

March 2022

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The photograph above was taken recently in the public open space near the former CLIC Cottage. Spring bulbs feature in the articles on page 11 and on page 26 as we look forward to better times ahead.

“Behold, we know not anything;  
I can but trust that good shall fall  
At last—far off—at last, to all,  
And every winter change to spring.”  
*Alfred, Lord Tennyson*

### **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 April 2022  
edition is 12 noon on Friday  
11th March

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## **Frenchay Residents Association (FRA) Report No. 88**

### **Dear Friends and Neighbours,**

It is great that the traditional flower show will be able to return on Saturday 9<sup>th</sup> July which, hopefully, marks the end of two years we would like to forget. We have recently had three residents join our FRA committee, two of whom live in the new houses at Frenchay Park. They were keen to help FRA after being involved in local activities.

A lot of our new Frenchay Park residents have never seen the flower show since they moved in, this is probably the case for all of the residents who have moved to Frenchay since August 2019.

### **The Queen's Platinum Jubilee Celebrations**

As you are probably aware, the entire celebrations stretch from Thursday 2<sup>nd</sup> June to Sunday 5<sup>th</sup> with two bank holidays for the Thursday and Friday.

The Jubilee Day is Friday, but the day when the Queen is having her own street party is Sunday with the entire nation being asked to celebrate with the Queen from Sunday lunchtime onwards with their own street parties.

FRA will support and help by communicating all of the information to assist residents in creating their own street celebrations on Sunday 5<sup>th</sup> June.

In conjunction with Frenchay Parish Church, FRA would also like to create a 'picnic on the common' event in front of the church for the afternoon of Saturday 4<sup>th</sup> June, we will provide a live band to create a 'Songs of Praise' extravaganza and will ask everyone, nearer the time, for requests so that we can play your favourite songs to sing along to.

At this stage please note these two wonderful events on your calendars : if the weather is kind to us it will be a fantastic community celebration to honour our Queen's very special jubilee celebrations.

### **Becks Pool Update.**

Given the circumstances we have found ourselves in over the past two years it has only been possible to carry out very basic maintenance around Becks Pool with a skeleton staff. Hopefully within the next month or two we shall be in a better position to do more.

To this end would those past volunteers and any new ones please forward Tony Joiner their email address in order that he may advise you of forthcoming activities.

Please Email Tony at [tony.joiner@btopenworld.com](mailto:tony.joiner@btopenworld.com)

Tony and Neil recently met with our local councillor Liz Brennan to discuss the work required to install an aeration system and to construct an information plinth by the pond. This is something for which we need the support of SGC and was in response to Liz's appeal for things she might be able to do to support local residents. The meeting went extremely well due to the fact that Liz is very much impressed with the amount of work in which members of the community are involved in and around Frenchay.

We are confident that Liz will be successful in her support for our project. This will also enable us to accept and make use of a significant Wessex Water grant, which we will do in a very public event, to provide well deserved publicity for our fantastic Becks Pool team and supporters.

### **Biodiversity Projects**

As mentioned in previous articles, there are many projects underway that will provide opportunities for volunteers and DofE students, the Nature Reserve pond restoration project being one very good example, where we expect to be doing the preparation and clay lining soon and planting during March/April.

Our local Councillor Liz Brennan, in addition to the work on Becks Pool as mentioned earlier, is currently facilitating a 'matched funding' application for FRA to cover half the costs for a considerable amount of our biodiversity work.

This includes all of the bulbs and wild flower seed mixes plus important scarifying equipment. FRA are delighted with this support and very grateful to Liz and her colleagues Ben and James

### **Getting Current Promises Fulfilled**

In our January FCN article we highlighted the local issues that we continually fight for in Frenchay asking you, as residents, to make representation to our District Councillors on these issues to add weight to our campaigns. Just such a request has led to Liz Brennan helping us considerably and in the February FCN copy Councillor Ben Burton made the following request in his article;

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

So please do take Ben up on this offer of support. The current 'promises not yet fulfilled' list includes removal and suitable replacements for the Frenchay Common traffic 'build outs', adequate Nursery School provision for the new primary school and health plus social care facilities next to BIRU. The provision of a decent shop and café, our Museum expansion planning approval and restoring the Hambrook Junction to its previous function are among the other matters top of our list. FRA are getting some progress on these issues, but please do take up this offer from Ben Burton to suggest how he can help us.

Thank you for your engagement and continuing support.

**Adrian Collins (Chair - FRA)**

## School Report from Frenchay School

This term in Unicorn class in Frenchay Primary have been looking at our local area. We enjoyed finding on Google Maps and we discussed what we could see on the map. The children wanted to make maps of our journey from home to school, drawing some of the things that we see on the way. We decided to go out exploring in the local area on a forest walk, lucky for us it was a beautiful sunny winter's morning. We played pooh sticks and had lots of fun at the park. Some of us were really brave and went right to the top of the climbing frame!

We have carried on being explorers by going a bit further afield - Antarctica! In our Literacy lessons we have been learning the story 'Lost and Found'. We can now re tell the story using our story map.



We have been pretending to be some of the characters in the story and answering questions from our class mates. We have some great actors and actresses in Unicorn class! We have also been writing speech bubbles for the different characters in the story. We discussed what each character might be saying and had a go at writing the sentence ourselves.

One week we looked at toys from the past. We compared them to our toys now and discussed how toys from the past were often made from wood. We then explored some of the old toys and played with them really carefully.

