

July 2022

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No sooner have we enjoyed a return to major community events with a succession of successful Jubilee events than along comes another one, as the Frenchay Flower Show makes its very welcome return in this coming month.

So, 'On with the Show' !

Frenchay Community News

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

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

The deadline for the August 2022 edition is 9.00 pm on Sunday 10th July

To advertise (see rates on inside back cover) please contact
kate1.davison@gmail.com

Frenchay Residents Association (FRA) Report No. 92

Dear Friends and Neighbours, Jubilee Picnic

Thank you to everyone who joined us on the common by the church, it was a very enjoyable afternoon and all the feedback seems very positive. For the hard working FRA team we are inspired by your enthusiasm for more community events, so we will definitely plan some more. If anyone wants to help the FRA team we have opportunities and projects galore, the same applies to the wonderful Frenchay Museum. Don't be shy, come and join in with all of the fun that we have working together in Frenchay's best interests.

We are very grateful to Frenchay Parish Church as our partner, the vicar Charles Sugden assures me that their intervention gave us the good weather, to fulfil that rash promise we repeatedly made in previous FCN articles. Fortune favours the brave? We are also pleased that for the Reverend Judith Lee we finally fulfilled her dream to have a 'songs of praise' on Frenchay Common. That sets us up nicely now for the Flower Show on 9th July.

So many thanks to the FRA team on the ground, Concord Wind Band, the Church Choir with Frenchay Foxes and The Provision youth jazz band. (*seen here*) Hopefully something for all.

We are also very grateful for your generosity with our bucket collection for the musicians, which raised a total of £300.50. So we will donate £100 each to Concord wind band and The Provision jazz band towards their expenses and young person's' development work.



£50 will go the Church Choir and Frenchay Foxes for their community work. The balance will be retained towards the event expenses, like the two portaloos, which were £148 total.

Many of you sampled the excellent samosas and refreshments which were organised by a family in Frenchay Park for the Bristol Gurmat Charity (1182218) raising £300.

They would like to thank Jeevan Sweets (pure vegetarian Indian restaurant & takeaway/sweet centre, 415-417 Stapleton Road) for donating the samosas, Costa Coffee in Filton and Henleaze for the hot drinks cups and Eggless Cake Shop (58 Filton Road, Horfield) for the cupcakes. Many thanks to them all for such wonderful support.

And finally thanks to all of you as the common and loos were spotless at the end, a fantastic show of respect to our wonderful green spaces and event organisers.

Village Wild Flower Projects

You will hopefully have enjoyed the lovely wild flower drifts by Becks Pool recently, the thorough preparative work done there last year has meant that this summer we have a truly natural display that includes some rare orchids. The same applies to the other sites around the village where marker signs show you what is set aside, which we will continue to develop and enhance.

As an experiment we have been able to leave the Tuckett common haha's to see what comes through and to provide much needed habitat/protection for wildlife. These are now being lightly trimmed every six weeks and a project will start soon to remove excess invasive plant growth, which will be used as training for our DofE student team.

As a long term project there is still much work to do and in a future article we will do a feature on just what is involved to prepare and maintain our wild areas.

I think it will surprise you all just what it entails, but the results are well worth the effort!

Tuckett Field Proposals

In June's copy we highlighted a proposal that has been received for regenerating the wild flower meadow, similar to that planned by the National Trust in the adjacent field.

The initiative being put before Winterbourne Parish Council (WPC) aims to replant the field with local wildflowers, add some replacement native trees and improve the area around the Tuckett pond. The plan also aims to implement a conservation grazing regime.

Thank you to everyone who responded to the survey that FRA circulated which was most helpful in gauging public opinion on this opportunity to enhance, and improve, that well used space.

Please note that this is not at all connected to the search for a suitable location for some new allotment space, this is being considered by WPC as there are long waiting lists for current allotment space and more is required.

We understand that some funds from development S106 monies is available to Frenchay for such provision. Once the new voluntary village green space has been transferred officially to the Parish all possible locations can be considered and consulted upon with residents. This is something that WPC will ask FRA to assist with organising with a public meeting later in the year.

Help Needed Please

We have had a request for help from someone in the village who assists a local family.

She collects and delivers an online order from TESCO Eastgate for them, but needs back up when she is away. Timings and frequency are flexible.

Please e-mail FRA through adriancollins1958@gmail.com if you are able to help our Good Samaritan. Thank you.

Observation Corner

Each month we will pose a question where the answer might surprise you, or at least make you stop and think.

Q The new primary school is due to be finished and start to be occupied this September, part of that plan included additional nursery school provision, where the old Observation Ward buildings were a possible solution, before they were sold by SGC for private development.

FRA provided a detailed feasibility report in June 2020 upon how this provision could be made and to propose how the old school buildings could be used.

So in light of all of this effort by FRA have we had any progress or news of a viable solution to resolve this vital need to support our residents with pre-school children?

A At this stage we know that the sale proceeds for the old Observation Ward have now been set aside for nursery school provision, but no definitive plan has been announced.

