

October 2021

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As a black-and-white publication, FCN is unable to re-produce in any photograph the glorious colours of Autumn. But there is no need, We are fortunate to have many opportunities in and around Frenchay to view and enjoy the real thing.

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 November 2021 edition is 12 noon on the 11th October

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

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Frenchay Residents Association (FRA) Report No. 83

Dear Friends and Neighbours,

Thank you to everyone who joined us for our 'Frenchay Unlocked' picnic afternoon, we have had lots of positive feedback about the activities laid on and it was also so nice to see so many of you from Frenchay Park that afternoon. I hope that many of you learned a lot more about Frenchay Park Lands, the FRA Treasure Hunt is still available if you fancy learning more about our voluntary village green and nature reserve. Unfortunately the main prizes have been claimed, but we still have a vast selection of seed packets to give away as a reward for those completing the event. Please contact FRA for the map and clues.

Thank you to Frenchay Parish Church and everyone involved in providing teas/ refreshments and events at the church during the afternoon, which was very welcome.

A big thank you to our FRA committee and many other significant helpers on the day, the work and dedication behind the scenes from everyone involved was phenomenal.

We all hope that you enjoyed the occasion and hope that by next summer Frenchay Flower Show and all of the associated entertainment can be resumed in full.

We had some new residents joining FRA with the form provided at the Museum, if anyone else would like to register and receive our email updates please contact us.

Wild Flower and 'No Mow' projects, Nature Reserve Pond

Thank you for your feedback and support during our picnic afternoon at the Museum hub where we had Grow Wilder attending and lots of engagement about our work to enhance our environment in response to the climate emergency initiatives. Thank you also to our new SG Councillor Liz Brennan and her family who attended the event to see what Frenchay is up to! Many FRA initiatives will be followed up and used as great examples of what can be achieved, including the DofE Bronze Community Service accreditation for local students. FRA will continue to engage and move forward with these ideas, we have established great relationships with so many support organisations who are now looking to fund and resource local biodiversity initiatives.

One very significant initiative is the restoration of the 'pond' in the nature reserve on the old hospital site. This 'puddle' is of ecological significance and the new school construction company BAM have pledged to provide funds and equipment/materials as part of their community service initiative in conjunction with this school project.

With full consent from the current land owners NBHT a licence will be granted so that the work can commence November pending transfer to the Parish, which is the perfect time for protecting the wildlife on the current site. This will enable BAM and FRA to go full steam ahead very soon, some preliminary saving of pennant stone as BAM cleared the site has already been done. We will put a shout out for volunteers once the timetable is set.

FRA are delighted with the outstanding support from BAM project manager Jason Cisneros and his team in response to our initiative.

FRA AGM 2021 traditionally we look to hold this public event in the village hawards the end of October each year, due to Covid restrictions this has not been possible or sensible since we were last able to do this in October 2019. This has also been the case for other local groups like Frenchay Preservation Society.

Until we are entirely confident, following some normal activity and schools returning, that it is safe to do so we are reluctant to encourage large gatherings of residents in a small space.

Consequently we are monitoring the situation and looking for a safer way to hold any meeting, this includes deferment until it is entirely clear that current infection rates in South Glos are diminishing as we head into winter. At this stage we are still being very cautious with a view to keeping everyone safe and well.

Speedwatch We are very sad to lose Ian Potter who is moving house away from the area, Ian has been an FRA committee stalwart and has been totally responsible for patiently getting the Frenchay speedwatch initiative underway. At the time of writing we need someone to continue this project now it is up and running and replace Ian's talents in our FRA team. Thank you Ian for your tireless work and enthusiasm as part of FRA and best wishes to you, Geraldine and your family as you embark upon your 'grand designs' move.

FCN Magazine Distribution Many thanks to those of you who have responded to our September magazine appeal, we now have many more willing residents to help with distribution and some from Frenchay Park as that continues to expand. This helps the existing volunteer network considerably, which is just what we needed.

Stay safe and well everyone, thank you for your continued support and engagement.

Adrian Collins (Chair - FRA)

FRENCHAY PRESERVATION SOCIETY (FPS) – postponement of AGM

By now, in a 'normal' year, the committee would have met in September and begun the usual preparations for an AGM in November. However, in my view, due on-going concerns about Covid and with various recommended precautions still in place, things are still far from being back to normal. So, reluctantly, having taken soundings with Frenchay Tuckett Society (AGM postponed to next March) and Frenchay Residents Association (see the report above, I am following suit and announcing the postponement of our AGM as well. However, as mentioned in previous reports, the development of close working relationships during 'covid' means that the essentials are being covered.