We went on to talk about clothes from the past and even had a go at dressing up in some of them! Many thanks to Mrs Thorne for bringing in artefacts from the museum. This really bought our learning alive and we couldn't wait to see what was in each box. We couldn't stop talking about it, at home as well as in school!



**Katherine Marks**, Head Teacher

## Year 6 pupils learn 'Skills for Life' at Lifeskills Safety Education Centre

Visitors since 2001, Frenchay CE Primary School's current Year 6 pupils are the latest children to have visited Lifeskills, the local safety charity. Lifeskills teaches children how to keep themselves safe in a 90 minute guided tour of various realistically themed 'film set' scenarios. It's a unique and interactive experience, in which children have the opportunity to explore lots of common hazards in a safe environment and are taught how to handle risky day-to-day situations. Scenes include "Green Cross Road", a dark alleyway and even a beach! They also get to practise making emergency 999 calls, carry out first aid, and learn about the dangers of railway lines – all made realistic with the use of props and special effects.

It was a particularly special day as the children joined in celebrating volunteer Donna Butcher, who was recognised for completing over 100 volunteering sessions, and having taught over 400 children.

Gemma Graville, Centre Manager said, "Teaching children at this age and in such a practical way alerts them to the risks and consequences of everyday life. It's a valuable element to their education which means that school visits are always in high demand."

"We know what we do makes a difference and saves lives; one child helped his family escape a house fire, another prevented a gas explosion, and a boy knew how to make a 999 call to help his mother. None of this would be possible without volunteers like Donna."

Lifeskills need more volunteers and are running hour-long 'taster sessions' for anyone interested in exploring volunteering with children. Open during term-time only, Lifeskills offers flexible volunteering, pays volunteer expenses, and provides full training and support. To find out more, contact Dan Radford on 0117 922 4511 or email [dan@lifeskills-bristol-org.uk](mailto:dan@lifeskills-bristol-org.uk)



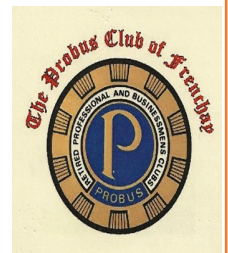
. Frenchay pupils with volunteer Donna Butcher outside 'The Lifeskills Co-op'.

### Frenchay Probus Club

With our programme of regular meetings on the first Wednesday of each month at the Village Hall now in full swing, we were highly entertained on 2<sup>nd</sup> February by a talk by Dickon Povey on the "Discomforts of Bath", an exploration into the reality of life behind Bath's usual posh image of style and fashion. Next up : a talk on 'Gadgets of Yesteryear ' on Wednesday 02 March , 10.00 am at Frenchay Village Hall

Probus still has vacancies for new Members.

Contact [frenchayprobus@outlook.com](mailto:frenchayprobus@outlook.com) for more information.



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## **Councillor Ben Burton reports :**

Thank you to all residents who continue to reach out to us in relation to a variety of issues. We continue to focus on issues that matter to you and, in particular, what you experience outside your own front door.

We regularly walk around Frenchay to identify local issues such as roads that might need resurfacing, pot holes, graffiti, overgrown bushes etc. Where work is identified then these issues are reported to the excellent Streetcare Team. We would encourage all residents to either contact ourselves or to report issues online:

<https://www.southglos.gov.uk/general-information/online-services/report/>

### **Routes to School**

The sooner that we are aware of any issues, the more quickly they can be resolved.

We are sure that everyone will be delighted to see the progress that is being made with the new Frenchay Primary School. The new school will provide students and teachers with excellent learning facilities that will help to support the growing community

We are keen to ensure that active travel to the school is encouraged and families have the best available options to walk or cycle to the new site. Work is underway to provide new footpaths to the school and the admissions team are modelling where families will be travelling to and from. As part of this process, we continue to engage with the school and road safety team at South Gloucestershire Council.

We understand that the intention is to apply for accreditation under the Modeshift STARS scheme, which helps to promote travel plans that assist in :

- creating, developing and implementing Travel Plans
- Monitoring and evaluating Travel Plans and the initiatives contained within them
- Recognising and rewarding excellence in the promotion of sustainable and active travel.

We also understand that other local residents have concerns about parking in roads that surround the school. We hope that a combination of these active travel schemes and the possible implementation of a 'park and stride' scheme (a convenient car park is identified and those parents who need to drive are encouraged to park and complete the last section of the journey on foot) will help reduce on street parking and the volume of traffic. I am sure residents and the school community have a shared desire to reduce traffic volume around the school. If you have questions about travel to and from the new school or any other concerns then please let us know. We will keep you updated as the school build progresses.

**FRENCHAY VILLAGE MUSEUM**  
**ANNUAL GENERAL MEETING 10<sup>th</sup> MARCH 7.30pm**  
**FRIENDS' MEETING HOUSE (QUAKERS)**



Frenchay Museum opened in 2000 and is run entirely by volunteers. We have great plans to extend the museum to house the many objects we have no room to display and to provide storage, an indoor toilet and a meeting space. Our planning application to extend the museum is being decided on 3rd March so we may be able to let you know the decision at the AGM.

The current committee, and the custodians who are on duty when the museum is open, have run the museum for more than 20 years. Some of them are now reaching their twilight years and are looking for volunteers to replace them. Can you help? We promise we will not press gang you into anything you do not want to do so come along and find out more.

