rachel all started in the Under 11 Girls Group at the Club with Liv and Emily joining at under 13s, and this just shows what opportunities are available to every young player with commitment.

Meanwhile, the Indoor Leagues were completed in the autumn, and the U15 Boys were successful in winning the DFCA Plate Competition, while the 'Fire' Girls finished in 3rd place in the U15 DFCA Cup Competition. January will see the U13 Girls continuing in the Glos Girls 'South' League.

The 'Junior' and 'Senior' Falcons Disability Groups completed their respective indoor sessions at Shaftesbury Park, and are set to recommence on Sundays later this month at the same venue. There are opportunities for any SEND Children (KS2 and above) and Adults, so if anyone reading this knows of anyone who would benefit from fun, cricket based activity, please contact rachel.eccott@blueyonder.co.uk

A Tasty Vegan Recipe to Start Off the New Year

I have a niece who is now in her 40's but has been passionate about the world we live in since she was very young and became a vegetarian many years ago and in recent years has gone a step further and is now a vegan. I am mindful that many people are interested in cutting their consumption of meat and are moving towards having more vegetable based meals so I thought I would consult my niece for some tried and tested recipes occasionally for those of you who that are of the same mindset..... so here is the first one that she brought back from New Zealand

Vegan Tofu and Spinach Lasagne

Preheat an oven to 180C.

Tomato Sauce

Olive oil - 2 Tbsp
Onion, chopped finely - 1
Cloves garlic, crushed - 2
Tin chopped tomatoes - 400 g
Tomato paste - 2 Tbsp
Dried oregano - 1 tsp
Balsamic vinegar - 2 tsp

Filling

Olive oil - 2 Tbsp
Cloves garlic, sliced - 2
Mushrooms, sliced - 250 g
Dried oregano - 1/2 tsp
Spinach - 150 g
Tofu, crumbled - 400 g
Lemon for zest and juice - 1
Vegan cheese, grated - 150 g
Toasted pine nuts, plus more to garnish - 1/4 cup
Eggless lasagne sheets 6—7

Sauce method :

In a large pot, warm the oil on a medium heat. Add the onion and garlic cooking for 3 or 4 minutes to soften. Add the tomatoes, oregano, tomato paste and balsamic. Bring to a simmer for 15 minutes to thicken. Remove from the heat and add the basil leaves.

Season with salt and pepper to taste.

For the filling, heat the oil in a frying pan on medium. Add the garlic, mushrooms and oregano cooking for a few minutes to soften. Add the spinach, tofu and pine nuts. Remove from the heat and add the lemon and half the cheese.

Season with salt and pepper.

To assemble, in a 20 x 20cm oven proof dish, spread a little tomato sauce, cover with lasagne sheets, tofu mixture, then tomato sauce again. Repeat, making sure to finish with tofu. Sprinkle with the remaining cheese. Cover with tin foil and place in the oven for 35 minutes.

Remove the foil, drizzle a little olive oil and bake for a further 25 minutes until crispy and golden.

Serve hot with some toasted pine nuts and basil leaves.

Go on , try something different you might enjoy it !!

The Tidy Cook

End of Year Roll of Honour of the Achievements of Junior Players at DFTC

The youngsters mentioned below (and just a few of whom are shown in the photo opposite) started their tennis careers at Downend & Frenchay Tennis Club. They have learned to play in various age groups and been able to compete in competitions suited to their ability. There are many more who enjoy learning the skills which they can continue using for life.



Maria Budin - Currently on a Full Scholarship at Rice University in Texas USA, with their Division 1 Team.

Kiera Gunning - Currently on a partial Scholarship at Averett University USA with their Division 3 team.

George King - George is currently working hard within the competition circuit achieving great results with the aim of gaining a Tennis Scholarship at a USA University in the near future.

The following players were selected to represent Avon within Their County Performance Teams: Ben Brown, Dominic Foley, Arthur King, Tom Bewley, Kadie Robinson, Poppy Rickwood, - County Performance Squad, playing both National and Regional Level Competitions.

Kadie was recently selected for the qualifying draw at the Tennis Europe Singles Tournament and qualified for the main draw in the Doubles Tournament.

Jamie Salmon, Maya Glanvill, Sofia Anderson- County Performance Squad, and also playing at Regional Level Competitions.

Florence Butel, Isabella Butel - County Performance Squad.

