

June 2022

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As Frenchay gets ready to join in the landmark celebrations of the Platinum Jubilee, this edition has details of some of the details of local events and which include:

Thurs 2 June : Concert and other events at Frenchay Chapel (see P. 16)

Saturday 4 June : Frenchay Common picnic and music (see P. 2)

Sunday 5 June : Anthem at Frenchay Church (see p. 15)

Sunday 5 June : street parties where arranged.

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 July 2022 edition is 9.00 pm on Saturday 11th June

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

Frenchay Residents Association (FRA) Report No. 91

Dear Friends and Neighbours,

The Queen's Platinum Jubilee Celebrations 4th June Picnic Afternoon



Although FRA have promoted this as extensively as possible, you should have this June magazine in time for the full details.

On **Saturday 4th June**, on the common opposite Frenchay Parish Church from lunchtime onwards, FRA are organising a picnic afternoon to which you are all invited. We will have live music from the Concord Band and Church Choir to sing along to, followed by a young jazz band called 'The Provision' whose guitarist is a young lad from Frenchay Park.

The live music will start from 2.30pm with about 20 minutes of hymns introduced by the Reverend Charles Sugden, followed by 40 minutes of patriotic and popular songs to mark the Queen's reign and hopefully introduce a feel good afternoon with ample singing opportunities.

Following that the youngsters of The Provision will be entertaining us with their impromptu jazz act, something we are really looking forward to.

The words to the hymns and songs in the first hour will be put on the FRA Facebook page so that you can use mobile devices to sing along with us. Some printed copies will also be available.

We are planning to provide teas, coffee and cold drinks, but please bring everything that you need for the afternoon.

The famous FRA portaloos will reappear by the Church car park and every attempt will be made to get the psychedelic green ones used for our picnic day last August!

There will be plenty of room for games and other activities on the common, please do not bring BBQ's unless you are using the safe designated area by the school. We cannot risk injuries or fire damage to people and the common. Thank you for your consideration.

Finally we will do a 'bucket collection' to help fund the expenses of the two bands and their ongoing work, but the intention is to support these groups only, not any other causes.

We have publicise this on our Facebook page and all around the village, please feel free to share this information and encourage friends and neighbours to join us. We look forward to seeing everyone on the afternoon and we promise that good weather has been reserved!

Village Wild Flower Projects & Nature Reserve Pond

As we continue to work on the flora and fauna projects around Frenchay, the start of work on the new school playing field and landscaping will herald the pledge by BAM to clay line and prepare the nature reserve pond for planting.

As soon as we have firm dates for action we will request volunteers to help us which should be very enjoyable as we have our 'puddle clay' party. Get your wellies ready!

Tucketts Field Proposal

A proposal 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 aims to replant the field with local wildflowers, add some replacement native trees and improve the area around Tucketts pond. The plan also aims to implement a conservation grazing regime.

Full details will be provided on our FRA Facebook page and circulated to our email database. A Q& A survey will be circulated in June, but please do let us have any initial thoughts to help with the presentation.

Becks Pool

We unfortunately have a similar problem to last year with rats making themselves very at home around the pond. Consequently we ask that feeding the ducks is stopped until we can resolve the problem please - we will provide an update and put notices at the pond.

Work to establish an information stone plinth, and power for a pond aeration system, is still progressing. We hope to have positive news on implementing these very soon.

Frenchay Speedwatch

Lighter evenings mean that these speed monitoring activities will start again shortly, the usual 'hotspots' continue to surprise us with some of the vehicle speeds being witnessed.

Our FRA led group is trained and ready to go, if you wish to be trained to help us please make contact. It has taken a lot of work to get this underway and get the police to train us.

Frenchay Museum

Volunteers from the Museum will be setting-up a stall on The Common near the Church for the Picnic Afternoon on Saturday 4th June. A range of books and publications will be available, together with various activities - for children & adults - so please stop by and enjoy. The actual Museum will be closed over the Jubilee weekend but anyone who would like to contribute a memory of Frenchay in the 1950s (and/or the Coronation!) is encouraged to do so - either on the day or subsequently by handing-in before the end of June. There are plans for an exhibition over the summer which will show-case Coronation memorabilia and a record of those personal, and no doubt, very interesting memories!