This is your museum so please come along to our AGM and support us in any way you can. Without your continuing support there is a very real chance that the museum may not be able to carry on

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## **Report from Winterbourne Parish Council**

We have continued to have online meetings with North Bristol Hospital Trust on the proposed handover of the Frenchay Parklands area's and we are hoping that this will be completed in 2022

The added 20 mph signs that we have been requesting from South Glos. Council should be fitted in February from the Village Hall towards the church on the common. Motorists need extra reminders of this with some excessive speeds many of us have seen. The work on the removal of the 'build outs' and implementation of new traffic calming measures have been delayed due to covid but this should commence soon.

2 oak trees have been received as part of the Queen's Jubilee Canopy and planted at Monk's Pool in Winterbourne as many trees were felled in a storm in 2021. If you have not visited Monks Pool, it's near the church and the Medieval Barn in Winterbourne, all of which are well worth a visit! Newleaze and Bradley Brook are other nature reserves that are peaceful and tranquil, for more details please look at the Winterbourne Parish Council website. The sport's facilities building on the Recreation field in Winterbourne used for cricket and football requires updating and refurbishment so we will be looking to do this in the near future.

**Paul Kembery, Chairman**



# Frenchay Flower Show



**FLOWER SHOW – 9<sup>TH</sup> July 2022**

**FRENCHAY NEEDS YOU!**

After a two year break we are delighted to say that the Frenchay Flower Show will be held this year on Saturday 9th July.

For many decades the Flower Show has been a highlight in the Village calendar and a wonderful opportunity for residents, and those from further afield, to come together to enjoy a truly wonderful local day out.

Many of you will have come to previous Shows, so you will know what a fantastic day it is, but for those of you that might be looking to join us for the first time you can expect entertainment provided by local bands and Morris dancers, horticultural, art and culinary exhibits in the marquee with prizes for the best in class. Children's work, stalls, steam engines, cream teas and much more. Visit our website at [www.frenchayflowershow.com](http://www.frenchayflowershow.com) or our Facebook page for more details about what's on and how to enter.

Frenchay has obviously changed a lot over the last couple of years since the Show last took place and to reflect this we are planning to refresh certain aspects of the day, making sure that we do not lose its essential contact with the local environment. With this in mind we are appealing to anyone interested in helping out and supporting the event to contact us. We are particularly keen to hear from you if have moved to Frenchay recently and would like to get involved.

We would like to hear from you with your ideas or suggestions for local food or shopping stalls and entertainment.

We are also looking for volunteers to help out on the day (even if it is only for an hour or two) with anything & everything from crowd control to running errands!

Finally, we welcome hearing from any Frenchay residents with relevant skills and experience who are interested in joining the Flower Show Committee that plans, organises and manages the Show.

If you have any ideas or suggestions, are interested in supporting the Show in any way or would simply like to know more about it please contact: Julie Sheppard (Show Secretary) **[Julie.d.sheppard@icloud.com](mailto:Julie.d.sheppard@icloud.com)**

**WE LOOK FORWRD TO SEEING YOU THERE - Get planting!**



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## Has Spring Sprung?

Spring usually arrives by mid-March and the frequent sunny days provide the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden. Most gardens should be coming back to life after the long winter sleep and on clement days when the temperature rises there may be a hint of summer in the air. Blossom is tantalisingly close to opening; the earliest spring bulbs are out and leafy buds are plumping up ready to burst on tree and hedges. Now is the time to visit your garden centre or nursery to create early spring colour. There are lots of plants that can be used to create ravishing spring containers such as daffodils, violas, hyacinth and heucheras.

March is the to time to sow hardy annuals - A hardy annual is a plant that goes through its entire life cycle in one season and which can be sown outside in the open garden in spring where it is to flower. In many areas this carries with it the implication that it can happily survive the spring frosts as a seedling. You will have to check the seed packets carefully and don't mix up with half-hardy annuals which should be left until April. Although these plants usually withstand frosty conditions without protection, some hardy annuals still may need covering with horticultural fleece or a cloche when a heavy frost is forecast.

If it feels warm enough to you sow lettuces, tomatoes, salads and cauliflowers under cover. Outside, you can sow peas, carrots, beetroot, summer and autumn cabbages, herbs, leeks, spinach, turnips, spring onions, broad beans, Brussels sprouts and parsnips. This is also a good time to start planting out early potatoes, onions, garlic and shallots. Do go through the seeds you have, decide what you want to grow and try not to impulse buy (unless you want to try something different). Seeds generally have a sow by date, as a recommendation only, plenty will still grow past this date. The Frenchay Flower Show is quite early this year so give yourself a chance of showing by planning, preparing and sowing where you can - preferably somewhere warm - to give seedlings a head start.

Tools have hardly changed in centuries. The Romans established the patterns for spades and shovels that we use today. As always buy the best quality you can and go for stainless steel over carbon steel as the soil is less likely to stick. To some people digging is a joy I'm sorry to say I'm not one of them. When we dig and turn the soil, exposing it to drying air and ultraviolet sun rays, we are unintentionally sterilising the soil – and killing many of the beneficial organisms. Perhaps digging is not such a great way to garden after all? Good soil management is vital if plants are to grow well. To feed the soil, and improve its structure, use bulky materials like garden compost, rotted manure or leaf mould. These materials release nutrients slowly, improve soil conditions, and stimulate essential micro-organisms. Healthy, fertile soil, with a good structure, allows plants to absorb water and nutrients, and encourages strong growth. It is perhaps the most important part of growing organically and you don't need artificial fertilisers.