Hugh Whatley (Chair – FPS).

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Councillor Ben Burton reports:

Voi Scooter – Update

Thank you for all those residents who have contacted us in relation to concerns over the parking of Voi scooters. We know that inconsiderate parking has meant pavements being obstructed or blocked, causing visibility issues at junctions and generally making the village look untidy. We are keen to help alleviate some of these concerns and ensure that the benefits of the Voi scooters are balanced with the needs of local residents.

The Voi scooter trial scheme, promoted by WECA, will remain for the foreseeable future and as your local Councillors we have been working hard to identify ways of promoting the benefits whilst addressing the serious concerns some residents have raised. We understand from residents that one of the key concerns relates to how and where the Voi scooters are parked at the end of a ride. The Voi website gives some useful information about how users should be parking the scooters (we recognise this is not always being followed) and this is available at the following website :

<https://www.voiscooters.com/blog/a-voi-e-scooter-guide-to-parking/>

We have been making representation to WECA and Voi to help improve the parking of scooters around the village. Some of the comments we have made are as

Reporting Inappropriate Parking Locations: We have received emails from a number of residents in relation to parking zones that are identified within the App but have been causing issues locally. These include at the junction of Beckspool Road and Cleeve Road, Malmains Drive and around Filton Road. This does not necessarily mean there is not a need for Voi scooter parking in these areas but some minor changes to the locations might prove beneficial to avoid obstructions. We have reported these concerns to Voi and will continue to work with their team to ensure that appropriate locations are designated within the App.

‘No Ride’ or ‘No Park’ Zones: There is an option for designating ‘no ride’ or ‘no park’ zones for Voi scooters to ensure that particularly sensitive or inappropriate areas are restricted. If you consider there are areas that should be included in this designation then please let us know and we can discuss with Voi what can be done (for instance, a number of parks are designated as such

Reporting Inconsiderate Parking: A number of the parking zones are in appropriate locations but the riders are not placing scooters correctly. This can mean other users path users (e.g. with buggies or wheelchairs) are unable to safely navigate pavements and potentially creates risks of pedestrians having to go in the road to get by. We ask all residents to report any such behaviour to Voi so that we can continue to ensure paths around the village are kept clear.

Marking Designated Parking Zones: The Voi team, in conjunction with South Gloucestershire Council, are able to provide racking or marked parking zones (depending on the location). The benefit of marked parking zone is that it promotes best practice when users finish their ride. The marked parking zones will show users the exact location for the Voi scooters to be placed and ensures that they are not blocking pavements or causing an obstruction. These sort of zones will hopefully encourage riders to park appropriately rather than just 'dumping' the scooter. We are keen to hear your views about appropriate locations for any such marked parking zones.

Please get in touch if you have other comments or issues relating to the Voi scooter scheme.

Bristol Road, Hambrook Resurfacing

We know some residents will frequently use the Bristol Road towards Hambrook. Please note that essential roadworks are to be carried out from the 27th September 2021 (starting just before 'The Stream' to just before where the B4058 passes under the motorway). The road will be subject to major resurfacing works that will involve the planing off of the existing surface of the carriageway and the laying of a new surface. The work will start at 8.00pm and remain in place until approximately 6.00am. These works will create a significant amount of noise.

For the duration of the works, the road will be closed and all traffic will be diverted around the area whilst the closures are in place. Although alternative routes will be signposted whilst the works are in progress, it is possible that delays may occur on the surrounding network. Please watch the local press for any further news, but you are advised to avoid the area if possible for the duration of the works.

South Gloucestershire Council apologises for any inconvenience caused by these essential works.

Cncllr Ben Burton

Report from Frenchay Primary School

At Frenchay Primary the children have teamed up with Progressive Sports to take part in a pilot project called 'Maths on the Move'. This is aimed at linking maths with physical activity to add a new spin to their learning. The aim is to make maths fun and engaging through games and activities.

We are so fortunate to be one of only 10 schools in the Local Authority chosen to take part in the pilot. Further to the enrichment offered at the school we are also looking forward to welcoming back the Music Hub. Children across the school will be learning a range of instruments from ukuleles to djembes. I am sure the staff will learn a thing or too as well!

Katherine Marks, Headteacher

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 **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.

PROBUS CLUB OF FRENCHAY

OPEN DAY - 6th OCTOBER

Reminder!

Note the date!

Re-launch of Frenchay Probus Club and Open Invitation

If you are retired from a career in business or the professions, then consider joining your local men's PROBUS club.