It could be that our thoughts were not welcomed and a better plan will become clear to us all very soon? We sincerely hope so!

I look forward to seeing you at the Frenchay Flower Show on Saturday 9th July, thank you all for your engagement and continuing support.

Adrian Collins (Chair - FRA)



Jubilee Celebrations

Congratulations and appreciation to all who organised and took part in a wide variety of musical and other events to mark this unique occasion.

The events on Frenchay Common on the 4th June featured The Concord Band, (*above*), a combined choir of Frenchay Foxes and the Church Choir (*right*), and 'The Provision' (*shown on page 3*)



Party Time at Frenchay House (*left*)

Mozart could not have envisaged a finer setting for his Clarinet Quintet than Frenchay Chapel on a sunny Jubilee afternoon. The work was first performed in 1789, and also featured in the final episode of M*A*S*H* !





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Councillor Ben Burton reports :

Jubilee Celebrations

We were really pleased to see so many residents taking the opportunity to enjoy the various events that were organised to celebrate the Queen's Platinum Jubilee. Personally, I had two very different experiences; sitting in the sunshine late into the evening on the Thursday followed by a more 'traditional' cold and blustery street party on the Sunday afternoon. The real positive was to see such great community spirit and children playing out in the streets.

We were really pleased to see that South Gloucestershire Council helped to support both formally organised events with funding whilst at the same time making it free and easy to close roads for street parties. We must also express our gratitude to the local emergency services who were able to visit several street parties to allow children the opportunity to see inside ambulances, fire engines and Police vans (including several opportunities to play with the sirens!). We hope that there will be similar opportunities for future national and local celebrations in the future, especially with an extended bank holiday weekend.

Reporting Issues

We continue to receive reports of issues in the local area, including isolated incidents of graffiti and untidy or overgrowing verges. The weather at this time of year often sees road side verges grow rapidly and this can narrow footways. Please continue to report these issues to the Streetcare team so they are aware and can respond quickly, especially where there might be safety issues. The best way of reporting is using the online forms on the South Gloucestershire Council website. However, we will also be happy to make reports on your behalf.

The Streetcare team will act quickly when graffiti on Council owned infrastructure or buildings is reported. However, when this graffiti is on private land then then it becomes more complicated. If you are unsure about ownership then please report it to the Council or ourselves and we will do our best to try and find the appropriate solution. As we all know, if graffiti is removed quickly then it reduces the chances of it reoccurring.

Litter Pick

We have arranged several litter picks recently in Downend and Bromley Heath. These have been targeted at 'problem' locations and we have been able to leave the area looking much tidier. We would very much like to arrange the next litter pick in Frenchay. Residents locally are doing a fantastic job at keeping the village clean and tidy but if you know of any isolated problems locations then please let us know. We will then advertise the litter pick in due course and bring the necessary equipment and bags

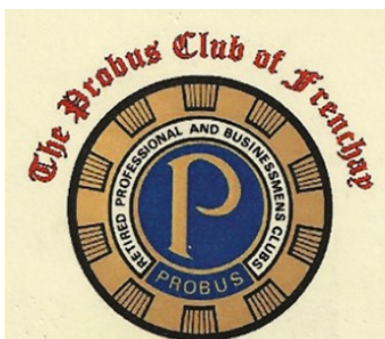


Our meeting in May was our Resolutions evening when a member gave us an outline of what was being proposed - Women and Girls with ASD & ADHD - under-identified, under-diagnosed, misdiagnosed, under-supported. The resolution was unanimously passed and will go to the National Federation of Women's Institutes Annual Meeting and, if adopted, will go on to form the basis of a WI campaign

In true WI fashion, Frenchay WI held a Jubilee Afternoon Tea for members in the week after the Bank Holiday Weekend. Our members signed up to bring items of food and do 'jobs' to ensure a smooth and pleasant afternoon. And it certainly was a success - members dressed up in 'posh frocks and tiffers' and enjoyed themselves - the committee received so many compliments. One member brought a Royal Quiz, with the winner being presented with a lovely bottle of Prosecco. As was mentioned last month, a collection box for Ukraine was available for donations.

Our speaker in July will be John Caldicott who will talk about the Foundling Hospital, the UK's oldest children's charity, and the lives of babies left abandoned.

As always, we invite new members to join us at any of our regular meetings - held on the 3rd Monday of every month (except August) in Frenchay Village Hall, starting at 7.30 pm. For more information, please contact our Secretary, Chris Davies on 0117 9568123 or at frenchaywi@gmail.com.



Frenchay Probus Club continues to hold monthly Presentation Talks, the most recent being a very interesting talk on 'Creating Concorde', made all the more engaging because the speaker, Chris Bigg, had spent his working life at Filton working mainly on the project, and as a result, that made it a very personal and well-informed account of this remarkable story..

