

May 2022

CONTENTS



2—4	FRA Report
5	Easter in a Box
6—7	Cncllr Ben Burton reports
8	Village Hall Update
9	Village Hall user-groups
9	Probus Upcoming Talks
10—11	Frenchay PCSOs
12—13	Tuckett Society
14	Minister's Letter
15	Church Diary
15	Spire lighting
16	Frenchay Flower Show Flower Show Supplement
18—19	Frenchay Museum
20—21	Wellness.
22—23	Gardening in May
23	Frenchay WI
24	News from The Dings
25	Frenchay Cricket
26	Just Run
28	DFTC—Skiing
29	Esmé's Article
30	Recipe of the Month
32	Library News

This month's edition carries a special Flower Show supplement in the green centre pages, with details of all the classifications for competition entry and an entry-form to be completed and submitted.

Please gently tear out these centre pages from the central staple to release the two double-sided A4 sheets. Creativity unleashed !

Please also see the item on page 16

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 June 2022 edition is 12 noon on Wednesday 11th May

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

Frenchay Residents Association (FRA) Report No. 90

Dear Friends and Neighbours,

Well I suspect April has been a more interesting month than anticipated, the Covid bug has definitely had a sting in the tail for many of us and I hope that everyone has come through unscathed. If you are over 75 please ensure that you get the new booster to ensure maximum protection.

Last month we highlighted the FRA community lunches, to which several have responded, so we will look to re-establish those as soon as it is safe to do so. The idea is to arrange lunch at a local venue for residents to get together first Monday every month. Prior to that Hugh Whatley is happy to open Frenchay Museum from 11am for a private tour as an aperitif. This proved increasingly popular and gave some residents the chance to get out and meet new friends.

The Queen's Platinum Jubilee Celebrations

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

We are planning to provide teas, coffee and cold drinks, probably through a local Scout group, but please bring everything that you need for the afternoon.

The famous FRA portaloos will reappear 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 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 will 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. Look forward to seeing everyone on the afternoon and we promise that good weather has been reserved!

Village Wild Flower Projects & Nature Reserve Pond

We aim to mark out, scarify and seed the same areas as last year, which seemed to have everyone's support from the feedback received. The wild flower meadow adjacent to Becks Pool was particularly lovely and Frenchay Hill with no strimmer in sight was a beautiful sight as the sun set behind the church.

We will be using the same seed mixes including cornflowers, SGC have assisted us with a generous grant of £1,560 towards seeds and equipment. The swathe just down from CLIC Cottage that is already left 'wild' will be greatly enhanced this season and we already have three DofE volunteers in our team, more are welcomed and our champion from last year is happy to help mentor you.

The other significant project will be the clay lining and planting of the nature reserve pond, this is likely to be in May now, when BAM do the landscaping for the new school.

We will shout out for volunteers as soon as that planting plan is finalised.

Tree Preservation

Although we sit in a conservation area and are in the middle of a climate emergency, the strain on our trees is still unbearable.

Seldom has a day gone by recently where the buzz of chainsaws cannot be heard nearby, most we hope is for routine maintenance and repairing storm damage.

However, with lucrative profits from perceived development opportunities within space in more established residential areas, we must do everything that we can to stop the loss of beautiful mature trees. Problems like ash dieback make the situation worse and occasionally a beautiful tree succumbs to a storm, as we saw at Frenchay Park House in March with their Holm Oak that fractured completely and couldn't be saved.

So FRA are now finalising their plans to identify potential trees at risk and ensure that they are protected. The SGC arboreta team have protections in place on far more than we realised, but we are not sure if they have one central record due to the time it can take them to identify and help check upon trees at risk. So anything that we put together is designed to complement and support their difficult work. Local plans and a cohesive strategy will make this happen and we have several volunteers in our FRA 'skills bank' with expertise to call upon. If you wish to help us please make contact, you'll be most welcome.

Frenchay Speedwatch

Lighter evening's 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

Following on from last month's exciting news about planning permission for an extension, we would like to draw your attention to the article elsewhere in this edition of Community News which summarises opportunities to assist with various tasks and activities at Frenchay Museum.

The key point is that you don't need to become a 'committee person' - just to volunteer some time for something which interests you! Again, we hope this new approach will appeal to our developing FRA 'skills bank' of people with relevant expertise but limited spare time.

Observation Corner

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

Q As some new developments are finally starting to show the use of solar panels, (e.g. Harry Stoke blocks of flats by UWE junction on ring road) is this use of energy efficient processes in response to the SGC Climate Emergency introduced over two years ago?

A No it is not. None of the current planning conditions for small or large developers for new builds make this a stipulation for gaining planning permission. The new SGC local plan being consulted upon hopes to change that, but it could be two years before solar panels, heat exchangers or ground source heat pumps and similar environmentally friendly methods become mandatory at local planning level.

Planning officers are aware of such needs and always praise developers who put them into their designs, but this is still not a mandatory planning condition. Surely it needs to be ?

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

Adrian Collins (Chair - FRA)



"COULDN'T RECOMMEND THEM ENOUGH... THEY REALLY TOOK THE STRESS AWAY FROM BUYING"

ROSIE WAY (BUYER) - DEC '18

01179566221 | SALES@MCOLEMAN.CO.UK



M Coleman Estate Agents,

**19 Cleeve Wood Road,
Downend, Bristol, BS16 2SF**

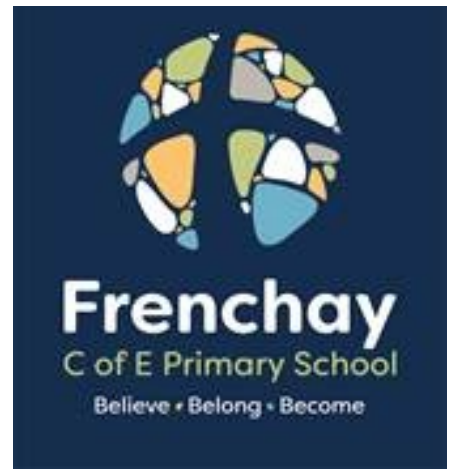
Web – www.mcoleman.co.uk

‘Easter in a Box’

During the lead up to Easter Frenchay Primary children were incredibly lucky to have a visit from local clergy, members of the congregation, foundation/ governors and Bristol Schools Connect.