New for 2021 Avon Tennis Performance introduced a new Under 8 category which the following played were selected for:

James Dick, Thomas Glanvill - County Performance Squad

Comments from parents of juniors:

Poppy Rickwood started playing tennis at DFTC when she was 6 years old. Her potential was spotted by Pete Caseley at an after-school club. We were invited to DFTC for some tasters and joined soon after. Poppy was a natural, and under the performance coaching of Head Coach, Andy Hutton, Poppy's tennis has gone from strength the strength – seeing her regularly compete in junior league, regional and national tournaments, as well as play for the county. Now 16 years old, Poppy continues to play to a high standard and very much enjoys her tennis.

Enjoyment has always been our no.1 focus – but she still loves to win! It's fantastic to see her play and we're so proud of what she has achieved.

Go Poppy! (Samantha Rickwood)

Dominic Foley started this tennis journey at the age of 6 and in 2018 he joined DFTC playing orange ball tennis through to yellow ball and been selected to play in numerous league fixtures for his club. Dominic has made great progress through the years, being selected for the U10, U11 and currently in the U14 Boys Avon County Performance Training Squad. He was also chosen to represent Avon in the 2020 County Cup for the Avon U11 Boys team. Dominic has enjoyed many successes, with his most memorable being the winner of the U11 Boys Singles Avon County Championships in 2020. He continues to train hard, develop his skills and enjoy his tennis! (Chantel Foley)

Tom & Jack Bewley

My two sons joined Downend and Frenchay tennis club in the spring of 2015. It was clear from the start that there was a positive atmosphere at the club with great coaches. Both boys still attend the club regularly for different reasons, Jack plays tennis in a group session on Tuesday's and has also started playing independently with another club player. Tom like Jack took to tennis well but wanted it to be his main sport so had individual lessons. Pete and Andy have given Tom the best support and coaching over the years which has enabled Tom to captain Avon and then play regional, then move on to Nationals, including the finals Roehampton National tennis centre. I'm sure both my sons will continue to play tennis as adults and get the social and health benefits which you get from a good club. (Nigel Bewley)

Something to think about for the New Year? See also: www.downendandfrenchay.co.uk

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Esmé's Article : 'SNOW '

In last month's 'thoughts', I gave SNOW total praise. Perhaps that was thoughtless of me : sorry! It is fine for people like me who do not need to leave their homes : but it is difficult if you need to travel! If we get some this year, PLEASE take care.

I hope that if you read my poem this month, it will inspire you spiritually. We all need to feel uplifted in these difficult times.

Angel stars come drifting down, Snow flakes go floating by.....

They cover everything they touch, With magic from the sky !

It's just God's way of showing, in this dull and dreary season,

The world can be a joyous scene, He always acts with reason.

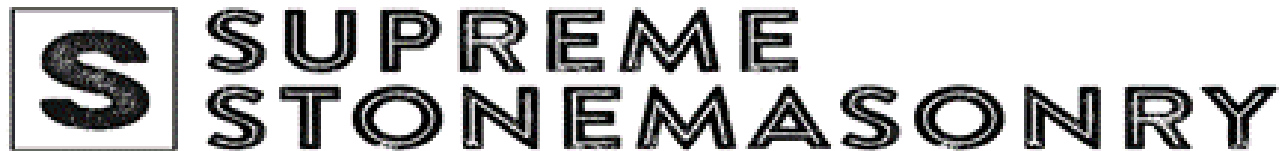
When each view 's a vision pure, beneath its blanket white.

Let's realise that we are His, We're always in His sight.

When snowflakes fall, and fall they will, Let's take it for a sign.

Whatever happens, life is GOOD : "I am HIS, and HE is mine ! "

Stay optimistic please, *Esmé*



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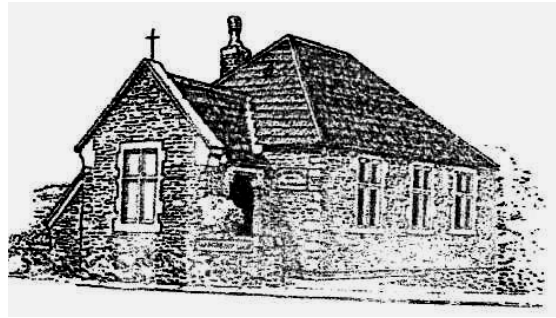
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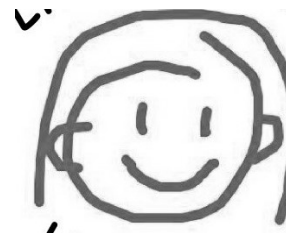
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