Please contact Carol Thorne (956 9963) or Hugh Whatley (956 6378) if you need further information.

Observation Corner

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

Q Community Hospital facilities on the old hospital site were pledged almost a decade ago now and we know that land is set aside for this project. So are SGC any further forward in fulfilling this pledge and responding to our local healthcare needs from our resident's surveys?

A We think that a final plan is at last being considered, but there has been no concrete news of how this will be provided nor any public consultation on the possible outcome yet.

Despite the dreadful impact of Covid on local government resources we think that this is very poor, given the time that has elapsed since the pledges were made. Such facilities would have a beneficial outcome for Southmead Hospital, where bed blocking is apparently a major problem.

Look forward to seeing you at the 4th June Jubilee Picnic by the Parish Church, and thank you for your engagement and continuing support.

Adrian Collins (Chair - FRA)



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- Want to learn new skills in a unique environment?
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Well, we could have the job that you have been looking for! Frenchay Primary are excited about moving into our new passvhaus school building in September 2022. We are looking for **an experienced handyman or caretaker** who can support with locking up the school in the evenings, carrying out checks as well as doing maintenance that is required.

3 hours per day, each evening, totalling 15 hours a week

The school is committed to safeguarding and promoting the safety and welfare of children and young people. All staff and volunteers are expected to share this commitment and all appointments will be subject to appropriate vetting, including an enhanced DBS disclosure check.

Some roles may need to comply with the 'Childcare Act 2006' and the 'Childcare (Disqualification) Regulations 2009' where additional disclosure of information will be required.

If you think you might be the person we are looking for, then please contact the school office to find out more and get an application pack..



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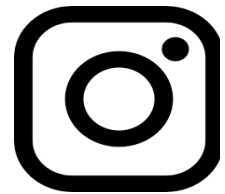


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Councillor Ben Burton reports: Beckspool Road, Traffic Calming

As many residents will be aware, the developers of the former Frenchay Hospital site installed traffic calming features on Beckspool Road, and safety and effectiveness concerns of these build outs were raised by residents and motorists. A public consultation took place for 3 weeks between 4th January 2021 and 25th January 2021, where many respondents were in favour of replacement measures, including lengths of proposed waiting restrictions, traffic calming and installing provisions to protect the eroding common.

The installation of speed tables will help to support the current 20mph zone and pennant kerbing will be added to prevent further erosion of the common. The installation of bollards around crossing points will help improve visibility for both pedestrians and motorists. We are committed to ensuring that drivers proceed cautiously through the village, especially given that the common is so well used locally and also forms a key route to the existing and new primary schools

We are pleased to report that the replacement measures for traffic calming have moved a step closer. The legal orders have been issued and are being advertised in advance of the works taking place. We will keep residents updated as this progresses and hopefully there will be a swift completion of these much needed works

Bristol Road – Zebra Crossing

The highways team at South Gloucestershire Council have also investigated concerns of local residents in relation to the safety of the zebra crossing on the Bristol Road. As most of you will know, the pedestrian crossing facility is situated near two bus stops north of the junction with Filton Road. It is also near the new development on the old hospital site including the new Frenchay Primary School. We reported concerns that have been raised by local residents regarding safety while crossing at the zebra due to the speed of passing vehicles and some instances of motorists not stopping when pedestrians wish to cross.

The investigation reviewed the crossing itself, the speed of vehicles and historic accident figures at the location. The investigation concluded that overhanging vegetation should be cut back to improve the visibility of the crossing as this was partially obscuring the belisha beacons on the east side of the crossing. The investigating officer has also issued a drawing to the road maintenance team to refresh the existing zebra crossing road markings

We hope that both measures will help reduce the speed of approaching vehicles and make the crossing safer to use for residents. However, please let us know if there are particular concerns that you are experiencing in this location.



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77th Frenchay Fete and Flower Show - Sat 9th July 2022



Just one month to go now until the Frenchay Flower Show returns to the village on Saturday 9th July starting at 12.30pm.