These adults gave up their time to come and work with the children from year 3 and year 4 to lead 'Easter in a Box': the Easter story, split into 6 movie scenes with artefacts and activities for the children to handle and discuss. Each adult led a group who were fascinated by all the items and offered some thought provoking views on each part of the Easter story. It was wonderful to see both adults and children equally engaged and enthused by the session, the excitement was tangible. We would like to say a huge thank you to Shirley, Angela, Revd. Charles, Mel, Liz and Ruth for their time and hard work. We look forward to being able to work with you all again.

Whilst Easter in a Box took place in school, other year groups visited the Church to further their understanding of the Easter story. An Easter 'Break out Room' was thoroughly enjoyed by year 5 and 6, whilst those in the earlier year groups enjoyed making church rubbings as part of their activities.



Katherine Marks, Headteacher



Councillor Ben Burton reports :

As usual it has been a busy few months and we are grateful for residents bringing a few local issues to our attention. Please continue to let us know of problems in the local area and we will do our best to have them resolved.

We would like to thank those residents who have expressed an interest in supporting Ukrainian families. South Gloucestershire Council has a dedicated website

<https://www.southglos.gov.uk/advice-and-benefits/asylum-and-immigration/ukraine-crisis-help-and-support/>

The website has a wealth of information, also with links to translated articles, and explains how you are able to assist with this effort.

Queen's Jubilee

South Gloucestershire Council is making it easier for local people to enjoy the Queen's Jubilee celebrations this summer. More than 30 community events across our area have received a share of a £50,000 pot to hold events ranging from festivals and fetes to picnics and garden parties, bringing our communities together.

In addition, as with previous national celebrations, South Gloucestershire Council is welcoming applications for street party closures and the hire of open spaces for Jubilee celebration events in the area between the 2 and 5 June, and has confirmed that no fees will be charged. I am sure many local residents will have started planning street parties but to apply for a street party closure then please visit www.southglos.gov.uk/streetclosures where you can find the application form.

Organisers are reminded that applications must be submitted at least 8 weeks prior to the party date, in order that the legal requirements are met. Due to the speed and frequency of traffic, no closures will be permitted on A and B class roads.

We hope everyone will enjoy celebrating this significant event with friends, family and neighbours. If you need any assistance with making your application then we would be happy to help.

Council Tax Rebate

As many residents will have noticed on the leaflet enclosed with their Council Tax bill, a £150 rebate to council tax payers in South Gloucestershire will begin to be paid to householders later this month and in May. Those who pay by direct debit will receive the cash automatically, while those who pay in other ways will be contacted by the council to make arrangements for the money to come to them

The final details of the scheme were agreed at the Cabinet meeting on Monday 4 April and include a range of additional, discretionary support for those who do not qualify for the national scheme, but who are still in need of support as energy costs are rising. Most households in bands A to D will be eligible. Your council tax band is on your bill, but you can also visit [GOV.UK](https://www.gov.uk) to check which band you are in.

Those who pay by direct debit will, in most cases, receive the payment directly into their bank account. People who do not already pay by direct debit can set it up online through the council website at: <https://www.southglos.gov.uk/council-tax/my-council-tax-online>, this way the council will then have the bank details needed to make the £150 payment directly. For those who do not, or do not wish to pay by direct debit, households will receive a letter towards the end of April or the start of May with details of the council will make the payment.

The council is also offering support through a discretionary scheme which will provide the £150 rebate to:

- people who get council tax reduction in bands E to H;
- people who get Disabled Band Reduction (DBR) in bands E to G;
- foster carers in bands E to H;
- care homes in bands E to H;
- carers in bands E to H;
- people who have severe mental impairment in bands E to H;
- households in bands E to H where there is an existing disregard as a member of the household is receiving long term care in hospital or care home
- students in bands E to H;
- households in bands E to H where everyone living there is under 18 years of age;
- night shelters or hostels in bands E to H; and households where everyone living there over 18 years old is on a government recognised apprenticeship scheme.

The council will contact households in these categories this month. For people not in one of these categories, or who are eligible for the rebate, but need more financial support, the council is also running the Community Resilience Fund (CRF). Find out more by visiting the website at: <https://beta.southglos.gov.uk/community-resilience-fund>, by visiting one of the council's One Stop Shops or calling our Contact Centre on 01454 868009.

We know that people are struggling with bills, so we urge anyone in this situation to contact South Gloucestershire Council so they can assess what help might be available.

Councillor Ben Burton

Frenchay Village Hall - May update

In February's Frenchay News we outlined our plans for improvements to the Village Hall utilising the Section 106 funding from the Redrow development.



Having had a detailed survey and advice from a Bristol based firm of architects we are now in a position to finalise our suggested plans for the structural changes to the Hall and have arranged a pre-planning meeting with the Council to discuss these prior to a formal planning application being submitted.

Our proposals, that include changes to the main entrance, the stairs and the toilets, will be displayed in the new noticeboards next to the front porch at the Hall and please do take a look at these next time you are passing.

As we have said before our Village Hall is a valuable asset for the whole community, and we would like to ensure that we utilise the Section 106 funding wisely, so your views on these proposals are important to us.

If you have any thoughts on this please email your comments to frenchayvillagehall@gmail.com

This is a significant series of building works for the Hall and we are still keen to hear from anyone with relevant project management expertise who may be able to assist us with their organisation and supervision.

Finally, we would like to remind everyone that the Hall hosts a wide range of exciting clubs and events and if you are interested in finding out more about what is on offer please take a look on our website www.frenchayvillagehall.co.uk for our up to date schedule of regular users (see opposite) and their contact details.(on the website)

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

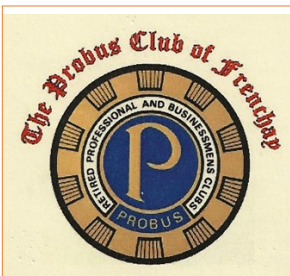
Our main hall accommodates 120 people. We have 2 additional rooms upstairs each holding up to 50 people and 20 people respectively, a large kitchen and bar area, a disabled toilet and a stair lift as well as a car park for up to 25 cars.

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.