***Alan Caswell***

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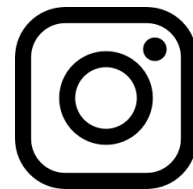
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## CHURCH CALENDAR FOR MARCH 2022

**All Sunday services are being held in church**

**2 March (12 noon) Ash Wednesday service at Holy Trinity, Stapleton**

**4 March (10.00 am ) World Day of Prayer service**

**Commencing at 10.30am**

**Commencing 6.00 pm**

**6 March All Age Worship**

**Holy Communion**

**13 March Holy Communion**

**Evening Prayer**

**20 March All Age Worship and Baptism**

**Evening Prayer**

**27 March Morning Praise for Mothering Sunday**

**Evening Prayer**

Although the government requirement to socially distance has been removed, and face masks are no longer mandatory, we are respectful of many people's continued caution when meeting together in church. We will still administer Holy Communion in the same way as we have since Christmas time. There will also be a socially distanced zone in church where masks are worn and there is no singing. Elsewhere, people may sit as they choose and remove masks during the worship.

**Every Wednesday 8.00pm**

Prayer Meeting on Zoom

For updated information, please refer to the Church Facebook and website

[www.frenchaychurch.org.uk](http://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](mailto:parishsecretary@frenchaychurch.org.uk)

### **Spire Lighting**

**10 February Desmond (George) and Doreen Hill**

**In loving memory of much loved parents, grandparents and great grandparents  
- Rosemary, Christine and Peter and their families**

### ***LUNCHTIME COMMUNITY CONCERT***

***at Frenchay Parish Church***

***on Tuesday 1<sup>st</sup> March 2022***

***hosted by UWE Occupational Therapy Students***

***The programme will feature solo singers and music played on  
cello, flute, organ and piano and poetry readings.***

***Ploughman's Lunch with hot drinks served at 12 noon***

***Concert 1230pm – 1 30pm £5***

## Our Lay Minister writes :

We have come through two difficult years. Now things are starting to improve in health terms. This month starts with St David's Day and with Fortunately, those days have passed. If you are able, go out and look around you, near where you live and throughout Frenchay. Try to include a visit to our churchyard where the spring flowers are usually beautiful at this time of year. Enjoy the beauties of God's Creation.



Unusually, this year March 1<sup>st</sup> is also Pancake Day, followed by Ash Wednesday and the start of Lent on March 2<sup>nd</sup>. In the past, Christians fasted during Lent; more recently it became common to give something up. Why? Historically, it was a time when fresh food was scarce at the end of winter. Fasting encouraged people to think of Jesus and his sacrifice for us but for many poorer people in England I suspect it was a practical necessity, too.

This year, by early February we were hearing more and more about fuel poverty and about the growing numbers of people unable to afford to feed their families. Not just in Afghanistan, where millions are facing starvation and the UN predicts that 97% of Afghans could be living below the poverty line by June, but here, too. Heating or food? A choice that seems incredible in one of the richest countries in the world. The News tends to focus on families but for those relying on small pensions and with savings now being eroded by inflation, the future is not looking good.

Some of you reading this will identify personally with difficulties that I have mentioned. Many others may be breathing a sigh of relief that you are better off. Whatever our faith, we are all part of the wider human family.

With Lent now, Ramadan and Passover during April, or with no religious festivals to shape your year, this spring is a time for us to give thanks for the return of warmer weather (we hope); it is also a time when we probably should be thinking of those less fortunate than ourselves and doing what we can to help.

***Kate Davison, Lay Minister***

Something else, too: the first day of meteorological spring. Back in early Roman times it was the first month of the year, when the weather was good enough for fighting to start again – the month of Mars, the God of War.

## World Day of Prayer ; Friday 4th March 2022

This year it is the turn of part of the UK to be the subject of prayer around the world. Specifically it is England, Wales and Northern Ireland (EWNI).

Frenchay Parish Church will, once again, be one of many churches throughout the world, taking part in a 36-hour wave of prayer that starts at dawn in Western Samoa and finishes at sunset in American Samoa on the same day.

The women of one country, a different one chosen each year, choose the songs and write the words for the service. These words are then translated into over sixty languages and a thousand dialects. In return, the prayers of worshippers throughout the world are focused on that country. The theme of the service is "I know the plans I have for you".

The service at Frenchay Parish Church will start at 10a.m. Although it will be a Christian act of worship, anyone is welcome to attend. Refreshments will be served afterwards.

*Dr Judith Langfield*

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### Mothering Sunday

On **27 March** - the day after the clocks change - we shall be celebrating Mothering Sunday. The date changes every year because Mothering Sunday is always on the fourth Sunday in Lent, three weeks before Easter.

These days it tends to be celebrated with cards, with people giving their mothers flower or other gifts, and with special meals. But in times gone by, when travel was much more difficult and people had few days off from their work, it was different. It was a day for visiting. Way back in the sixteenth century, that could mean visiting your 'mother' church, with the whole of your family coming together just on that one day each year. Later, a day for those 'in service' to have a time off and visit their mothers.

The American celebration of Mother's Day is different. Starting early in the 20<sup>th</sup> Century and a US Holiday since 1914, It is celebrated on the 2<sup>nd</sup> Sunday in May each year.

Here in Frenchay we will be holding a special service at 10.30 on Mothering Sunday, with the opportunity for children and all the young at heart to participate. Be sure to change your clocks so you arrive on time!

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### Lent Course

Frenchay Parish Church is running a Lent Course called 'Fruitfulness on the Frontline.' It will run from 6-8 weeks, starting in March on a Tuesday evening on Zoom, or a Friday afternoon live in Frenchay, whichever would suit you best. We will be looking at the ways in which God is working through us where we are, whether we're a student, retired, at the gym, at work, at the school gate, or in the supermarket. Find out a fresh framework for being a fruitful follower of Jesus on your frontline. For more info on the course please go to [Fruitfulness on the Frontline | LICC](#) or for dates and times email Rev Ruth Harding on [r.harding208@btinternet.com](mailto:r.harding208@btinternet.com) or phone on 07922193561.