Next up on the speaker's front, is a Talk on **Wednesday 6th July** entitled "My Year in Russia", to be given by Dr. Gerald Seaman. The year in question is well before the present regime and will reflect the speaker's expertise as a former Professor of Musicology at Auckland University, but now teaching at Oxford University. The meeting will be open to lady guests, and promises to give some real insights. For further general enquiries, please contact through frenchayprobus@outlook.com



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

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 no 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.

And two VACANCIES

The Frenchay Village Hall continues to thrive with very many different organisations using the hall for recreational and other purposes. The trustees are seeking a **bookkeeper** and also **another cleaner**. If you are able to assist, or know someone who may be interested, please get in touch with John Parkin. treasurerfrenchayvillagehall@gmail.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)

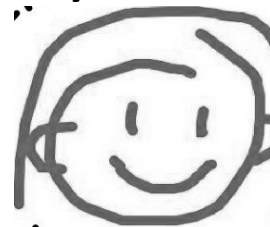
9am – 3pm (short day)

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

Gardening in July

July is a month to reflect on your hard work and to enjoy the fruits of your labour. It is also a fantastic month for sowing seeds, as both soil and air temperatures are high. The long, warm days with good light levels speed up the germination process, helping you to extend your season of cropping in the vegetable patch and boost stocks of perennials, biennials and indoor exotics in the ornamental garden.

Bear in mind, however, that the water table is lower at this time of year and so extra watering may be needed. Water is always a valuable resource and used wisely can add to life's enjoyment without impacting greatly on the environment. Mulch where you can to reduce weed growth, water evaporation and reduce your workload! Move your mower height just one or two clicks just to help the roots retain more moisture and lawns will look better.



In the UK, plenty of flower and vegetable seeds can be sown in July, including biennials such as foxgloves, which should flower the following spring. Quick-growing crops like radish, French beans and carrots can be sown now. I experimented with pelleted carrot seeds this year with 100% germination rate and far easier to space them out – yet to eat them but looking forward to some lovely carrots. Fragrance is essential in a summer garden and there are plenty of richly scented plants that flower in July. If you have the room it's well worth creating a dedicated area of your garden to scented plants.

Or, if you're short on space, grow as many as you can in pots and containers. Star Jasmine is a particular favourite,. If you have space Buddleia has a special fragrance of honey and is a great winner for bees, Daphnes have pretty clusters of heavily scented blooms and the golden-leaved abelia produces scented, trumpet-shaped flowers from midsummer and into autumn.

The Frenchay Flower Show has to have more than just a mention at this time of year – 9th July 2022.

Please visit www.frenchayflowershow.com as it's gone paperless. Please don't let this put you off entering as this is now the way everything is going!

It is always a significant event in the village and we can now welcome our newer neighbours as well as seeing old friends

- Remember its not the winnng that counts but the entering and making the show the best we possibly can.
- See you there!

Alan Caswell

Frenchay Flower Show



Frenchay Flower Show

Saturday 9th July

from 12.30 p.m.

By the time you receive this the Show will only be days away. Final preparations are being made and soon the marquee will appear on the Common.

It is not too late to enter, entries will be taken on the Friday before the Show between 4.00 p.m. and 8.00 p.m. and Saturday morning on the day of the Show between 8.00 a.m. and 9.55 a.m. Remember that entries for some classes have to be in on the Wednesday before the Show to enable time to allocate spaces and display items such as photographs, all the information you require is on the Frenchay Flower Show website. Please take a look at the website it is full of the information you need.

It is important that we all take the time to enter something, baking, art, photography, handicrafts, vegetables it's all there for you to take up the challenge, you never know you may win a prize! All entries are really appreciated to make this a successful event, if we don't have any entries then there won't be a Show.

Entry forms will be available when you register your entries, if you are unable to download from the website. If you have any questions please contact a member of the Committee, contact details available on the website.

We look forward to seeing new and old faces at the Show and hope everyone has a lovely time.

www.frenchayflowershow.com

Update from Frenchay Primary School

The new school building is taking shape with most of the triple glazed windows now in place. These take 2 to 3 days to fit for each classroom due to their size and weight! The wooden panels are being fitted to the top half of the building now, ready for more insulation next week. This helps to fully insulate the building like a thermos flask for our Passivhaus status. These will then be rendered.

Alongside the building project I have also been working with Pentagon Play who create play equipment and do floor markings on playgrounds. We have received our proposals for the play equipment which will be installed once we take possession of the building later this year. It will mean a short delay between moving in and having it fitted but I know it will be worth the wait. All proceeds raised for the FOFS (Friends of Frenchay School) will go towards new play equipment for the site, along with any other donations we receive.

Along with this I have been busy working with the interior designers, choosing the colours for each room along with the furniture and carpets/ flooring. As you can imagine, this is a mammoth task for a two form entry school. Lots of fun too though! The theme for the colour scheme is in line with our new logo, with an aim to be natural in colours and the feel. This reflects our beautiful surroundings with the conservation area on our doorstep. The view from the classrooms, overlooking the conservation area, is really quite tranquil and calming. We can't wait to get in!