If you are looking to submit an entry for one of the Show's competitions please use the entry form which was included in last month's edition of the Frenchay Community News. If you have lost or recycled your copy fear not as you can download a form from the Frenchay Flower Show website www.frenchayflowershow.com or Facebook page where you will also find details on 'How to enter'.

You may also find some copies of entry forms at the Frenchay Museum.

The success of the Show always depends on people entering their flowers, vegetables, crafts, arts and cookery so please take a look at the classes and have a go. Good luck to everyone who enters!

We are also **looking for two children** to be involved in opening the Show by leading the alpacas through the Show ground at 12.30pm. If you would like to be in the draw for this role please send your name, age and a contact number by email to julie.d.sheppard@icloud.com by **17th June**.

The winners will be chosen at random in advance of the date of the Show.

Finally we still need volunteers on the day to help with car parking, attendants on the gate and setting up and packing away etc. If you could spare any time on the day to help please get in touch on julie.d.sheppard@icloud.com so that we can allocate roles and provide relevant information to volunteers.

After what feels like a very long two year break we are really looking forward to the return of the Flower Show to Frenchay. Welcome back to all of you who have attended previous Shows and a very warm welcome to those of you for whom this will be your first Show.



Monthly Wellness

Caroline McCabe

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

**Welcome to June's Monthly Wellness Page –
Eating more not less!**



For several reasons I did not really enjoy school but as an adult I find myself enthusiastic about lifelong learning and am always happy if it involves food and nutrition. Just by chance, I recently came across a Facebook event entitled **Get Shut of Sugar by Gill Smith Holistic Health**. Agreed, social media can be a drain on our mental health and can prevent us from spending quality time being present in our “actual” lives but on this occasion, it was an eye-opening revelation.

We are all aware that eating too much sugar can damage our health, pile on the pounds, and increase our chance of developing Type 2 Diabetes, right? Commonly we associate this with cakes, sweets, and chocolates. We may be aware of what has become known as *hidden sugars* like those found in ready meals, sauces, and takeaways. Confusingly, sugar is not always labelled “sugar” and can appear on food labels as glucose, fructose, and sucrose, to name but three. It is all a bit overwhelming and who wants to walk round the shops reading impossibly small labels?

My philosophy? Instead of denying ourselves sweet foods, dieting, or watching the scales fill up on wholesome choices that serve you well. I highly recommend the use of a Slow Cooker if you find yourself too tired to cook after a long day. They can be quite inexpensive to pick up and use less energy than the average oven. Cooking with one of these could help you reduce the desire to buy expensive, sugar laden, ready meals so you can eat more while it is costing you less – win win.

Choosing **complex carbohydrates** like oats, brown rice, vegetables, and wholegrains in your cooking releases glucose slowly and steadily into your body and they are full of fibre! Eating **protein** at the same time slows this release down even further so for example a date with a dollop of peanut butter; a piece of fruit with a handful of nuts; a brown rice salad with tuna; even beans on toast – especially if you make your own beans (easy!).

Let us not forget **fat**, along with carbs and protein they are your essential **macronutrients**. This bit of research blew my mind and has changed my life... Did you know the recommended daily sugar intake is 30g and that some low-fat yogurts have as much as 24g while a full fat yogurt can have just 8g?

The learning? Choose full fat Greek yogurt and enjoy it with your own selection of fruits or add it to your healthy home cooked casseroles – more is more!

Gill Smith Holistic Health offers a free snacks information pack via www.connectcoaching.uk/snacks and can be found on Instagram and Facebook @gillsmithholistichealth

Caroline

FRENCHAY PRESERVATION SOCIETY : mid-year report (June 2022)

The caption on the front cover of the April edition of Community News reads “Up and Running Again” - perhaps hinting at the beginning of some kind of return to a post-Covid normality.

I am drafting this piece whilst waiting for my second booster jab at the GP surgery, which reminds me that we are still waiting for news of a Doctor’s surgery on this side of the river Frome... No news either, on a firm date for the handover of the Village Green Land, to be known as Frenchay Parklands.