Meeting monthly at the Village Hall we are now inviting new members who

- wish to remain active by meeting others in similar circumstances and with similar interests,**
- wish to continue to be enlightened and entertained by speakers on various topics,**
- are likely to participate in outings and social events, usually with wives and partners.**

INTERESTED? Then come and meet us on Wednesday 6th October 2021 from 10.15am to 11.15am at Frenchay Village Hall. It will help us if you would kindly notify us by email to frenchayprobus@outlook.com if you are intending to come or would like more information.

Thoughts on ‘ Volunteering’ - Paul Kembery

I wanted to write this month on a personal level rather than give a Parish Council report.

During the pandemic we have seen in the media people who have selflessly given up time to help others in small and big ways. What a remarkable man Sir Captain Tom Moore was and the funds he raised in the run up to his 100th birthday. Children sleeping in tents to fund raise and volunteers helping people with anxiety and depression for example. I admire the lifeboat/RNLI volunteers you see on TV who in an emergency stop the day job and risk their lives trying to save others.

There are people within any community who volunteer to help others, it could be the church, youth sports, or litter picking as examples. I have spent long spells in hospital in the past 12 months and had time to reflect and observe perhaps more than I would perhaps like. Nurses who do 12 hour shifts and still make time to volunteer in the community, my admiration goes out to people like that.

Like you, I have observed people who are selfish and ungrateful during the pandemic and in life in general. You may not be able to physically or have other reasons why you may not be able to help others or volunteer. You are free to congratulate or criticise volunteers, some people give and others take, as some of us observe.

If you are able to why not give a little time to your community? Volunteer for an hour or two at next year’s Flower Show on the common? Help an elderly neighbour with half an hour’s gardening? As Oscar Wilde said ‘The smallest act of kindness is worth more than the grandest intention’. I like the quote ‘**Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.**

Pre-school Rhyme time @ Downend Library

A fun session of action rhymes and songs for toddlers and pre-school children aged 18 months – 4 years old. FREE

LIMITED PLACES AVAILABLE

To book your place and for more details, speak to staff or email downend.library@southglos.gov.uk

with your name and contact phone number and we will get back to you. We’ve been working hard to prepare the library to keep everyone safe, visit www.southglos.gov.uk/librarychanges for the latest updates.

Frenchay Village Hall AGM - 25th October 2021

This year's Frenchay Village Hall AGM will take place at the Hall on Monday 25th October at 7.30pm and is open to all local residents who wish to attend.

This is an opportunity to hear about how the Hall has functioned under the COVID guidelines, how future planning is progressing and there will be time to ask questions about the Hall and also to volunteer to join the committee as a local resident.

Agenda

Minutes of the previous AGM
Chairman's Report
Treasurer's Report
Election of the new Committee:
 Village residents
 User representatives



We are always looking for residents to come forward as new members of the Committee especially from residents who have recently moved to Frenchay to ensure that Hall in Frenchay, which is over 100 years old, continues to thrive

Frenchay



Frenchay WI are looking forward to our meeting this month - our first since we re-opened and then to our second meeting on **18 October**. The speaker will be Steve Loader from the Seaman's Mission. Steve will tell us about the work they do to help the sailors who come into Avonmouth, many not having seen their families for a long time and who are ill-equipped to deal with our winter weather. Any ladies who would be prepared to knit balaclavas or cowls (not scarves as these can get caught up in machinery etc) can drop them into the meeting so we can hand them to Steve to help his cause.

New members are invited to come along - don't be afraid to come alone - there will be a warm welcome for all those ladies interested in joining us.

We meet in Frenchay Village Hall on the third Monday of the month at 7.30pm. Doors are open from just after 7 pm. At the moment we would ask that you bring your own mug for tea or coffee in the break and individual packets of biscuits (including gluten-free) will be provided.

Should you wish to contact us, our email address is frenchaywi@gmail.com and the secretary is Chris Davies on 07771614153

FRENCHAY HOSPITAL CENTENARY

THE START OF MEDICAL WORK AT 'FRENCHAY' IN OCTOBER 1921

in the July edition of FCN, I mentioned the purchase of Frenchay Park House (and grounds) by Bristol Corporation in July 1921 in order to turn it into a children's TB sanatorium, which opened 100 years ago this month, in October 1921.