Regular Activities in the Village Hall

Group	Days/times (Contact details on the Hall website)
Art Workshop	Friday 9.00am – 5.00pm by agreement
Bristol Steel Club	1 st Saturday of the month 6.30pm – 11.00pm
Card Making Workshop	2 nd Wednesday of each month 7pm – 9.30pm
Cavy Club	Friday evening and all day Saturday until 6pm quarterly
Cheerleaders	Tuesday 4.30pm – 5.30pm weekly Term time
First Aid Bristol	Thursday and Friday monthly 10.00am – 6.30pm
First Steps School of Dance	Monday and Thursday 4.30pm – 7.00pm weekly Term time only
Folk Dancers	Wednesday once a fortnight 7.30pm – 10.30pm
Fostering Matters	Thursday 10.00am – 1.00pm as requested
Holiday Club	Weekdays 9.00am – 3.00pm School holidays only
Ladies Choir	Wednesday 1.00pm – 3.00pm weekly Term time only
Men's Probus	1 st Wednesday of the month 10.00 am -12.00pm
New Life Church	Sunday 8.00am – 1.00pm weekly
Pre-School	Weekdays 9.00am – 3.00pm Term time only
Supastrikers	Sunday 1.30pm – 5.00pm weekly
Theatre Group	Tuesday 6.00pm – 10.00pm & Sunday 1.00pm – 6.00pm as required
Toddlers	Tuesday 9.30am – 11.30am weekly
WI	3 rd Monday of the month 7.00pm – 10.00pm
Winterbourne Winds	Thursday 7.30pm - 10.30pm weekly



Frenchay Probus Club

4 May Speaker : Nigel Wright : **Trek to Everest Base Camp'**

1 June

A Talk on ' Creating Concorde '

Interested in joining Probus Contact frenchayprobus@outlook.co.

Meeting up with Frenchay's PCSOs

Perhaps you have already come across Frenchay's two lady Police Community Support Officers as they move around the area, but if not, please be introduced to **Bianca Rotariu** (*seen here on the left*) and **Sam Norster** (*on the right*), sometimes patrolling on foot, sometimes as here on their bikes, or otherwise keeping in touch with the local community.

So, what exactly is a PCSO? The role was created by the Police Reform Act 2002.



They are uniformed members of Police staff and are employed to assist and support Police Officers, gathering intelligence, carrying out security patrols and, through their presence alone, reassuring the public.

They do not have a Constable's power of arrest, they cannot interview or process prisoners, and they do not get involved in the more complex and high-risk operations that Police Officers perform: but they do have a general power of a Constable to seize property, to issue Fixed Penalty Notices, and to exercise in appropriate circumstances what is commonly known as a 'citizen's arrest'.

Other powers they hold include the rights to:

- require the name and address of someone they believe to have committed a Road Traffic offence and certain other offences;
- confiscate alcohol from persons in designated places and from under-18s
- seize controlled drugs
- enter and search premises to save life or prevent serious damage to property.

Bianca and Sam are part of a Neighbourhood Team whose area of responsibility covers Downend, Bromley Heath, Frenchay, and Cheswick Village. Their operational base is at Staple Hill, but most of their time is spent out and about in the communities, creating a sense of 'police presence' and establishing personal connections with the general public. They liaise with schools and youth groups, and respond to many non-emergency 101 calls : but 999 and the main Police remain where proper emergency calls need to be directed.

So what advice do Bianca and Sam give? It is simple things to start with. Look after your own property. Leave your car locked. You might not think that there are many people going around testing if car doors have been locked, but they do , and they get lucky if you have been careless. There was a recent instance of a car theft in Frenchay, where the car was found in Frenchay a few weeks later with the thief still using it, as was perhaps not a very clever thing to do !

As for E-scooters, our PCSOs see both sides of the argument as to whether they are a good thing or not : but from the policing point of view, they acknowledge the difficulty they have in stopping an offender, when scooters are so easy to manoeuvre to places where it is difficult to follow.

Please always feel welcome to share useful information with the PCSOs, including at occasional 'Talk to Us' events, arranged in particular localities from time to time to help identify problems with which they might be able to help.

And one particular opportunity to speak with Bianca and Sam will be at the Frenchay Flower Show on the 9th July, when they are due to be at a Police Community Stall for much of that day.

HAVE YOU MADE A WILL? Steele Rose &Co Will Writers and legal Services.

Writing a will is the only way to ensure your wishes are carried out after your death; making sure that your family, home and children are protected. Steele Rose specialize in the preparation of Wills, Powers of Attorney, and associated legal documents including advice on inheritance tax. Instructions are taken in the comfort and privacy of your home and your Wills are returned to you in person for explanation. For free consultation/ or information please call Philippa Herring on 01275 474270 (local consultant) **07786198760** Single wills £140 + vat Mirror wills £180 + vat.E-mail **phillipaherring@aim.com** Members of the Society of Will Writers

Lizzie Tuckett 150th Anniversary

The 31st of May this year marks 150th anniversary of the death of Lizzie Tuckett. Born in *The Old House* Frenchay in 1837, Elizabeth Fox Tuckett was the eldest surviving daughter of Francis and Mariana Tuckett. Lizzie was educated at the Quaker Girls' School in Cedar Hall, and became an artist, and the author of many books.

She travelled in the Alps with her brother Frank Tuckett, who was a prominent Alpinist, and she wrote a number of books about Alpine exploration. Published by Longmans Green & Co. of London, her books include, "*How We Spent the Summer*", "*Beaten Tracks*", and "*Pictures in Tyrol*".

She also wrote two children's books, "*Our Children's Story*", and "*The Children's Journey and Other Stories*". Her books were



profusely illustrated with her drawings.

Through visits to F. D. Maurice (who featured in the March Community News) in London, Lizzie got to know members of the Pre-Raphaelite Brotherhood, and became a pupil of William Holman Hunt. In 1869 he produced a sketch of her, which is on display in Frenchay Village Museum. John Ruskin wrote many favourable reviews of her books, and there are a number of surviving letters from him addressed to her.

Her last book, "*Zigzagging Amongst Dolomites*", was published in 1871, and became very influential. Novelist Amelia Edwards, who lived in Westbury-on-Trym, was moved by reading the book to retrace Lizzie's journey. Amelia published her own version of the journey in 1873, and had caught the travel bug. She next went to Egypt for an extended journey up the Nile, which gave her an interest in Egyptian history

. She published her book “*A Thousand Miles up the Nile*” in 1876, and in 1882 she was co-founder of the Egyptian Exploration Society. They organised all the early excavations in the Valley of the Kings, which led directly to the world-wide interest in ancient Egypt.