**Ruth Davidge, Choir Director at Frenchay Parish Church** tells the story of a favourite and inspiring musical work.

## “A Tale of Joy and Sadness”

If you had been living in Vienna in the summer of 1783 you may have spotted a young well dressed couple boarding a coach for the week-long journey to Salzburg. They were going to visit his family whom his wife was yet to meet. Excitement was no doubt mixed with sadness as they were leaving behind their first child, a boy aged only two months

The young man was Wolfgang Amadeus Mozart, already a well established composer in Vienna, and his wife Constanze, a talented singer.

Mozart had promised his father two things : the first was to bring his new wife to Salzburg as soon as he could to meet the family : and the second was to bring with him the new Mass which he had vowed he would complete and perform in Salzburg in honour of Constanze’s safe delivery of their first child.



The journey must have been very hot and dusty and especially exhausting for Constanze who had given birth only six weeks before, but they soon recovered and were well received and embraced by family and friends who were so happy to see Mozart after a separation of three years

There were many concerts during their stay, culminating in a performance of the still unfinished Mass on Sunday, 26th October 1783, the day before the young couple were due to leave for their return journey to Vienna

And so on a balmy summer’s evening this beautiful Mass set in the key of C minor was performed for the first time in the exquisite baroque Benedictine Abbey Church of St Peter’s under the direction of Mozart and with his musician friends taking part. Constanze was the principle soprano soloist and sang the music written especially for her voice.

I was privileged in 1991, two hundred years after Mozart’s death, to stand in the exact spot where Constanze stood that evening and to perform this wonderful music, so demanding yet so thrilling to sing.

Sadly, on their return to Vienna, the couple learned that their son had died while they were away, and sadly Mozart never completed the Mass.



## Welcome to March's Monthly Wellness Page

*(This article also contains advertising material)*

**Caroline McCabe**

I genuinely believe that what you put into your body reflects how it appears on the outside e.g., through your skin, eyes, nails, hair. The skin is our largest organ and if you think about it, it can send us signals to say I am unhappy very quickly! Allergic reactions can show in seconds if we apply something to it it dislikes, and this messaging system is a way of protecting you from harm.



I tend to focus on nutrition in my attempts to stay well but I am also a woman of a certain age who likes to look her best through clever use of makeup and skincare products. I am happy to report that in my experience as a Beauty Advisor this is not just the domain of women but increasingly my clients are male (young and old) as skin is skin after all. We all expose it to the environment, pollution, the sun, and changes of temperature. Recently wearing masks has brought up all kinds of sensitivities resulting in breakouts, redness, and dehydration.

As we move towards Spring and hopefully warmer weather many of us will enjoy the glow and warmth of a "sun kissed" complexion but make sure you are protecting your skin with a good SPF. That clever signalling feature will shout if we expose ourselves too much but once the burn is there the damage is done – we have all done it – so protection is key.

If you are looking for SPF suggestions, I can recommend Caudalie, Medik8, Paula's Choice and Ultra Violette all available at Space NK [www.spacenk.com](http://www.spacenk.com)

If you do get caught out and feel your skin needs some TLC, my favourite ingredient is Calendula. It is a herb used in numerous skincare and medicinal products. It is instantly soothing, gentle enough for use on babies, has an antiseptic, antimicrobial and anti-inflammatory action. I recommend Weleda's Calendula Moisturising Body Cream £9.75 75ml and for the face Calendula Weather Protection Cream £9.75 30ml.

If you would like more information on these or other sustainably sourced wellbeing products by WELEDA, just drop me an email at [caroline@starly.co.uk](mailto:caroline@starly.co.uk) and I will be happy to advise.

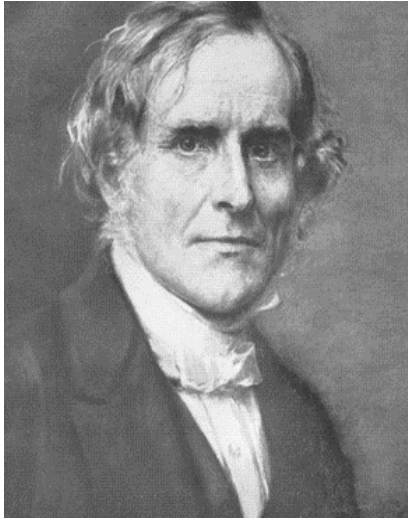
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Caroline McCabe

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**Frederick Denison Maurice** – Never heard of him? Then read on...with this article from Frenchay Village Museum

April 1<sup>st</sup> marks the 150<sup>th</sup> anniversary of the death of Frederick Denison Maurice, Frenchay's most influential resident. He was born in 1805 in Lowestoft, then in 1813 his father (a Unitarian minister) was appointed minister of Frenchay Chapel. The family came to live in *Clarendon House*. Maurice's close childhood friend was a young Quaker, Francis Tuckett, who lived in *Frenchay House*.



In 1823 Maurice left Frenchay to go to Cambridge University. There he made many friends, and with John Sterling founded a discussion group that other students called "*The Apostles*". Today *The Apostles* is an important society in Cambridge. Another member was Alfred Tennyson, who became a close friend. Maurice got a first class degree, however he was not awarded the degree, as he was not a member of the Church of England

In 1831 Maurice decided to join the Church of England, and then went to Exeter College Oxford to study to become a priest. The most significant friend he made at Oxford was William Gladstone. In 1833 he spent a week in Frenchay giving "Cottage Lectures". Maurice was ordained in 1834, and was appointed chaplain to Guy's Hospital.