Alan Freke has kindly supplied more information about the official opening ceremony on 5th October 1921 by Sir William Treloar (who had founded a school for handicapped children in Hampshire previously used by Bristol Corporation) and a photograph from the Western Daily Press. (The photograph below is difficult to reproduce satisfactorily, but can be much better examined at the Museum)

The book on The History of Frenchay Hospital by Dr. James Briggs records that on the 14th October, eighteen patients were transferred from Snowdon House Sanatorium, Fishponds to the Sanatorium at Frenchay Park and Snowdon House closed down. It had been hoped to invite Dr Briggs to start the winter talks series laid on by Frenchay Tuckett Society, but due to on-going Covid precautions, the talks have been postponed until January 2022.

Any further development will be posted on the Museum website.

(www.frenchaymuseumarchives.co.uk) And copies of the book are on sale at the Museum.

Hugh Whatley

WESTERN DAILY PRESS, BRISTOL, THURSDAY, OCTOBER 6, 1921.

SIR WILLIAM TRELOAR OPENS BRISTOL'S NEW SANATORIUM.

Frenchay Park, the beautiful country manor, and amid the charming environment of meadow and woodland, was given over yesterday to the historic purpose of a hospital for children from the city, tainted with, or suffering from the dread disease of consumption, to have a fair chance of recovery. It is a bold scheme on the part of the Bristol Corporation, but it is one of the few big proposals that have now commendation all parts of the city. Here little boys and girls, who have done for them all that medical skill and careful nursing can do, will be able to undergo the treatment, and benefit from the beautiful air and surroundings of the new hospital.

The opening ceremony yesterday was presided over by Sir William Treloar, ex-Lord Mayor of Bristol, whose name will always be remembered as the founder of the great work for the sick at Alton and Hayling Island. Sir William accepted the invitation of the Health Committee, which included the Lord Mayor, the Mayor, aldermen, and members of the Corporation, and others representing many of our city life.

INCEPTION OF THE SCHEME.

H. J. Maegs, chairman of the Health Committee, after welcoming the large company, or a long time the Health Committee had been combating consumption when it had in a more or less advanced stage. The sanitary inspector of school children made it clear for them to know something about the nature of that dread disease, and they had been impressed with the fact that if they were to do it successfully they must establish a preventive work in our midst. They did it best to begin with the child, and prevent those breakdowns which had become so common, and through the inception of the scheme did not meet the city's needs by comparison with what had been done in the country generally. The Lord Mayor, in his distinguished position, for while a number of schemes had been submitted to the Ministry of Health only the Bristol one, beside one other small one of eight



The Lord Mayor, with Sir William Treloar (on his right), members of the Health Committee, and officials.

great, said tuberculosis had been and still remained, notwithstanding what was being done, a curse to the country, and all those who were devoting their time in serious attempts to alleviate the sufferings and correct the deformities

of Imperial taxation. The wonderful success of the work at Alton was, under Providence, due to many causes; one was that the medicine of hygieness was largely used, and another was fresh air and the naked sun, and last, but not least, the fact that the children

the college, 372 lads had been admitted for training, 50 are still at Alton, the remainder having been discharged on the completion of three years' training. There was now much being said and done for what was termed "child surface," and he hoped they would see and all

— and gives to the Ru because 'Wincarnative, Nerve Enrich, delicate As a Ton system. / lost vitality enriches. And as a new nerve get We get it duties can energy th Thus our becomes — we feel and a far pervades It is in ca of 'Winc Because

**FRENCHAY MUSEUM
NEW ACQUISITIONS**

We now have a cabinet with a changing display of items which may not normally be on show. One of these is a postcard of a thatched cottage with a cliff face behind it. It is titled “Old Cottage Frenchay”.

There is no cottage like this in Frenchay today so where was it?

We have thought about this and have one idea of where it might be. Could it be the house next to the water wheel at the far end of Snuff Mills? Before the present house, built many years ago to house the Park Ranger, there was a previous building which served as a pub where they brewed their own beer. The water for this came from a stream emanating from the field above. Unfortunately, the field housed an isolation hospital where Scarlet Fever sufferers were kept in quarantine. It was felt that there was a danger of the water being contaminated, and the brewing stopped.

The old mill was in ruins and the Council had capped it off, and a band played on top of the truncated building. When the brewing stopped, so did the tea dances.

Does anyone have an idea where the cottage might have been?

There is a pot of home made Crab Apple Jelly, generously donated by Carol Thorne, for the best suggestion..

Submissions to : frenchaymuseum@hotmail.com

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CHURCH CALENDAR FOR OCTOBER 2021

All Sunday services are now being held in church Commencing at 10.30am

3 October All Age Service for Harvest Festival
10 October Holy Communion with Baptism
17 October Morning Worship
24 October Holy Communion
31 October Morning Worship for All Saints' Day with shortened Holy Communion

Commencing at 6.00pm

3 October Holy Communion (BCP)
10 October Evening Prayer
17 October All Age Holy Baptism
24 October Evening Prayer
31 October Commemoration Service/All Souls

It is not compulsory to wear face coverings (masks) in church but please do so if you wish. Sanitisation is still available.