The move is now planned for the 14th - 16th September so we will need to close for a short period of time to unpack and get set up. We will become a single form entry school in September so have additional places for some new pupils. We are looking forward to increasing our school community and welcoming new children to our warm and friendly family. If anyone is looking for a place in September please contact South Glos Admissions team

Katherine Marks, Headteacher



CHURCH CALENDAR FOR JULY 2022

Commencing at 10.30am

3 July	All Age Worship
10 July	Holy Communion
17 July	Morning Praise and Holy Baptism
24 July	Holy Communion
31 July	Sung Matins

Commencing at 6.00pm

3 July	Holy Communion (BCP)
10 July	Evening Prayer
17 July	Evening Prayer
24 July	Evening Prayer
31 July	Evening Prayer

TINY TIME for the under-fives 10am - 11.30am on the **third** Thursday each month.

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

ADVANCE NOTICE OF A CONFIRMATION COURSE

Rev Charles would be delighted to hear from anyone who would like to explore Confirmation in the Church of England

It is planned to hold a course during late Summer /Autumn with a view to candidates being Confirmed in November.. At this stage it is just exploratory : there is no obligation to decide yet to get Confirmed

See <https://www.churchofengland.org/life-events/confirmation>

Minister's Letter July 2022

How much things have changed in just one year! Even in a single day: as I write this the sun is shining brightly but the forecast for tomorrow is thunder and strong winds. However much we are aware of and are formed by mankind's history over the past hundred, thousand or even two thousand years, most of us have memories measured in decades and wishes in even shorter time spans.



This time last year, Covid was a key concern. Queues at airports were almost non-existent; prices and interest rates had been fairly stable for a long time; there was no war in Ukraine; refugees arriving in England were not being threatened with deportation to Rwanda.

What can – or should - we do? Most faiths encourage their members to be kind to one another and to support those less fortunate than themselves. Christians are taught 'Love your neighbour as yourself'. Generosity, of our time as well as money, and care in the way we use the resources we have?

Jesus, in John Chapter 12, tells his followers that 'The poor will be with you always'. Unfortunately that is true. Treatment of the poor in England has never been good and numbers living in poverty are now increasing. Frenchay is comparatively affluent but there are among us people who are property rich but cash poor and others who are the hidden poor, including some elderly who are struggling to live on state pensions.

Are we looking out for our neighbours and checking that they are all right? If you or anyone you know needs help, let us know in confidence. (Tel: 0117 9566378) The Parish Church is here for all in Frenchay, not just those who come to church. We can't promise to solve things but may be able to help or know someone who can.

We can celebrate, too. Frenchay Flower Show is back, on Saturday 9th July, with stalls on the Common and some of our historic buildings, including the Church, open and hosting displays and events. I expect to be outside the Church's gazebo on the Common; please come over and say 'Hello'.

In the meantime we are blessed with beautiful surroundings and plenty of green space. Let us give thanks for – and enjoy - the beauty of God's creation.

Kate Davison, Lay Minister

Spire Lighting 2nd June, 3rd June, 4th June and 5th June In celebration of Her Majesty Queen Elizabeth's Platinum Jubilee.

5th June In Memory of **Tony Watts** on his birthday
6th June Remembering Tony Watts today when tree planting was be made in his name



Report on Christian Aid Week 2022 (held on 15—21 May this year)

Christian Aid is a charity that aims to tackle the root causes of poverty as well as providing urgent practical help at times of crisis. It campaigns, supports, educates and provides for people and communities throughout the world to live a fuller life, free from poverty and hunger.

Once a year volunteers from our community support Christian Aid Week by organising collections on behalf of the charity. This year, with your generosity, Christian Aid Week collections raised £1,286.

Thank you for giving so generously! Your gift will help families and all people facing poverty and injustice around the world, regardless of race, religion or gender. **It will** turn hunger into hope for millions.

Coronavirus, conflict and the climate crisis are now causing more people than ever to struggle to survive and so the work of such a worthy charity is more important now than ever. You can continue to give at anytime via their website ‘

www.christianaid.org.uk’ or by calling 08080 006 006

James Pithie (a Christian Aid Volunteer in Frenchay)

FRENCHAY BELL TOWER OPEN JULY 9TH 2-4 PM

Come and watch the Church bells being rung! There will be expert ringers available if you would like to “have a go” (8yr+ to try ringing.) Bellringing is a team activity that stimulates the brain and helps keep you fit’

***The challenge and pleasure of ringing is to ring with other people,
from rounds to methods – everyone is important –
a real team effort.***

In the ‘Bob Doubles’ method, there are 5 working bells , while the number 6 heaviest tenor bell always stays at the back for this method



Find out more on July 9th.