In the mid-1830s he corresponded with a Quaker friend about a controversy in the Quaker community. Who the friend was isn't known, but it could well have been his friend Francis Tuckett in Frenchay. In 1838 he published the letters in a book entitled "*The Kingdom of Christ - Hints to a Quaker Respecting the Principles, Constitution and Ordinances of the Catholic Church.*" Many scholars regard it as the greatest theological work of the 19<sup>th</sup> Century. It made Maurice's reputation, and he was elected a Professor at King's College, London.

In 1842 Daniel and Alexander Macmillan came from the Isle of Arran to work as bookseller's assistants in London. They left school when they were ten, but educated themselves by reading the books they handled. They corresponded with Maurice, and so began a friendship that had enormous significance.

In 1843 Maurice advanced the £500 needed by the Macmillans to acquire a small publishing business. Their close friendship resulted in Maurice being Godfather to the Macmillan's sons. One of those godchildren, Maurice Macmillan, named his son Maurice Harold Macmillan – he was Prime Minister from 1957 to 1963.

Maurice established a number of groundbreaking institutions. Firstly, in 1846 a night shelter for homeless people in Soho. Sadly, St. Barnabas in Soho is still operating at No.1 Greek St., and to date has helped more than 300,000 people.

In 1848, with the support of Queen Victoria, he founded Queen's College, London – the first to award degrees to women. Early graduates had enormous influence; Dorothea Beale founded St. Hilda's Collage, Oxford, and Gertrude Bell, an expert on the Middle East, was the only female delegate at the Cairo Conference in 1921.

Also in 1848, with his friends Charles Kingsley and Thomas Hughes, he founded the Christian Socialist Movement. Out of this movement grew the Labour Party. Even as recently as the 1945 Labour government, before cabinet meetings there were Bible readings and prayers. Today the HQ of the Christian Socialists is in the Methodist Central Hall, Westminster.

In 1854 he founded the Working Men's College in London to offer free further education to working men and women. Lectures were given by many important figures of the day, including John Ruskin and James Clerk Maxwell. The college is still very active today, and much larger than in Maurice's time.

In 1860 the Queen appointed him incumbent of St. Peter's, Vere St., a Royal Peculiar. There was no parish to support, so he persuaded the wealthy congregation to fund a girls' home. It was renamed Maurice's Home in 1912, and finally closed in 2000, when London Council closed all orphanages.

His life-long friend Francis Tuckett died in 1868, and Francis' daughter recorded in her diary that Maurice came to Frenchay to see Francis' family.

In March 1872 the Bishop of London invited him to preach at Whitehall. When he arrived he was taken ill, and died a few days later on Easter Monday 1<sup>st</sup> April. The Dean of Westminster announced that he would be buried in Westminster Abbey, but his family said his wish was to be buried in Highgate Cemetery in the same grave as his parents and his sister. Today the Church of England commemorates him in their service book, *Common Worship*, which has this entry in the table of Holy Days:

*1<sup>st</sup> April - Frederick Denison Maurice, Priest, Teacher of the Faith, 1872.*

On the 150<sup>th</sup> anniversary of his death, in London at Lincoln's Inn (where he had been chaplain) there will be a choral service in the chapel, which will be attended by representatives from Queen's College, the Working Men's College and King's College (where he had been a professor). There are also a number of fundraising events to support charities whose values would have been close to Maurice's heart. They include a bicycle ride through London during the first weekend in April passing all the main places where Maurice lived, institutions he was involved with, and ending in Highgate Cemetery where he is buried.

**In Frenchay, on Friday 1<sup>st</sup> April there will be a talk about Maurice in the Unitarian Chapel at 7.30pm. Copies of our book, 'An Utterly Good Man' are available in the museum for £2. The museum is open Wed. 1-4pm, and Sat. Sun. 2-5pm**

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## Just Run Frenchay – Mindfulness and running or walking

In our last update we mentioned some of the benefits of running and how it can aid your wellbeing. One of these arms of wellbeing is paying attention to the present moment, you might be wondering how this can be incorporated into running.

As a runner or walker, it's important to pay attention to your surroundings to ensure your safety; to stay on the curb, to cross a road when the road is clear, and to not bump into people and lampposts. During lockdown we all became very familiar with trundling through our local areas, you might make the same journey regularly, but have you noticed the small things on your route which make them unique? Noticing these little things can make your journey more enjoyable and yourself be more in the moment.

Locally we have a wealth of unique sights; you may have noticed a Halley's comet weathervane, a drumkit used as plant pots, and a loaf left on a bridge. Just in our neighbouring districts you can find a friendly fairy tree, the Heinz logo on a garage door and wooden animal carvings in the woods.



Pausing and enjoying a view from a vantage point or bridge is another great way to soak up your location and to be truly mindful. As WH Davies wrote in 'Leisure' if you have no time to stand and stare it's a poor life. Make your leisure time count, enjoy the sights and be rich in the beauty that you find.