So, one way and another, not much to report at the half-year mark. However, I hope that by the traditional date of our AGM in November, we may have some good news to celebrate on Frenchay Parklands, the opening of the new Primary School and perhaps even an update on further health provision in Frenchay!

Meanwhile, may I draw your attention to an Online Consultation by South Gloucestershire concerning “A vision for the north fringe”, which is defined as an area between the northern edge of the City of Bristol and the M4 & M5 motorways. This area is seen as important for the region’s economy and whilst many would like to preserve the distinction that ‘Frenchay is not in Bristol’ we need to be conscious of others who, when taking a regional view, see us as part of the north fringe – so we need to keep a watchful eye!

The website can be found at <https://consultations.southglos.gov.uk/northfringe/consultationHome>.

Finally, I trust that everyone will find something to enjoy during the summer months in Frenchay, with our various events including the Queen’s Platinum Jubilee Celebrations & the return of the Flower Show; also, just enjoying the magnificent green open spaces on our doorsteps - such as The Common & Tuckett Field.

Best wishes, **Hugh Whatley (Chair – FPS)**.



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CHURCH CALENDAR FOR JUNE 2022

Commencing at 10.30am

5 June	All Age Worship for Pentecost
12 June	Holy Communion for Trinity Sunday
19 June	Morning Praise
26 June	All Age Worship for Patronal Festival

Commencing at 6.00pm

5 June	Holy Communion (BCP)
12 June	Evening Prayer
19 June	Evening Prayer
26 June	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



CONCERT by CLIFTON SINGERS



Directed by Nicholas Barlow

Part-songs by Holst, and other 20th century composers

at

Frenchay Parish Church

on

Sunday 19th June 2022 at 3 00pm

Admission free, retiring collection in aid of help for Ukraine

Teas served from 2.30 p.m.

Our Minister, the Reverend Charles Sugden , writes



Dear All,

Usually I reserve a theme of 'waiting' to the Advent season, just before Christmas. Somehow, though, this seems an apt moment to renew this theme, at the mid-point in the year.

We have waited a long time, it seems, to celebrate something good as a nation. The most recent period of our Queen's reign has been beset with Brexit, Covid, Ukraine and Fuel problems. Each of them are ongoing, and we have our own local and personal crises, disappointments and delays. As though to scorn us, some things are so easy and instant, e.g. electronic communications and same day deliveries.

So, is there any merit whatever in being forced to wait? If the thing is a guaranteed promise, then surely, yes. The Queen's Platinum Jubilee is a fixed period of celebration. Wherever we are in the world, we hope to celebrate 70 years of her glorious reign. Here in Frenchay we look forward especially to events on the Common on Saturday 4th June.

In the bible, we are shown that waiting is part of repentance (turning to God in sorrow for our wrongdoing. But Jesus came to turn fear and mourning into joy and thanksgiving. For the person who puts their trust in him, he promises to stand in their place when their wrongs are laid bare on that day when Jesus comes again to judge the world.

So, this verse from 2 Peter chapter 3 sums up for me this time of waiting in which we live.

"The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance ."

May we truly celebrate 'Jubilee' (the year of release) this June.

Rev Charles Sugden.

Notice and Invitation to all : On **Sunday 5th June at 7.00 pm**, there will be a short (20 minutes) musical recital after the Evening Service, and for which anyone is welcome to come along. The short programme is :

Saint-Saens Cello Concerto no.1 : Charles Sugden (cello) and Kath Sugden (piano).

*At the 1030am Sunday service on **5th June** ,
the Frenchay Church Choir will be singing
“In Our Service”*

*which is the Royal Society of Church Music
Platinum Jubilee Anthem composed by
Thomas Hewitt Jones.*

Extract :

*“No gilded throne, nor gleaming Crown of sapphire,
Can sure out-shine an earthly vow
To serve, to live with dignity,
With humble stewardship and sacrifice,
A pledge to unify, a vow of love. “*

*The Church Spire will be lit on the four nights of Thursday
2nd June to Sunday 5th June.in celebration of
Her Majesty Queen Elizabeth's Platinum Jubilee.*



April and May Spire –lighting

1st April GEOFF AND JUDY COLLARD

Congratulations and warmest wishes to Geoff and Judy Collard on the occasion of your Emerald (55th) Anniversary

20th APRIL PAT GRANT

In loving memory on your birthday. We miss you and remember you today and always.