“*Zigzagging Amongst Dolomites*” is still in print in Italy, and in 2012 it became the core of an European Union education project in the Lifelong Learning Programme. The summary of the project is “Getting to know the landscape of the Dolomites by means of a travel journal: “*Zigzagging Amongst Dolomites*” by Elizabeth Tuckett”. The project involves students studying English, History, Geography, Geology, Science and Literature, as well as comparing the landscape as it used to be and it is today.

In March 1871 Lizzie Tuckett was 34 when she married John Fowler in Frenchay Quaker Meeting House. He was a former climbing companion of her brother Frank, and the MP for Cambridge. He was a widower with six children, so Lizzie had a ready-made family when she moved into their London home. In 1872 she was expecting her first child, but the pregnancy ended in tragedy with the death of both mother and child on 31st May 1872. Her remains were brought back to Frenchay, and buried in the Frenchay Quaker Burial Ground on 5th June 1872. Copies of the book *Lizzie Tuckett's Letters from the Alps* are available in the Museum, price £3.

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

A Minister writes:

A Happy Easter to you all : it may feel a little bit late to wish you that but it's nevertheless heartfelt.

I wonder how you are feeling at the moment?

It has been said that having a gut felling about something or someone is a more reliable guide than the evidence of the other senses. Perhaps it's an amalgam of all of them!

I keep hearing that we are going through tough times, do you feel this is transitory, momentary or longstanding? Does it make you feel uneasy, unsure or anxious? When we feel we aren't in control fear can grip us and fear paralyses,. We feel heavy and burdened as though we are carrying the world on our shoulders, that's why hope is so important

Many people question how God is loving and sustaining his creation.

God must also be suffering; as we are invited to be in solidarity with the pain of others we remember that God carries all pain.

Life is all about relationships and we want to make a difference so what can we do? Jesus said, 'My yoke is easy and my burden is light', when he carries his 'brother'. So we need to find a good fit.

We have just been revising our Mission Calendar and Programme of prayer. In May we focus of Christian Aid responding to humanitarian emergencies and campaigning for change Envelopes are available for donations www.christianaid.org.uk

In June we support African Pastors Fellowship resourcing Christian leaders to minister effectively in Africa providing the eVitabu ap. www.africanpastors.org

In September we launch Christmas Boxes for the Seamen calling at Avonmouth and Portbury Docks. The life of seamen and women have come into sharp focus recently, and we begin to realise how they are exploited as they daily face danger to keep our global economy afloat. Last year we were greatly encouraged by the support we had from this community-thank you all. Please do consider filling a box this year.

www.missiontoseafarers.org

Peace and blessings to you all as you make a difference day by day.



Revd Judith Lee

CHURCH CALENDAR FOR MAY 2022

Commencing at 10.30am

1 May	All Age Worship
8 May	Holy Communion
15 May	Morning Praise
22 May	Holy Communion
29 May	Holy Communion

Ascension Day (26 May)

Commencing at 12 noon Holy Communion at Holy Trinity Church, Stapleton

Commencing at 6.00pm

1 May	Holy Communion (BCP)
8 May	Evening Prayer
15 May	Evening Prayer
22 May	Evening Prayer
29 May	Fifth Sunday Special Service

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

Spire Lighting

(churchwardens@frenchaychurch.org.uk -cost £10)



April 1st For **Richard and Kate Packer** - many congratulations and love on your Golden Wedding Anniversary

April 1st **John and Marylyn Phillips** – giving thanks for 55 years of marriage

April 17th In memory of **Gilbert Jones** FRCO 15/4/22-19/10/82. Church Organist. Beloved son, husband and father.

April 23rd **George Dodd** - "Keep me as the apple of thine eye. Hide me under the shadow of thy wings"

April 30th Many Congratulations **Esmé** on this very special birthday. - 90 today – with much love

Frenchay Flower Show 2022

To help with costs and the environment this year's flower show schedule and entry form is available from the Frenchay Flower Show website.

There is a copy of the classes with basic information in this issue of Frenchay Community News. Please pull out the centre pages and keep for information or pass it on to someone you know that doesn't live in the area.

If you are unable to download an entry form from the website, forms will be available when you register. It is essential that you refer to the website for full details on the rules and regulations and how to enter. Please share information with your friends and family about the show and direct them to the website where contact details are available if needed. Once again if you are able to help before or on the day your help will be very much appreciated **www.frenchayflowershow.com**



BRISTOL GARDEN COMPANY

bristolgardencompany.com

**GARDEN & PLANTING DESIGN
HARD & SOFT LANDSCAPING
GARDEN MAINTENANCE
WILDLIFE & VEG GARDENS
SHRUB & TREE WORK**

0117 9394939 / 07843 428553 / 07843 428563

gardens@bristolgardencompany.com

www.bristolgardencompany.com

Fully Insured, local family run garden business with references available.

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!

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

E-mail: info@downendandfrenchay.co.uk

Tel: 07928 349154



Mark Evans Electrical

Electricians & Alarm Specialists

Established for over 20 years

Mobile: 07770 233475

- **EXTRA SOCKETS - TO COMPLETE REWIRING**
- **HOUSEHOLD BURGLAR ALARMS - INSTALLATIONS & REPAIRS**
 - SECURITY LIGHTING • SHOWERS • KITCHEN ELECTRICS
- **LIGHTING DESIGNS • PERIODIC & LANDLORD ELECTRICAL INSPECTIONS**

GOOGLE - Mark Evans Electrical Bristol



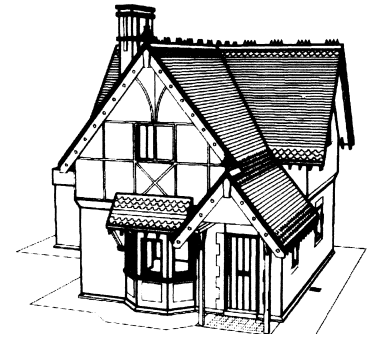
office: 0117 956 0695

126 Soundwell Road, Soundwell, Bristol BS16 4RT
Email: enquiries@markevansselectrical.co.uk

FRENCHAY VILLAGE MUSEUM – opportunities to volunteer without becoming a committee person!