**We look forward
to meeting you**



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Leader Lisa Orto

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Vaughan Williams—Charterhouse Suite

A. Dvorak—2 Waltzes—Opus 54

Vivaldi—Concerto Grosso Op 3 No 8 for 2 violins

P. Grainger—Molly on the Shore

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Drop-in Session at Frenchay Quaker Meeting House



Saturday 23rd July between 3.00pm and 4.30pm
Beckspool Road, Frenchay, BS16 1NT

If you have passed this unique early 19th century building on the edge of Frenchay Moor, opposite the village hall, you may or may not have had the chance to go in to enjoy the lovely burial ground and garden behind it or sit in the peaceful meeting rooms steeped in historical atmosphere. Quakers have been meeting here since 1673 and now meet every Sunday between 10.30am to 11.30am. All are welcome to come and join for an hour of mostly silent worship.

We are inviting local Frenchay residents to drop in for an informal chat with refreshments to learn more about Quakers, their approach to life, their testimonies of simplicity, peace, truth and equality

For more information,

please contact our Warden / Helen Watts on 0117 956 7337

Begbrook Social Club, Frenchay Park Road BS16 1HY

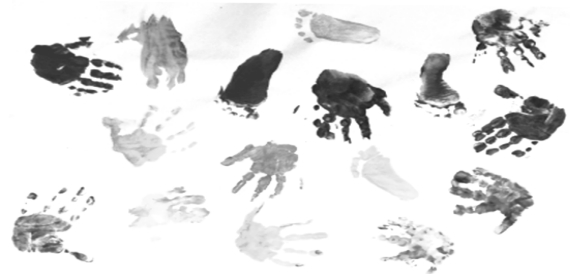
Our two function rooms are available to hire and we are pleased to announce that we have resumed our entertainment program .

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**

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FRENCHAY PARENT AND TODDLER GROUP TUESDAYS 9.30-11.30 AM



UPSTAIRS IN FRENCHAY
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PRESS BUZZER FOR ENTR

BABIES, TODDLERS AND
PRESCHOOL AGE
CHILDREN AND THEIR
FAMILIES AND CARERS
WELCOME
FIND US ON FACEBOOK

FRENCHAY VILLAGE MUSEUM – summer activities!

Around 100 people (adults & children) visited the Museum's stall on The Common as part of the Platinum Jubilee celebrations on Saturday 4th June and enjoyed the activities prepared by Carol Thorne and her team.

Copies of a new book on the Village School proved very popular and there was lots of interest in an old typewriter (pre-querly) and the 'bagatelle' game (no batteries required for either). The classic booklet on 'A Grand tour of Frenchay' was also popular with several groups of children who went off exploring the Village - all returning sometime later with triumphant tales of following a map, briefly getting lost and discovering new places along the way...

Perhaps the 70-year span of the Jubilee can be summarised by a 1950s bagatelle game and traditional patriotic music relayed via a 2020s mobile phone to the loud-speaker!

Look out for us at the Flower Show (Saturday 9th July) where there will be more activities and we will be happy to explain how you can get involved with the Museum in number of different ways.

Hugh Whatley (Tel; 0117 956 5378 or Mob = 0777 552 2689.)

Monthly Wellness

Caroline McCabe

E. caroline@starly.co.uk Mob. 07970 212 607



Welcome to July's Monthly Wellness Page – Skincare Ingredients Confused? Don't be!

Keeping it simple by washing your face with a basic flannel or enjoying a lengthy step by step routine is all allowed here but if you are struggling to make sense of the various new buzz words thrown at us by the beauty industry here is your crib sheet. Most importantly, taking care of your skin is NOT about being vain or the domain of just women. Young, old, male, female, dark, light – skin is skin and maintaining the largest organ in our body can make us LOOK and FEEL good.

I wrote back in March about SPF, so I will say no more here and move on to my top four ingredients:

Niacinamide

A hero ingredient because it is quicker to tell you what it doesn't do! It treats enlarged pores, uneven skin tone, fine lines, and boosts radiance. It is great after a bout of acne as it helps reduce the appearance of acne scars. Look out for a high concentrate 20% if you really want to tackle enlarged pores and sun damage but a 10% concentration is adequate.

Vitamin C - L-ascorbic Acid or Tetrahexyldecyl Ascorbate (THD)

Vitamin C is a powerful antioxidant already famous for its nutritional benefits but applied topically it is pretty special too. There are more than twenty forms of Vit C, the most widely used is L-ascorbic Acid but THD is by far the most stable and effective so look out for that in your products.

THD penetrates the skin deeper as it is oil-soluble, has a longer shelf life as it is more stable and is far less likely to cause irritation, even in sensitive skin. Affectively, it produces a brighter more radiant complexion from first use and over time it encourages collagen production and protects from sun damage.

Vitamin A - Retinol

This wonder vitamin tells our skin cells to hurry up and turn over just like they did when we were younger. Any age can start using it as it was originally prescribed for severe acne but recently it has become better known for keeping the skin looking young and the lines at bay. However, if you are pregnant (or could be) it is advised NOT to use. Like Vit C it stimulates collagen and over time produces a smoother skin. It is especially important to introduce it gradually e.g., using it twice a week for at least two weeks before you move on to using it every other night. It must only be used AT NIGHT and as it makes you more photosensitive you MUST use an SPF the next day. Rules aside, it is proven to work so if you are patient get started!