Just Run Frenchay Ladies running club meet every Monday at 7pm at the Dings Crusaders Rugby Club, Shaftesbury Park, BS16 1LG. Catering for all abilities across our Couch to 5km and 5-10km courses and regular 2-, 3-, 4-, 5-, 6-mile groups. For more information contact Jessie at [info@justrun.uk](mailto:info@justrun.uk)

### 40th Frenchay 10k - Sunday 24th April 2022 at 11.00am

The Frenchay 10k was first held in 1980 and is one of the country's oldest 10k events. After being away for 2 years due to the pandemic, it is back for what will be the 40th anniversary run. The race was conceived with the joint purpose of staging a well-organised run for serious runners and beginners alike and raising money for local charities. 100% of the proceeds of the run go to charity. For more information see <http://www.frenchay10k.co.uk>

## News from The Dings

I mentioned last month that in the first half of the season we had travelled 1708 miles for our matches, that is more than Bristol Bears travel! Well in January we have been called upon to travel a total of 940 miles for our three away matches before we were able to welcome Canterbury at Shaftesbury park at the end of January. However despite the First Team only having the one game at home we have had plenty of rugby to watch, including Bristol Bears Ladies in a very entertaining, close fought last minute victory over Worcester.

On Wednesday evenings on Radio Bristol, the Gas Head Legend Geoff Twetyman hosts a rugby programme called 'The Scrum'. During February it featured an interview with the newly appointed Bristol Bears skipper Joe Joyce. Joe spent several seasons with Dings learning his trade before moving up and on to Bristol. It was a really interesting 20 minutes and what a pleasure it was to listen to a down to earth local boy and hearing the pride in his voice on being made captain. The programme also featured input from another Dings lad doing well for the Academy and England, Diego Bailey.

This year is our 125<sup>th</sup> Anniversary and planning is well under way .



## Frenchay Cricket Club News

As the weather in later February was much drier, the ground conditions have allowed more, very necessary work by the volunteer Groundstaff on the Wickets and Outfield, in preparation for the Season, which is now approaching rapidly.

The super news is that the Club has expanded our 'Female' offer, and have entered a Team in the new Gloucestershire Womens '35 Over Premier League', which will be a good, solid challenge for our many older teenage girls. In addition, for the Women who want to progress their experience from 'Softball', and to cater for the girls wishing to continue playing 'hardball', a side has also been entered in the 'Gloucestershire South' Womens T/20 League – contact [joshua.tiley@icloud.com](mailto:joshua.tiley@icloud.com)

Senior Pre-Season Practice continues throughout March in the excellent facilities at Colston's School, and new players are always welcome [frenchaycc@gmail.com](mailto:frenchaycc@gmail.com) . In addition, our various Youth Squads also continue Pre-Season practice at various venues, and enquires to [frenchayyouth@gmail.com](mailto:frenchayyouth@gmail.com) .

Looking ahead, the Club will again be running the very popular 'All Stars' Programme for 5 – 8 year olds. If you have a child of that age range who would like to experience the first steps in cricket, sign them on via <https://www.ecb.co.uk/play/all-stars/register-interest> . The sessions will begin in early May, and run for eight weeks on a Sunday morning at the Club. In addition, we have started a new Under 9 Group exclusively for Girls this year, meeting on a Friday evening at the Club from early April through the summer. So if your Daughter is in Years 3 or 4, and would like to experience cricket, please contact [Frenchayyouth@gmail.com](mailto:Frenchayyouth@gmail.com) . The Falcons Disability Cricket Group popular 'Dynamos' Scheme will also be restarting for Year 3 – 6 SEND Children, on Monday evenings, and please contact [rachel.eccott@blueyonder.co.uk](mailto:rachel.eccott@blueyonder.co.uk) .

## **Downend Library News**

### Temporary Closure – 14<sup>th</sup> February to 13<sup>th</sup> March

Downend Library will be closed between Monday 14<sup>th</sup> February and Sunday 13<sup>th</sup> March inclusive. This is to enable an accessible public toilet to be installed and other associated building works. The provision of an accessible toilet will be a great help during our weekly Rhyme Times (see details below), childrens and adult activities. During the closure Staple Hill Library will be staffed an extra day per week on Wednesdays 10am – 5.30pm as well as Mondays, Tuesdays, and Thursdays as well as Saturday mornings until 1pm.

**Mondays (Staffed opening hours 10am – 5.30pm)** – 10am – 12pm : our Digital Champion is available to help with IT and mobile phone enquiries. Please book a FREE place by speaking to staff or emailing [downend.library@southglos.gov.uk](mailto:downend.library@southglos.gov.uk).

• **Wednesdays(Staffed 10am – 5.30pm)** – 9.30am : Rhyme Time – FREE song and nursery rhyme singing session for pre-school children. Please book a place as above.

• **Fridays (Staffed 10am – 5.30pm)**

**Saturdays (Staffed 9.30am – 1pm)** – 10.30am Lego Club : monthly session for 5-10 year olds (and their parents!). Please book a place as above.

We now have a new photocopier which offers A4/A3 and colour coping (as well as Black & White).



**Frenchay WI** are delighted to be resuming meetings, yet again.

Our March meeting will be for members only - a postponed Christmas meal, which we are holding as a Spring Meal. This means, unfortunately, that we won't be able to accept new members at this meeting

However, new members are welcome to join us for our April meeting, which is also the beginning of our new membership year.

At this meeting we are excited to have Cath Pendleton to speak to us. She is the 'Merthyr Mermaid and Ice Swimmer.' You may have seen her last year on a BBC programme which featured her as being the first person to have swum an ice mile in the Antarctic Circle

Our meetings are held in Frenchay Village Hall at 7.30pm on the third Monday of every month BUT as April's meeting would fall on Easter Monday, for this meeting

We look forward to seeing any new members who would like to join us.