With love from Greg, Matthew, Paula, Debbie, Lily, Joe, Ed, Jack and Annabelle

11th May ANGELA TURNER

In memory of Angela Turner

13th May DAVE PHILLIPS

A dear Dad and Granfer. It has been 2 years since you left us. Dearly missed by Viv and Rose XX

Events celebrating the Platinum Jubilee at Frenchay Unitarian Chapel

Sun 29 May – Service Leading into the Platinum Jubilee

10.30 Bring & Share 'New Elizabeth(II)an Times' Celebration – bring stories/ memories from last 70 years to share and Royal memorabilia/books etc so we can discuss joys and changes over the years – what are future changes for the better too. All welcome

Thurs 2nd June

12—4pm Watch JUBILEE PARADE, FLYPAST and other films of Queens' Coronation 1953, Royal weddings and lives of royal family since - in Frenchay chapel - children welcome.

Come along and Join in anytime you can

1pm Bring your own picnic or join in soup & bread lunch and refreshments

2pm continuing with In chapel showing of films of Coronation and lives of royal family since, (+children's activities)

4pm In chapel - Concert Mozart Clarinet Quintet followed by BYO instrument contributions – Refreshments - donations to chapel/Ukraine.

5.30-7pm Music, poetry and games with Firelighting in chapel back garden reflecting the National Beacon lighting later.

This leads into the National Thanksgiving service on Friday on TV and local FRA Picnic on Sat 4th with its music too.





CORONATION MEMORIES.

Do you remember the Coronation? Most people had no television and I stood outside the garage in Frome Valley Road and watched the procession on a tiny television – no sound. Then we had a street party with the children in fancy dress. I went as Queen Elizabeth 1st and my brother went as King Farouk (he was constantly in the news at that time).

The Museum is collecting an archive of local memories and we would like your contribution. This can be just a few sentences or longer recollections. If you have any pictures, that would be even better. Just send your memories to frenchaymuseum@hotmail.com or hand them into the museum. Through the summer we hope to collect memories either about the Coronation or memories of Frenchay in the 1950s. We will have an Exhibition of Coronation memorabilia in the museum and would love to include your memories.

We're sorry to have to report the passing of Nigel Aylett. Nigel came to Frenchay as a boy when his father bought Riverside Cottage and the derelict Frenchay Mill in 1946. His father restored the Mill buildings, and eventually it became Nigel's home.

He was a keen supporter of the Frenchay Tuckett Society, serving on the committee for many years. He also served as a custodian in the museum, and for a number of years he and Anne welcomed custodians to the Old Mill for their annual Summer Tea.

He was a solicitor, and his advice during the long drawn out process of trying to acquire the museum building from North Bristol NHS Trust was invaluable to the society.

Due to health problems, he and Anne moved to a bungalow in Blackwell two years ago, and he died at home on 6th April.

A Report on the Frenchay 10k Charity Race

- David Guyatt

The Frenchay 10k Charity Road Race went ahead on Sunday 24th April with a field of over 700 a record field of over 700 runners entered.

The race passed very smoothly, and we were delighted, as a race committee, with the incredibly positive feedback we received from runners and spectators alike.

As always, all participants received a commemorative mug, much sought after , and a regular feature over the years.

The weather on the day was glorious, and everyone was delighted to see the race being held being held again, after a three-year break because of the pandemic.

Our two nominate charities, Ronald McDonald House Bristol, and Freewheelers EVS, both provid both provided many volunteers to help with marshalling and we anticipate being able to able to make a to make a significant donation to each charity

The race committee will be meeting in the autumn to start the planning for the 41st Frenchay 10k, likely to be held in April 2023.

We look forward to another successful event!

We look forward to another successful event!