Squalane

You might have noticed this mentioned in moisturisers etc. as it is an emollient, hydrating ingredient. Do not confuse it with the Squalene form which was traditionally derived from shark liver oil. Many brands use Squalane, a plant derived and sustainable version. As an ingredient it is a people pleaser so it likes hanging out with all the above ingredients e.g., you could pop a few drops of pure Squalane Oil into your current moisturiser as a comforting layer after Retinol.

Skincare has improved so much in recent years so don't be bamboozled and try a few of my suggestions.

Best wishes, **Caroline**



News From The Dings

The summer recess is drawing to a close and pre season training will now be under way. Following our best season ever last time out we are hoping to build on those really good foundations. The league set up has finally been resolved and we are now in National League 2, South West (level 4). Our travelling is much reduced, the furthest North we go is Newport, Shroshire, and the furthest South West is to our old friends Redruth. New opponents include Exeter University and Loughbrough University, Bourneville (B'ham) and we welcome back Old Reds and Weston Hornets.

Last season we supplied players from across the membership to International squads for the U 18's, County squads for boys and girls and to the Bears Academy.

Our Junior squad continues to thrive and this was reflected in the award of a Life Membership for Andy Plummer (*pictured*) one of the main drivers and leaders of the Junior Section.



Pre season fixtures are arranged and we play some famous names including Pontypool, Newport and Glasgow academicals. All these are in August and all are at Shaftesbury Park so take the opportunity to come along and see some good rugby in the sunshine.

In May we held our annual end of season dinner and awards evening. This was the first one since the pandemic brought proceedings to a halt. The guest speaker was ex international referee Derek Bevan, and he was brilliant with many humorous stories.

Downend & Frenchay Tennis Club

(located in the grounds of Frenchay Cricket Club, next to the Golf Centre)

All ages and abilities are very welcome and we have tennis courses available for complete adult or junior beginners, up to performance and national league level.

LTA accredited coaches offer individual or group coaching. The courts are all weather floodlit for use all the year round.

Special Offer:

LTA special offer for juniors (Youth Start) £34.99 course of six group sessions, free racket, T-shirt, ball set.

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

Complete Beginners welcomed, no previous experience needed!

OPEN DAY : Saturday 16 th July from 12 to 4 pm, so come and meet us and have a go ! Details will be available on our website.

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

E-mail: info@downendandfrenchay.co.uk

Tel: 07928 349154



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Live a calmer, happier life

Recipe for the month

Perfect Spanakopita

Prep **20 min**
Cook **30 min**
Makes **6 servings**

1kg adult spinach, or frozen whole leaf spinach **Salt** **2 tbsp olive oil**
1 red onion or leek, finely chopped **4 spring onions, chopped**
300g feta, crumbled. **25g dill, chopped.** **20g mint, leaves removed and chopped**
 3 sprigs oregano, chopped
 50g bulgur wheat (optional) **2 eggs, beaten.**
 Zest of 1 unwaxed lemon **Nutmeg.**
 250g filo pastry. **Oil, to brush (spray oil is easier)**

Trim the spinach and wash well, then roughly chop. Put in a colander with a good sprinkle of salt, and massage until it wilts (omit this stage if using frozen).

Gently fry the red onion or leek in the oil until softened, then take off the heat and stir in the spring onion.

Tip into a large bowl with the feta, herbs and bulgur, if using.

Wring the spinach in handfuls until no more liquid comes out (it should look thoroughly wilted), stir into the cheese mix, then add the egg, zest, a glug of oil and a good grating of nutmeg and mix again (I find hands the best tool for this).

Season lightly, remembering that feta is quite salty.

Heat the oven to 200C/390F/gas 6. Brush a 30cm x 25cm baking tin with olive oil, then line with half the filo, brushing each sheet with oil as you go (a spray is useful here, if you have one), and taking care not to press them down in the process. Leave any excess overhanging the sides.

Spoon in the filling, level the top, then put the lid on: repeat the layering process with the remaining pastry.

Fold the overhang inwards, to make an edible rim, drizzle with more oil and cut into the desired portion sizes.

Bake for about 30-40 minutes, until golden.

Leave to cool slightly before serving. Enjoy !