Contact details are: Secretary, Chris Davies on 0117 9568123 or email [frenchaywi@gmail.com](mailto:frenchaywi@gmail.com)

## Are you struggling with your Mental Health? Try Tennis !!

Joining Downend and Frenchay Tennis Club (DFTC) 3 years ago, just as I retired from NHS work has been transformative especially during the Covid pandemic. I played tennis as a child but hadn't picked up a racket for almost 35 years, when a course run by a DFTC Coach was put on for parents at my son's school. It was such fun to play again and when the course finished, I asked what else could I do to carry on playing which led to DFTC! 3 years on, encouraged by my family, weather permitting, I am lucky enough to play up to 6 times a week, a mixture of coaching and social tennis. Everyone is welcoming and friendly and willing to share their knowledge and skills. I've not only learnt to serve again but how to score in a game and master a one handed backhand!

Apart from the obvious benefits of exercise and social contact in a Covid safe, outdoor environment, there has been an unexpected advantage I never anticipated relating to my own mental health. It has almost completely eliminated a lifelong struggle with anxiety. Having worked in psychiatry, I knew all the theory of anxiety management and by default, had taught myself Cognitive Behavioural Therapy (CBT), but nothing else compares to the benefits of this experience, which has been all the more remarkable during these difficult times.... So for anyone looking to more effectively manage their mental health, make new friends or take up a new active hobby, I cannot recommend this sport and this club highly enough. It is universal, suitable for all levels of fitness and experience and I truly believe is good for you!

Although I'm fortunate enough to take advantage of daytime playing, there are still plenty of opportunities for practice and games on weekends and evenings. A single request on a WhatsApp page, nearly always results in at least one other person willing and able to play at short notice on a sunny morning! Absolute beginners can take advantage of expert coaching and it is relatively inexpensive, when compared to gym membership.

Spare time and past experience have also led me to a position on the Club Committee as Welfare Officer and there are plenty of opportunities for anyone to become involved in the running of the club.

It is great fun and never fails to make me laugh every time I play with these remarkable people who share this passion.

So the advice I have given myself (and taken) is find something you love to do and look back and wonder why you didn't do it sooner!

*(Sylvia Chambers, Club Welfare Officer DFTC)*

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



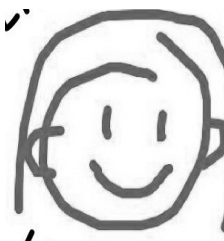
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## Esmé's Article : ' Flowers '

I nearly made my title say " Eating my Daffodils " !

The main reason that I enjoy living in Marshfield Park is that my neighbours are always so very kind to me—really good friends. Two days ago I opened my front door to find Allan on my doorstep, holding out a gift for me from his wife Sandra and himself. He was holding a bunch of green stems which looked like asparagus. I thanked him and said "Oh good, I really must try and eat more vegetables !" Allan replied "They are daffodils !"



I would never have guessed. I put them into water, and in one day, I had three vases full of bright yellow flowers, the largest daffodils I have ever seen ! Magic ! York is known for its daffodils, but mine are fantastic. They are the flower of March. This is good, because my grand-daughter Madelaine adores them, and she was born in March.

I was born in April, so my signature flower is a sweet-pea. If I had arrived a day later, it would have been May, so lily-of-the-valley. On May 1st in France, people give their friends bunches of these pretty white flowers, and shops give a spray of them to their loyal customers.

Do you know what your birth flower is? Most months have two flowers, but, being short of space, I can only tell you one !

January—carnation : February—primrose : March /April /May—as above  
June—rose : July—larkspur : August—poppy : September - aster

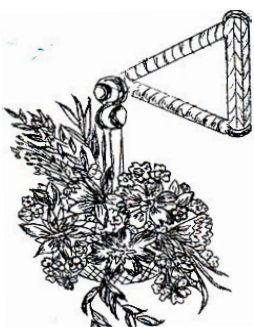
October—marigold : November—chrysanthemum : December—Narcissus.

However much you love flowers, it is best to avoid sunflowers and chrysanthemums if you suffer from hay-fever. Lavender is one of my favourites, such a gorgeous colour and also good for you. I have friends who spray their bed-linen with lavender to get a good night's sleep.

Please do not eat your daffodil stems....although I do wonder what they taste like?

Have a happy spring-time !

**Esmé**



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## Hot Spiced Fruit Salad

This recipe serves 8 but the types and volume of fruit and can be altered to ones taste. Healthy but warming on a cold day.

1 orange – rind thinly pared in one long spiral if possible

¼ litre of fresh orange juice (1 juice fresh oranges for this )

½ tsp ground ginger

**8 cardamom pods, crushed**

**5cm piece of a cinnamon stick**

**125gm soft light brown sugar (I use less)**

1 mango –peeled, stoned and cut into slices

1 papaya – cut in half, seeds and skin removed and cut into thin slices

½ pineapple – skin and core removed and flesh sliced into thin slices

2 large peaches – blanch for 30 seconds, peel, stone and cut into 8 sections

2 plums –stone and cut into quarters

2 kiwi fruits – peel and sliced

Put orange rind, orange juice, ginger, cardamom, cinnamon and brown sugar into a large bowl. Stir thoroughly and then microwave the mixture on high for 4 minutes, stirring after 2 minutes.

Add the mango, papaya, and pineapple slices to the orange mixture and microwave on high for 2 minutes.

Add the peaches, plums, and kiwi fruit and microwave for a further 3 to 4 minutes, stirring twice, until the fruits are heated through but not overcooked.

Serve hot with cream or crème fresh..... enjoy!!

*The Tidy Cook*



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