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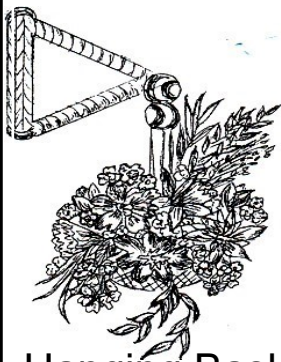
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Frenchay Cricket Club News

The Season is now well under way, and the Club has been a really busy place. All the Senior sides are now well into their respective League campaigns, and it is good to see some new faces amongst the players, with the Club commitment to 'mixed gender' sides as strong as ever. It is also especially good to see two Frenchay 'Hardball' Womens Teams, playing midweek locally, and across Gloucestershire on Sunday afternoons. These are extremely welcome extensions of the Girls' 'Development Pathway'.

Numbers have exceeded previous years at Youth level, and most Squads are now full. It is terrific to see such enthusiasm, with the return of the traditional 'Frenchay (Youth) Friday', as we hopefully breakaway from the pandemic restrictions of the past two years. There have already been lots of matches, with the Ground fully used on most evenings of the week. The volunteer Grounds Team have been working flat out to provide the Wickets, and to keep the Ground looking good.

Early this month, the new 'Non Turf (All Weather) Pitch' is due to be installed on the 'Top Square' by suppliers Notts Sports. This will provide all age groups and Seniors with a different option for training, and for playing matches. This new facility is being provided primarily through a Grant from the English Cricket Board (ECB). In addition, the new 'Flix Pitch' portable Wicket is proving its worth. Part is being used as the 'Batting end' in the area at the top of the Ground used by the youngest Groups for training and matches. The other 'half' has improved the reliability/bounce performance of the area used for the Mobile Net training facility. This new piece of equipment was kindly partly funded by Councillors Liz Brennan and Ben Burton.



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Gardening in 'Flaming June' - by *Alan Caswell*

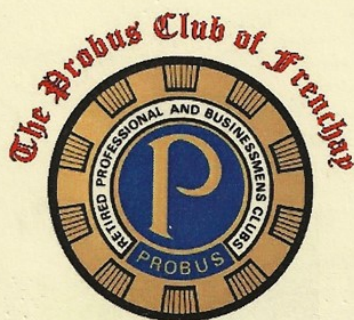
June is the month where sunshine is at its most. It may not be the hottest month but this is when plants are given their most productive time to grow and thrive. New plants in the vegetable garden and bedding or container plants actually do most of their growing now whilst light levels are high and temperature constraints lowest.

Once larger plants have established there should be ample water from winter in the soil to see them through in late summer. Newly planted seedlings and plants, however, need careful watering to ensure they thrive. We know all too well how fickle the weather can be and after a very dry April and not much rainfall in May your garden/allotment will probably need all the watering help it can get. Watering is key to growing plants well, this not only means providing the water our gardens need, but using it wisely. Water is a precious resource and supplies in the UK are under pressure. Fertiliser and mulching will help them make the most of this light for better results later in the summer.

Weeds, unfortunately, seem to lack the need for either water or nutrients to survive! Weed, weed and weed some more especially in wetter weather and lookout for slugs! They can decimate an unprotected crop but it is quite right that the slug pellet as we knew them are now banned! Once more we see the no mow areas have been in action again this year and is a mind change to help and protect our wildlife. We all love a nicely cut lawn but leave it a bit longer and if possible, create a no mow area yourself.

Visit your local garden centre to get ideas for great looking summer borders and hanging baskets. It's also time to prune your spring flowering shrubs such as forsythia. It makes for a healthier more robust plant next year. There should be some crops available if you have had the time to plant them but if not it's not too late to get some in. Cut and come again salad leaves are an easy grow and quite delicious. Look after your tomatoes and feed if necessary. Potatoes like water and hopefully there has been enough for a decent early crop.

Which brings us nicely to the Frenchay Flower Show. It doesn't matter what you think of your crops : it's all about entering and making the best of what you have. We all want this fabulous village event to be as bright and bountiful as it has in the past!