The Tidy Cook

Just Run Holiday Running

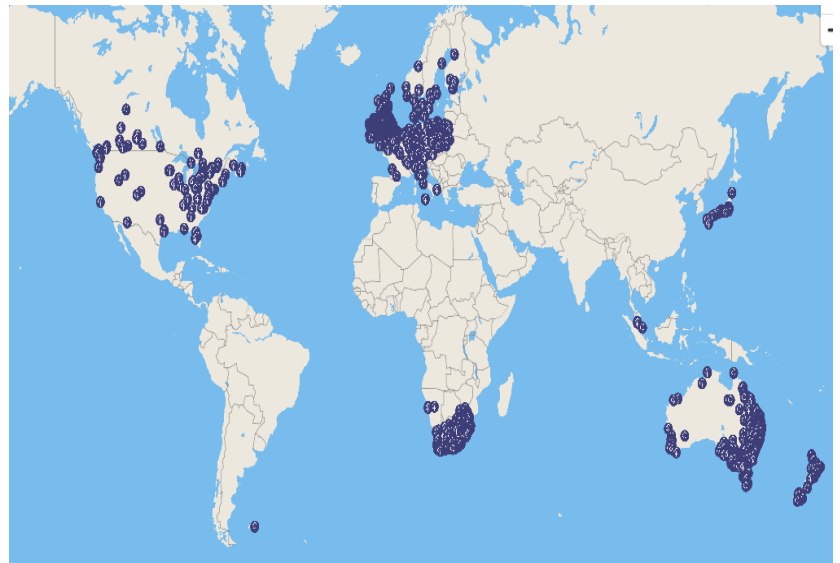
To take running kit on holiday or not. That is a question many of us face if we're fortunate enough to get away when we are packing for our holidays. For some it is the perfect opportunity to explore new places and enjoy the experience without the usual distractions of day-to-day commitments. For others, the trainers get packed only to sit in a corner or cupboard for the duration waiting for the "I'll go tomorrow" thought to become "I went today" or, more likely, "I should have left them behind and avoided the guilty feelings." The guilt trip can be unwelcome and if that's you then leave them behind and enjoy the feeling of getting back from holiday with renewed enthusiasm for burning off any vacation excesses. Even if you are training for an event a rest rarely undermines any training plans.

If you are heading for sunny climes combining sightseeing or a trip to a coffee stop can be a good way of giving the trainers a run out. You don't have to run hard to get the benefits. Combining walking with jogging and stopping to admire the view while performing a few stretches or mobility exercises can be really beneficial. Sometimes it's a case of reframing the thoughts and attitude to training. Likewise, if on a city break sticking the trainers on and heading off for a jog can be a fantastic way of covering more ground and doing a recce of areas to visit on a later occasion.

If your trip away coincides with a Saturday and you need some external motivation to get out for a run, then the Parkrun is a great way to do that. Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior parkruns for children aged four to 14. Parkruns are free, weekly, community events all around the world. All parkruns are free but you should register in advance. Once registered with parkrun, you can participate in any of their events at any time anywhere and as the image below shows, with around **700 locations across the globe**, there's a lot of choice.

Many of our club members have participated and testify that these are fun, welcoming, and even become a highlight of a trip way. See www.parkrun.org.uk/events for more info.

For more info about Just Run our local community ladies running club contact info@justrun.uk



Further ' Tales from the Tennis Court'

I joined Downend and Frenchay tennis club 4 years ago when I moved to Bristol from North Devon. I didn't know many people when I first arrived in the city so, having played tennis when I was younger, I decided to join a tennis club. I was a bit apprehensive as I wasn't sure if the club would be as enjoyable as my previous one.

However I didn't need to be as when I arrived at the first club night everyone was very welcoming and easy going, sharing in a bit of banter at the occasional accidental winner or serve that hits the back fence. Once we have finished at club night we would often head to the local and have a chat over some drinks.

The club has some great league teams which I have been playing in since I joined. The standard of the league is great as you always get a competitive match and know you have to fight for every win. Even if you come away having lost you know you've had a good match and you can commiserate with the other teams at the bar on a Friday night. With the matches being so close it has helped me become a better player as well as working on my fitness; there really is nothing like running side to side on a tennis court chasing a ball.

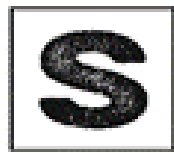
I'm always looking to improve my game and the Coaches, at the Club, are amazing and always happy to help. They have helped me work on my forehand to make it more powerful and consistent. Coaching groups for adults are very popular with lots of people booking on the adult coaching groups on Sunday and Monday nights. All abilities are catered for in total beginners, rusty rackets, improvers and advanced.

Outside of actually playing tennis they run some great social events, The end of year Christmas party is a highlight of mine as it brings the whole club together and everyone has a good time stuffing their face with food, dancing and was where I met my girlfriend. I have also been on a couple of skiing trips with some of the other members, which was great fun and led to some hilarious moments when we all inevitably wiped out at some point during the week.

Having made lots of friends and great memories at the tennis club I can easily say it's the best decision I have made since moving to Bristol.

(Written by Milo George member, and recently elected to the committee)

For further information please visit our website: www.downendandfrenchay.co.uk



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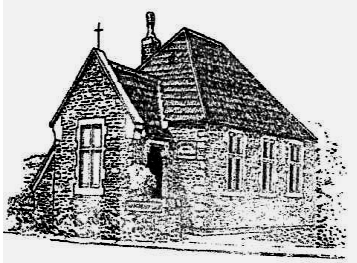