The recent planning permission for a new extension announced last month has put a 'spring in the step' of the committee and justified the ambition to do better than just replace the old garage and provide an inside toilet. In fact, we are looking at a whole new way of working with the help of our external mentors.

Museum



Colleagues at South West Museums - Development group, are helping us with an 'Organisational Health Check' as part of the long-awaited Re-Accreditation process (delayed by Covid). The first steps have been taken and we can already see that we need to focus on two important activities:

First – maintain what we are already doing; **Second** – identify potential improvements in what we do.

The Museum first opened in April 2000. After 20+ years, we need to encourage the next generation of volunteers whilst recognising that there appears to be less spare time available for outside interests!

Effective communications are obviously very important but that does not have to be solely by formal committee meetings; email & phones can be used to great effect once the specific tasks are agreed.

So, here is a direct appeal to everyone who would like to get involved in one or more of the following:

1. Maintain what we are already doing

a) Custodians to open the Museum on 3 afternoons per week (Wednesday, Saturday & Sunday) and three bank holiday Mondays (Easter, end-May & end-August). Also – private visits by arrangement.

b) Assist with caring for our displays & artefacts; review new acquisitions & refresh presentations. We also host temporary exhibitions from other sources and regularly prepare our own in a dedicated room.

c) Manage the display of in-house books & leaflets; review sales, stock levels & re-order as necessary. Liaise with authors of publications which may be relevant to Frenchay.

2. Identify potential improvements in what we do

a) Review the current web-site and suggest ways of making it more effective / useable. Research & identify opportunities for 'digitisation'. (NB; getting a phone line & broadband is already on the list...)

- b) Develop the current (approved) plans for an extension through the detailed design stage and consider how to best integrate the existing & new spaces when built. Also, opportunities for new forms of display!
- c) Publicity & fund-raising: both short & longer term! (We have some ideas and potential contacts...)

To summarise, our volunteers are encouraged to be 'task-orientated and time-limited'. Their activities have to be both interesting and fun! FRA is already involved in some joint publicity to our 'skills bank'.

Below this item there are Notices on ; Opening Dates; Unitarian Archives ; and Translations.

Please make contact if you can help. Tel; 0117 956 6378 Mob; 0777 552 2689 E; HWandCo@aol.com

Thanks, **Hugh Whatley** (Chair – Frenchay Tuckett Society).

Museum Notices

OPENING DATES

During the Platinum celebrations for the Queen's Jubilee the museum will be closed to enable the custodians to take part in the celebrations. We will be on the Common on the Saturday June 4th with activities for children and adults and a selection of the numerous books that we publish.

UNITARIAN ARCHIVES

The Unitarian Chapel has been looking at the records it has. Among them are letters dating back more than 200 years. Eventually they may be deposited in the Records Office but the museum would like to have a copy of them available for research. We are looking for someone who is willing to scan the records and someone who could transcribe them – not necessarily the same person. Can you help us?

TRANSLATIONS NEEDED

As part of our drive to make the museum more inclusive we would like to have our introductory leaflet translated into as many languages as possible. Can you help us?

Telephone us on 0117 9569963 if you can help us or if you have any other skills you can offer. All help is gratefully received.

Frenchay Hill's Former Name : the answer to the question posed in April's FCN is 'Post Office Hill'.

Monthly Wellness - ' Affirmations '

Caroline McCabe

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

Last month I touched on the light-hearted subject of *Love Languages* and how they can help us better understand how we give and receive love. If you read the piece, you will know that the languages can be broken down into five simple categories and this month, I wanted to look closer at Words of Affirmation in the context of the relationship we have with ourselves.



Our brain is constantly responding to information around us and much of this can be difficult to hear especially now with the war in Ukraine, a cost-of-living crisis and many people still isolating due to Covid. This can impact how we feel in our day to day in mild or severe ways. I know that I am prone to what I call *negative self-talk* where I can outline all the reasons why I cannot, should not, am unsuitable for etc. It is a bit like a self-sabotage habit that guards me from failure because I know if I go through the reasons why I should not attempt something new or challenging I have prepared myself for it going wrong. Setting exacting standards for ourselves and then giving ourselves negative feedback can be a loop of behaviour that almost becomes a happy place because it is familiar.

What do I find works? Firstly, noticing it, then flipping it on its head, then reframing it with new, *positive affirming language*. I will give you an example: as a film extra, I frequently attend castings in unfamiliar places, where I need to find the costume & make-up department, get measured, try outfits on in front of strangers, get photographed, all while a team scrutinise how you look.

The first time I did this work, the *negative self-talk* said: you are not suitable for this / why are you attempting this? / this is not for you / people will laugh at you / they will not want what you have to offer. I heard myself doing this, noticed it, tuned in to the emotion I was feeling and flipped it by saying: you have been invited to this casting / you enjoy new situations / this is an opportunity to do something fun / you are enough / you are happy doing this work / you are calm.

If any of this resonates with you try this simple exercise this week. Notice the positive

things other people say about you,
write them down if it helps.

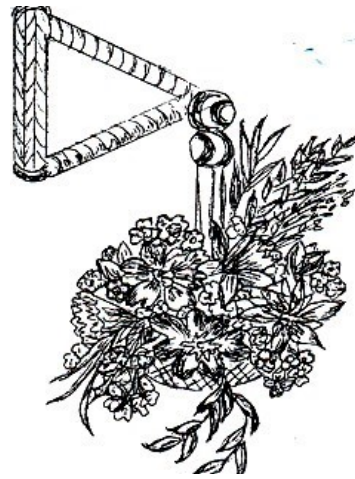
Think about what you can say that is positive
about yourself – add this to your notes.

Look back at these notes and remember that
all of this is true. You are all of those positive
things.

If you require any self-care products from
homeopathic remedies to bath milks, I am
happy to advise you on sustainably sourced
wellbeing by WELEDA, just drop me an email
at caroline@starly.co.uk

You can browse my web shop here:

[www.weleda-advisor.co.uk/shop/
carolinemccabe](http://www.weleda-advisor.co.uk/shop/carolinemccabe)



**ROBERTS
BROS**

Growers of
quality since
1830

Hanging Baskets made to order

Open April to June

Enquiries **07549999465**

E-mail

robertsbros@hotmail.co.uk

The Oaks, Filton Road,

Hambrook BS16 1QG



Louise Walker

Professional Home Organiser

louisewalker.co.uk

Or phone **07510197249**

Would you like 2022 to be the year you finally get your home organised?