Frenchay Probus Club reports some very successful recent meetings, including the musical entertainment of 'Wind in the Willows', cleverly conceived and admirably performed by the two visiting presenters, then followed by an excellent buffet lunch for members and their lady guests.. The main May meeting was a talk on a trek in Nepal that totally engaged the audience.. Next up on the **1st June** is a talk on Concorde. To enquire further if interested, use frenchayprobus@outlook.com

Frenchay 'Just Run'.

Are you a “reluctant runner”? It's always nice to hear how our community running club has impacted on our members. Here's Sarah's story:

“Having joined the Frenchay 'JustRun' group in 2019 to increase my fitness levels and general health, starting with the Couch to 5K group, I fairly quickly got the 'run-bug' and progressed to the 5 to 10K group.

It's fair to say that initially I was a 'reluctant runner' and doubted I could manage 1K let alone 5K, which makes it all the more remarkable that I have managed to run a couple of much longer distances raising money for charity in the process over the last couple of years.



The most recent event was the Chippenham Spring 10 Miler which was a lovely flat route on a sunny Sunday morning in March. I managed to raise £560 for 'Young Lives Against Cancer' to which I received a very pleasant surprise donation from Frenchay Just Run who sometimes use club funds to offer financial support as well as moral support to club members with this type of event, I am thrilled to be part of such an amazing supporting and friendly club and would encourage anyone in the 'reluctant' category to get off that couch and give it a go.. I did it and am glad I did It's a sociable activity, great for physical and mental wellbeing and an opportunity to enjoy the great outdoors and changing seasons. What's not to like!”

The proceeds of our Christmas fundraising wreath making evening are used to sponsor members who want to raise money for charity through running events. This not only supports members to train for specific events, but also distributes money between lots of worthy charities. For more info about this club contact info@justrun.uk

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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

Esmé's Article : 'Turning 90 ! '

Yes, on the last day of April, my family joined me in celebrating this event. What fun we had ! On the previous Sunday, I shared a special service in Frenchay Church, and kind friends had the spire lit for me on the 30th. How lucky I am !

I still have a party to look forward to, to be given by my neighbours who are also my friends. So please don't dread getting older : it is superb !

Last month I suggested that you might try oil-painting. I am so grateful of the fact that I am never bored. If you don't fancy painting, why not try some poetry ? It is very satisfying and quick to do.. Here is my latest, just written :

A poem can be in your head, when waking from a dream.

A friend's face can inspire, or a lovely country scene.

It's easy when you're happy, words come tumbling out.

Put them down on paper, a whisper or a shout.

Make your life a poem, no need to write it down.

Think what makes you happy, a smile's better than a frown !

Please do not feel lonely. Our Editor has my phone number, so you could always arrange to come here for a cup of coffee.....or a sherry? ! Be happy, **Esmé**



Holiday Play Scheme at Frenchay Village Hall

2 to 11 Year Olds Welcome

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

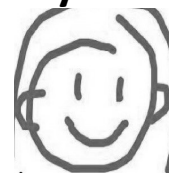
9am – 3pm (short day)

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



Frenchay WI are pleased to report that our recent meetings have attracted many members - new and old. It is really lovely to see so many ladies starting to live a more normal life now that the dreaded virus seems to be waning - long may that continue!

Our speaker in April was Margot Cevik - she told us all about Harriett Tubman who helped slaves escape to freedom by means of the 'Underground Railroad'. It was a very enlightening talk which we all enjoyed.

Our Social Secretary arranged a trip to the cinema to see Downton Abbey and a lunch at The Dings - both brought very favourable comments! Linda has also organised a trip, by coach, to Shepton Mallet Prison to be followed by lunch at Whitstone's Fish and Chip shop/restaurant

At our next meeting, on 20 June, we will be hearing about and taking part in "Armchair Yoga and Mindfulness," which can be used as a tool for Mental Health - something that could prove very useful for those of us who may have difficulty dropping off to sleep and for all of us after what we have been through during the last two years.

We also wanted to celebrate the Queen's Platinum Jubilee in some way but realised that many people would be doing family things over the long weekend so we are holding an Afternoon Tea for our members on 8 June. It will be a kind of 'American Supper' where our members will bring food to share. While we enjoy ourselves at this event, we will remain mindful of the situation in Ukraine so a collection box will be provided for voluntary donations which will be sent to one of the charities helping those in need as a result of the war.