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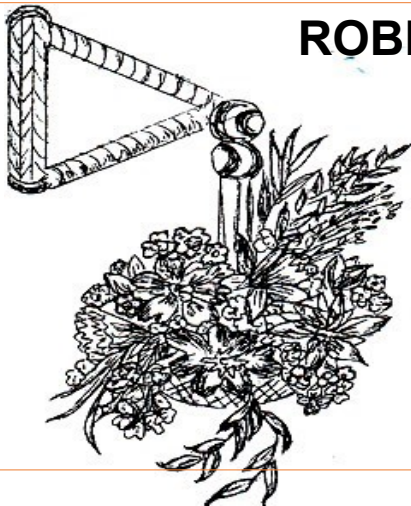


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Frenchay Cricket Club News July 2022

June was a really busy month at the Club for all of our Teams, although in the later stages, the weather pattern turned rather unpredictable, with the occasional showers provided additional challenges for the Groundstaff and Team Managers, with last minute postponements. The 1st XI are keeping pace at the upper end of the Table, and the 2nds have now recorded welcome victories. The 3rds, 4ths and newly formed 5th XI are doing good work, providing cricketing opportunities for young and more experienced alike. And Frenchay is proud to continue to show the way ahead to other Clubs, with so many of our Girls and Women playing regular 'Senior' cricket.

At youth level, the Teams have all had good experiences, played a number of matches, and had lots of fun gaining more experience. 'Frenchay (Youth) Fridays' have successfully returned to the calendar after the break of two years, and overall, it is so good to see a level of 'normality' returning to the sporting arena after the past times.



The new Non Turf Pitch has now been installed (see photograph), and this will prove a very welcome investment for match play and training in the years ahead.

In addition, we have submitted our documentation to achieve reaccreditation for 'ECB Clubmark', which standard is what all well run and progressive Clubs must look to attain and maintain, with Safeguarding and Equality central components.

During July, as well as the regular pattern of Senior and Youth matches, Frenchay will play host to Bristol Youth League Cup Finals, two Under 9 Tournaments, and the annual ECB 'Wicketz Programme' Regional Day involving sides from Bristol, South Wales and the Midlands. Another busy month ahead!

Esmé's Article : 'Our Royal Family'

This is my 221st article in this magazine, so please forgive me if I ever repeat myself. It would have been the 222nd, but, one month during the pandemic, there was no magazine. I have not featured our lovely Queen and her family before, but we have just had her special weekend ! She certainly deserves all the praise that she is receiving. My French friends really envy us our Royalty !

I wonder how many of you reading this have met the Queen? I haven't exactly met her, but twice I was in a Guard of Honour for her. Eight of us Red Maids, four each side, stood at the door of Bristol Cathedral as the Queen and her party passed between us. Later the same eight of us did the same for Princess Margaret's visit. What a difference !. Her sister looked straight ahead as she walked in, but our Queen turned her head from left to right, smiling at each of us.. We became her loyal 'fans' !



I wondered if our school was chosen because Red Maids is the oldest working school in our country, or perhaps it was because of our red uniform ? When I was 12 years old, the Queen's grandmother, Queen Mary,, and the Princess Royal visited our school. I always wished that they could have come unannounced ! The form that I was in had to play hockey as the Royal car went down the Drive. We were told that it was to highlight our red tunics against the green grass. The minute that the car was out of sight, it was down with the hockey sticks ! We then had to run to the Science laboratory, so that, by the time that the Royal party passed there, we were busy with test tubes ! Finally, we hurried from that building to line the Drive.

I wonder if many of you reading this have been inside Buckingham palace ? I have not. My mother went there when her younger brother received an M.B. E. .

So why did he get one ? He was the Farm Manager at the Open prison on the Isle of Sheppey. He was responsible for re-claiming the land around The Wash. It became fertile agricultural land, while the prisoners did the manual work ! My uncle adored the Queen Mother and was always singing her praises. He said that she was really interested in farming and was very knowledgeable.

I think that the Queen is such an asset to our country and a really lovely LADY. She deserves great personal happiness, as I feel sure that you agree.

Enjoy the Summer that we have ahead, and STAY WELL !

Esmé

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Summer Reading Challenge 2022



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Visit Downend (or any South Gloucestershire/Bristol) library and become a Gadgeteer with the Summer Reading Challenge 2022 - it's FUN and FREE!

All children aged 4 – 11 are invited to take part! Children read books over the summer holiday and collect stickers (including some stinky ones!) to complete their special *Gadgeteers* poster and get a medal and certificate.

Join *Gadgeteers*, Summer Reading Challenge 2022 at a South Gloucestershire library from Saturday 9 July to Saturday 10 September and **pick up your FREE bag of Gadgeteer Goodies*** and see the difference the Summer Reading Challenge makes to your child's reading:

'Wonderful. Really got our daughter engaged and excited about reading. Great idea to keep them reading over the summer' *Parent, Emersons Green*

'...I'd like to do this every day of my entire life!' *Child, Staple Hill*

Children love taking part and there are lots of **awesome FREE activities**: Fizz Pop Science workshops and Gadgeteer themed crafts and Lego clubs.

Find out more at www.southglos.gov.uk/summerreadingchallenge or like us on Facebook www.facebook.com/sgloslibraries for the latest updates.

* Available whilst stocks last.