I can help! I can declutter and organise it all: kitchen cupboards,
bedrooms, spare bedroom full of clutter, wardrobes,
children's bedrooms, toys, wardrobes of clothes.

Please visit my website to arrange a free, no obligation visit to meet
and discuss your needs

Live a calmer, happier life

Gardening in May

After a wonderful display of spring bulbs an application of liquid fertiliser after they have flowered will encourage good flowering next year. After the joy of the spring display comes the difficult bit, allowing the foliage to die down naturally so the goodness is absorbed into the bulb. This is normally about 6 weeks and to be honest is a bit of a mess but it's worth it for next years' display.

Feeding and watering your plants in any container regularly is so important to their wellbeing as well as rewarding you with healthy and vigorous growth. Use a liquid feed once every 2 to 4 weeks and water as often as needed (not letting the soil dry out completely) when it is hot this can be daily. Hanging baskets need watering daily. If possible use rainwater or grey water as much as possible. If you don't have a water butt perhaps now is the time to think of installing 1, 2 or 3 to downpipes and save free rainwater rather than use ever more expensive tap water.

Another great addition to the garden would be a compost bin to recycle both garden and uncooked kitchen waste which can be fed back into the garden once it has decomposed. There is loads of advice on line as to what to put in your compost and what not to use and the garden will repay your efforts and cost you nothing but a little effort.

Take time to walk around the garden regularly and hoe off or hand remove weeds as they start to grow. Left unchecked they will soon put on growth, reseed themselves and take over and the job of removing them becomes a much bigger and time consuming job. If you are not keen on using pesticides in your garden then go on regular snail and slug hunts in the evening (disposal you can find on line) and give any green or white fly a wash of soapy water.

Other jobs for this month are to tie in any climbing plants e.g. clematis, sweet peas. Prune back spring flowering shrubs to keep them compact e.g. forsythia. Plant out summer bedding and tender annuals but be sure that it is after the last frost. Start hardening off any new plants by putting them outside during the day and bringing them in at night. Keep an eye on any plant in a pot, including house plants and if they show signs of being pot bound then pot them on into a pot a size larger.

If you feed the birds in your garden there are two trains of thought

. The first is to stop feeding in the spring to encourage the birds to forage for themselves and the other is to keep feeding throughout the year as with global warming there are times when the birds find a lack of food. Whatever your choice it is very important to keep your bird feeding stations clean as they can be breeding grounds for disease that will endanger the birds. Once a week cleaning would be the ideal but any cleaning is better than none.

If there is anything you want to grow in your garden then use the RHS or Gardeners World sites on line and you will be a gardener in no time.

Take time to sit and enjoy your space, nature is so amazing ... ***The Tidy Gardener***



Frenchay WI are pleased to report that our Spring Meal last month, including the Spring Surprise (a seasonal version of Secret Santa) was very successful and enjoyed by everyone, Unfortunately The Filtonaires were unable to entertain us due to some of them having the dreaded Covid so a quiz was quickly arranged which members found great fun.

At our next meeting, on 16 May, members will be able to discuss and vote for the resolution (Women and Girls with ASD & ADHD - under-identified, under-diagnosed, misdiagnosed, under-supported) that has been proposed to go forward to the National Federation of WIs for action.

This meeting will start with our hosting the WI Country Markets, from whom members will be able to purchase the home cooked food and home-made craft items they have to offer.

We are pleased to say that several prospective members have been in touch with the secretary regarding joining Frenchay WI. Any more ladies who would like to come along to see what goes on at any of our meetings would be most welcome – and hopefully they will join us, too! We meet at Frenchay Village Hall at 7.30 on the third Monday of every month.

Contact details are: Secretary, Chris Davies on 0117 9568123 or email frenchaywi@gmail.com

News from the Dings

As the season draws to a close and as at mid-April we have extended our winning run to 7 matches. This included a comprehensive defeat of Henley, our first win over them since 2012, cementing our 8th place in the league, and our best showing in the National Leagues.

At the beginning of April ,we held our celebration lunch of Remembrance for those who passed during the Pandemic and for who, due to the restrictions in place, we were not able to hold our normal farewell. Floyd Waters, Pat 'Nobby' Clark and Keith Burnard were all long standing members of the club and are all sorely missed. Club members were joined by members of the families to hear fiends pay tribute. Floyd, was a driving force behind our move from Lockleaze.

We now have some idea who we will be playing next season following the release by the RFU of the proposed new league structure. Instead of two leagues in the 2nd division there will now be three. We no longer have the prospect of trips to Canterbury, Bury St. Edmunds or Worthing : these have been replaced by fixtures with Chester, Bourneville (Birmingham), Loughborough and Newport (Shropshire).

So pastures new and new challenges lie ahead !

Mark Sanderson

Painting and Decorating

Interior, Exterior, Wallpaper & Murals, Dustless Sanding

For an immediate transformation
and a long-lasting, quality finish

To discuss your requirements or obtain a quotation,
Tel. **0117 956 6599** (Frenchay) or **07940 197464**

References available - All work guaranteed - Fully insured

Frenchay Cricket Club News

With the start of May comes the beginning of Fixtures for our various Teams in the 'Senior Leagues'. The 1sts will again be challenging in the Bristol and District League (B&D) 'Senior' Division, while the 2nds hope for a change of fortune in B&D Division 5. Meantime, the 3rds address new challenges in Division 10 and the 4ths Division 15 of the B&D, both of which will provide good development opportunities for our mixed age and gender sides. Locally, the Womens scene has had a 'close season' overhaul, and Frenchay will be putting out Teams in the new '35 Over' Gloucestershire League, which will be excellent experience for our older, more experienced girls, as well as a side in the T/20 'South' Womens League. In addition, the Womens Softball Team are set for a busy time, taking part in the 'Bristol League' and some Countywide Festivals.