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.

News from the Dings

The season is now finished, a short summer break and we then look forward to pastures new. As we go to press we are still not sure of who we will be playing, but it will still be at level 2. We finished the season very strongly, winning 10 of our last 12 matches. When you consider most teams in the league are 'Town' teams our 7th place finish is very creditable. The highlight of the season was our victory away at local rivals Clifton, the 'Bragging Rights' are ours.



The Knights also finished well winning the Bristol Combination 'Vase' final. Our Junior section continues to thrive thanks to the very hard work and commitment of the coaches and helpers this was rewarded with success on tour to the south coast winning two tournaments in Bournemouth and a Seven a side tournament. Our Ladies team made their debut against Cardiff University.

The annual Dinner and Presentation evening was on May 14th with guest speaker, the international referee Derek Bevan.

This year marks our 125th Anniversary and we will be celebrating this with a dinner on Saturday of October in the Marriot hotel

A story board was unveiled at the site of our old ground in Lockleaze, this was done by Sovereign housing and traces the history of the site, through Iron Age and Roman occupation and a brief history of Dings. The club always welcomes new members, playing or social, please drop in and see us.

And a reminder, our cafe is open throughout the summer, for lunches (including 'specials') on Wednesdays and for breakfasts Wednesdays to Fridays. We look forward to seeing you : have a good Summer !

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St Elizabeth's Hall, Hambrook



Recipe for June - Quick Calamari with Garlic Mayonnaise

I always have a bag of frozen squid in my freezer as a standby. This recipe makes a great snack with drinks, a starter for 4, or a quick supper for 2 with a salad.

Make the garlic mayonnaise by mixing ½ a clove of garlic and 100g best quality mayonnaise and adjust according to taste and make more if you feel it will not be enough. Mix thoroughly cover and put in the fridge.

Cut a lemon into wedges and remove any seeds.

250ml groundnut oil, or as needed depending on the size of pan

400 – 500g frozen squid (tubes and tentacles) defrosted / 2 tbsps cornflower /
4 tbsps semolina 2 tsp Old Bay seasoning or 1tsp salt and 1tsp paprika

1. Heat the oil in a smallish saucepan and while it's heating up drain and cut the thawed squid into 1cm rings.
2. Put the cornflower, semolina and seasoning in a good sized plastic freezer bag and shake up well.
3. Add the squid rings and tentacles to the bag and toss to coat.
4. Test the heat of the oil by dropping a cube of bread into it and it is hot enough if the bread sizzles up fiercely. Fry the squid in batches to get a golden crunchiness. Each batch will only take a couple of minutes. (The squid will go rubbery if it is cooked for too long)

Serve promptly with the garlic mayonnaise served in a small bowl garnished with a sprinkle of paprika and lemon wedges.

This is one of my favourite indulgences with plenty of garlic !!

The Tidy Cook

Begbrook Social Club, Frenchay Park Road BS16 1HY

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

This includes Weekly Sunday Night Bingo and an Entertainer , our very popular Tuesday Night Karaoke, and a Saturday Night singer .

Our facilities have been updated with several big screens for sporting events . Any enquiries please call Val on **07970266924**

News from Downend Library

- **Rhyme Time** – from June our FREE weekly Rhyme Times will return to being drop ins, so anyone with pre-school children can come along on Wednesdays at 9.30am. No booking required.
- The next **Lego Club** will take place on **Saturday 11th June @ 10.30am**. These monthly sessions will also return to being drop ins from this date, so no booking required for them either.
- **Coffee Mornings** – fancy a coffee and chat? Then you will be pleased to hear from **Friday 10th June** our weekly Coffee Mornings will resume, starting at 10.30am. Pop in – we would love to see you!

Digital Champion – Tony, our lovely Digital Champion, is available to help with a variety of IT, tablet and iPhone queries. He can also help you set up an email account or apply for your £150 Council Tax rebate on line if you need to do it that way. Please email downend.library@southglos.gov.uk or call 01454 865022 to book a FREE session with him.



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.