Over the close season, there has been quite some activity in terms of improvements to the playing areas and facilities at the Club. Local Councillors Ben Burton and Liz Brennan kindly agreed to assist by supporting the purchase of a Flix Pitch (Portable Wicket) through a Members Awarded Grant. This new facility will enable more accurate training sessions, and will also be used for some matches, providing more consistent bounce and carry than the grass areas normally used. In addition, following the grant of Planning Permission, and receipt of a £10k Grant from ECB, a 'Non-Turf (All Weather) Pitch' will be installed on the 'Top Square' in early June. This will also provide significant improvement in allowing more specific training to take place, as well as matches played which would otherwise be cancelled due to 'soggy' ground conditions.

All Stars for 5 – 8 year olds starts early May – if interested, contact frenchayyouth@gmail.com **The new Under 9 (Years 3 & 4) Girls Group** started late April, contact frenchayyouth@gmail.com



Holiday Play Scheme at Frenchay Village Hall

2 to 11 Year Olds Welcome

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

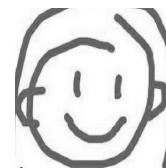
9am – 3pm (short day)

A range of planned and themed activities provided each day

For more information contact :

Lucy Foley 07920885185

Frenchay Pre-School



Free Places Available

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

Enrolling now for 2 to 5 year olds

Lucy_foley@hotmail.com

Held at Frenchay Village Hall

Just Run Frenchay – In collaboration with OSO Sustainable Sportswear

We love this time of year at Just Run because the light evenings, better weather and being dryer under foot mean we intersperse our pavement and lamppost lit routes with more off-road routes taking in the best of what the Frenchay area has to offer.

From our meeting point every Monday at 7pm in the car park of Dings Crusaders Rugby Club (Shaftesbury Park, BS16 1LG) we can quickly find ourselves on tree lined paths for part or most of our routes. If you are looking for route inspiration in the Frenchay area, we post our planned routes for the following week on the routes tab of our website at www.justrun.uk. Sometimes our run leaders will deviate or create their own routes to take in their favourite places or make the best of the conditions. For example, on a hot evening there is nowhere nicer to run than along the Frome River under the shade of the trees.

Our 2 mile and Couch to 5km groups are more restricted in terms of local green space however, the Frenchay Nature Reserve, Frenchay Moor or Common are accessible to these groups.

Our 3-, 4-, 5- and 6-mile groups can enjoy transiting via the above green spaces as they head further afield into local parks including Oldbury Court (often referred to as Vassals Park) and Stoke Park.



As frequently as we can we all enjoy heading to the river. We will either head North via Grange Park and head out towards Hambrook or run along the section towards Snuff Mills. Our 5- and 6-mile groups can go beyond to Eastville Park. Whether you are running, or walking check out www.fromewalkway.org.uk for more information.

We can feel more vulnerable in these sorts of locations so if you are a local lady then exploring the area in the safety of our running group could be the answer. We cater for all abilities and for more information about Just Run Frenchay contact Jessie at info@justrun.uk



R. DAVIES & SON

FUNERAL DIRECTORS

FUNERALS FROM £975

Unattended Funerals Attended Funerals Bristol Funeral

The Poplars (formerly Pendocks) HAMBROOK Tel 0117 956 6774

Also at Bedminster, Bishopsworth, Horfield, Kingswood, Shirehampton, Westbury-on-Trym, and Whitchurch

TALK TO US ANYTIME

Whatever your funeral wishes or budget, we can provide a funeral to suit you. Prepaid funeral plans also available.



DIGNITY
FUNERAL DIRECTORS

WWW.RDAVIESFUNERALS.CO.UK

Pricing is correct at time of print and is subject to change. Price stated is for an Unattended Funeral.



SBBS

Steve Beck Building Services Ltd.

- ALL BUILDING WORKS
- CARPENTRY
- ALTERATIONS
- EXTENSIONS
- REFURBISHMENTS
- KITCHENS
- BRICKWORK
- ELECTRICAL
- PLUMBING
- NEW HOUSE BUILD

**FULLY QUALIFIED
LOCAL BUILDER
FULLY INSURED**



TEL: 0789 1493016

EMAIL: steve@sbbuildingservices.net

Downend & Frenchay Tennis Club - Skiing Holiday in March 2022.

This winter marked the first Tennis Club ski trip to France, which is hoped will become an annual event, organised by club member Chris Horne.

I was lucky enough to be able to go, along with 8 other DFTC club members. We spent a week in Tignes enjoying the skiing, beautiful sunshine and of course, the après-ski ! We stayed in a catered chalet, for just our group, which had wonderful views and was near the centre and the ski lifts. The food was absolutely amazing! On the chalet staff night off, we went to a restaurant in town and had fondue.

We were a mixed group of skiing ability ranging from complete beginners to intermediates and experts, and so we all went to the ski lifts together in the mornings and then joined our respective ski schools. After three hours of school we all met at the bottom of the lifts for a beer and some lunch and then skied or just après-ed in the afternoon, meeting back at the chalet for afternoon tea of freshly made cake and coffee, and of course, a beer. In the evenings we had canapes and prosecco followed by dinner and then sat around the log burner with wine playing games. We had such a laugh.

The skiing was superb, with a wide range of runs for different abilities, with the real experts among us covering 30 miles a day. There were lots of hilarious falls, and aces covered in snow, but luckily no injuries. We skied in different groups on different days with the more expert skiers helping the novices. We were incredibly fortunate with the weather – we had beautiful sunshine every single day and the views from the top were stunning. In addition to the skiing three members of our group thought they were Eddie the Eagle and went for a ski bungee jump off a platform – it looked like something out of the Olympics and was both amazing and terrifying to watch. They absolutely loved it, and the rest of us went along to support them, perched on the side of a red run with a large drop.....eeeeek!

Other members tried out the ice diving, in dry suits, diving into a small hole in the ice on the lake to see the sun and light as it appears through the ice from the pitch black. It was an amazing experience although an acquired taste I am told.

There are so many fabulous memories from the trip. For me what stood out most was the wonderful cohesive and inclusive group dynamic and laughter, even though the only thing we had in common was the love of playing tennis.

We all did everything all together most of the time. Such a friendly atmosphere with such lovely people and I, for one, cannot wait until next year!

Rachel

Member of Downend & Frenchay Tennis Club

(Not only are there new friends to make to play tennis with, but a fabulous range of other social opportunities to get involved in!)

Esmé's Article : ' A Quick Snack '

Unlike myself, I hope that you eat proper meals ! Hopefully my family will join me for lunch at the end of April, for my first restaurant visit for several years ! I have booked a French restaurant in Clifton Village, and my son and his 'clan' are coming down from York and Manchester, whilst my daughter and her family are coming from quite a distance too !

This has led me to think about French food.

Perhaps you have heard of a 'Croque Monsieur' ? It is basically a cheese and ham muffin. And what is the difference between that and a 'Croque Madame' ?

The female version has an egg on top ! It is called 'Madame' because someone thought that the egg looked like a hat !

But if you are thinking that it is only like a cheese and ham roll, there is a big difference. It is the cheese SAUCE !

In many French restaurants, they add a green salad and chips, which makes it more of a meal than a snack.

Whatever food you enjoy, I wish you very happy Spring-time eating !

Esmé

FRENCHAY PARENT AND TODDLER GROUP TUESDAYS 9.30-11.30 AM



UPSTAIRS IN FRENCHAY
VILLAGE HALL
BS16 1NU
PRESS BUZZER FOR ENTRY
BABIES, TODDLERS AND
PRESCHOOL AGE
CHILDREN AND THEIR
FAMILIES AND CARERS
WELCOME
FIND US ON FACEBOOK



ST. ELIZABETH'S HALL, HAMBROOK : Hambrook Lane, BS16 1RT

Available for meetings, talks, play-groups, fitness & dance classes, & more

Kitchen area /disabled access

WC no stairs /Max 50 people

Hiring costs : weekdays £7 p/h :
hols & weekends £12 p/h : Minimum
booking 2 hours

BOOKING ENQUIRIES :

hambrookvillagehall@gmail.com

or **07733 333032**

www.stelizabethshall.com

St Elizabeth's Hall, Hambrook



Double Haddock and Herb Fish Cakes — The Recipe for May from The Tidy Cook

Herb Sauce

4 tbsps chopped fresh parsley
4 tbsps low-fat crème fraiche
4 spring onions, finely shredded
Juice of ½ lemon
2 tbsps chopped fresh dill
4 tbsps light mayonnaise
1 tbsp chopped capers
Salt and freshly ground pepper
A little caster sugar

Mix all the ingredients together and season to taste adding a dash of sugar.
Leave covered in the fridge.

Fish Cakes

450g main-crop potatoes, peeled
225g smoked undyed haddock fillet
a good 25g butter
1 heaped tbsp chopped fresh dill
a few drops of Tabasco sauce to taste
Salt and freshly ground pepper
225g fresh haddock fillet
3 heaped tbsps chopped fresh parsley
2 good tbsps light mayonnaise
fresh white bread crumbs

Preheat oven to 200C/400F/Gas 6

1. Cut the potatoes into even sized pieces and cook in boiling salted water until tender. Drain well.
2. Season fish with salt and pepper and cut the fillets in half if large. Wrap the fish in a foil parcel with the butter. Bake in the oven for about 12mins until the fish is opaque and flakes easily.
3. Mash the potatoes with the buttery juices from the fish. Skin the fish, discarding any skin and bones, and flake into a bowl with the mashed potatoes. Add the herbs, mayonnaise and Tabasco and season well with salt and pepper.
4. Divide into 12 even-sized round fish cakes. Roll the fish cakes in the bread crumbs. Cover and chill if time allows.
5. Preheat a heavy baking sheet in the oven with the temperature increased to 220C/425F/Gas 7. Lightly grease the baking sheet with butter and bake for about 20-25mins until crisp, golden and hot throughout. Serve with herb sauce and lemon or lime wedges and a salad.

After stage 4 the fish cakes can be kept covered and stored in the fridge for up to a day but make the sauce on the day. Or they can be open frozen and when hard stored in a container or bag for up to 4 months. Defrost before cooking for 3 hours at room temperature or in the fridge overnight.

It's always great to have something easy in the freezer for those unexpected guests.

Progressive Heat

Solutions Ltd

Local Gas and Heating Engineer

Boiler installation and breakdown specialist with over 20 years experience

Gas, Oil, LPG and Renewables- Commercial and Domestic

Call Ollie on **07891556380** or

Email ollie@progressiveheat.co.uk



661304



Extended Warranties available



@progressive_heat

SUPREME STONEMASONRY

<p>Restoration New builds Structural repairs Carving Rubble walls Dry stone walls Pillars Stone cleaning Brick and block work</p>	<p>Tel: 0117 9566430 Mob: 07398739478 E: supremestonemasonry@outlook.com W: www.supremestonemasonry.co.uk Fb: @supremestonemasonrybristol Fully Insured – References Available No job too small – please get in contact for your free quotation</p> <p>Experienced and reliable Based in Frenchay</p>
---	---

Downend Library

Save money - it is now **FREE to reserve** books from the Libraries West catalogue of over 2 million items and have it delivered to Downend (or any other South Gloucestershire) Library without paying a penny. Reservations can be placed online at www.librarieswest.org.uk*, on the Libraries West App* or by staff on site

Not everyone has Netflix All or Disney+ so it is good to know that from April 2022 our **DVD collection** is now borrowable for just **50p each for a three week hire**

Our next **Lego Club** is on Saturday 14th May at 10.30am, it is FREE to attend for primary school aged children so secure a place either email

As Monday 2nd May is a **Bank Holiday** Downend Library wont be staffed but Open Access will be available 8am - 7.30pm or your can renew or reserve books on line at www.librarieswest.org.uk



MANICURES – PEDICURES – FACIALS – WAXING – LASHES – MASSAGE – REFLEXOLOGY



**25% OFF YOUR FIRST
TREATMENT IF YOU
MENTION THIS ADVERT**

Rachael's Health and Beauty is located in Stoke Gifford Village, which is a state-of-the-art Retirement Village only 5 minutes drive from Frenchay, opposite UWE. As well as our salon, there is a shop and licensed bistro, where you can relax after your treatment. There is also a large carpark at the rear of the Village.

Call 07557 107930 or email hello@rachaelshealthandbeauty.co.uk
to book your appointment.



FACEBOOK REVIEWS

www.rachaelshealthandbeauty.co.uk