We would like to welcome as many people as possible

Every Wednesday

8.00pm Prayer Meeting on Zoom

For updated information, please refer to the Church Facebook and website www.frenchaychurch.org.uk and notices outside the church, on other notice boards in Frenchay and as kindly included through the Frenchay Residents Association.

SINGING AT FRENCHAY PARISH CHURCH

Frenchay Parish Church has vacancies in its choir that sings every Sunday morning, on other special occasions and practises weekly on Thursday evenings.

Professional vocal tuition is provided to the choristers.

If you are a singer who would like to be part of this inspiring choir and develop your skills please apply to the Parish Secretary on parish_secretary@frenchaychurch.org.uk

Our Minister, Rev'd Charles Sugden, writes :



Dear All,

Do you find yourself having to take one step at a time? If, reading this you are elderly and frail you may be smiling. Or if you have brought up a toddler, you will remember well those first solo steps.

In just the same way, many of us are 'finding our feet' step by little step, this autumn. I would love to say, 'in the post-pandemic' era, but that would be premature. 'In the new season' will have to do. We so need to be gentle with ourselves and each other.

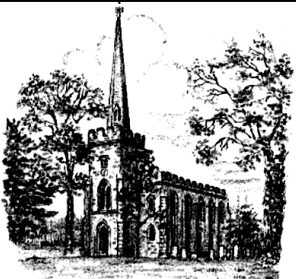
I have been impressed with the way Jesus conversed with people he met for the first time. There are so many different approaches, according to who they were and the circumstances. People were taking a step towards him, and he honoured them in letting them come just as they were.

When they were really out to trap Jesus in his words, he often asked them a question back, to challenge them, and let their own consciences answer them. For some people he had what sounded like a 'put off' response – such as to the Gentile woman that wished her daughter healed. His comment, however, actually drew out of the woman a declaration of her faith, and a true reckoning of her own unworthiness.

In our church and community we shared a wonderful day on 29th August, 'Frenchay unlocked'. It was great to meet people again. In church, so many came with questions, and it was a privilege to converse together. I pray that my and others' conversations will have put Jesus centre stage. To know God personally through a relationship with Jesus Christ is truly the best outcome for us all.

Since then, our choir has been performing in church in a concert, as well as continuing to lead the worship on Sunday mornings. We are growing in number again as we take little steps forward. If you would like to come and join in a practice to see if you would like to join, please be in touch with our parish secretary on parishsecretary@frenchaychurch.org.uk

Rev'd Charles



Spire Lighting

29th September : 'In memory of a very dear brother, Gordon Langman'

John Langman

Morning has broken

This hymn gained considerable fame as a pop song in 1971. Recorded by Cat Stevens it was in the top ten in both Britain and the USA for several weeks. It had however been written in the 1920s.

*'Morning has broken, like the first morning.
Blackbird has spoken, like the first bird.
Praise for the singing, praise for the morning.
Praise for them springing, fresh from the world.*

Percy Dearmer, the editor of the hymnal, *Songs of Praise* (published in 1931), commissioned Eleanor Farjeon to write four new hymns for it. She was an accomplished poet and writer, winning several prestigious literary prizes. This particular hymn was to fit the Gaelic traditional melody "Bunessan". The words came to her one morning while camping in woods in Sussex.

Eleanor had been born in the Strand, London in 1881, the daughter of journalist, playwright, and novelist Benjamin Farjeon. Although interested in religion she was not received into the Roman Catholic Church until her seventieth birthday. She wrote that her coming to Catholicism was a progression to a form of faith towards which her own sense of a spiritual life had been moving for the past thirty or forty years. She died in 1965 in Hampstead.

The tune was first written down in the 1880s from the singing of an itinerant Highland minstrel. It was named after a west Scottish village and was published in 1888 in Lachlan Macbean's *Songs and Hymns of the Scottish Highlands*, where it was set to a Gaelic poem.

Dr Judith Langfield

* * * * *



Frenchay Church
Choir singing at a
Sunday Afternoon
Concert in
September 2021

The Bells of Frenchay Church

Standing on Frenchay Common, Frenchay church appears to be at the centre of an ideal English village scene, with only a game of cricket on the Common, and the merry sound of the church bells ringing, needed to complete the Arcadian image.

But although cricket had been played on the Common since the 1840s, there was only ever one bell in the church...

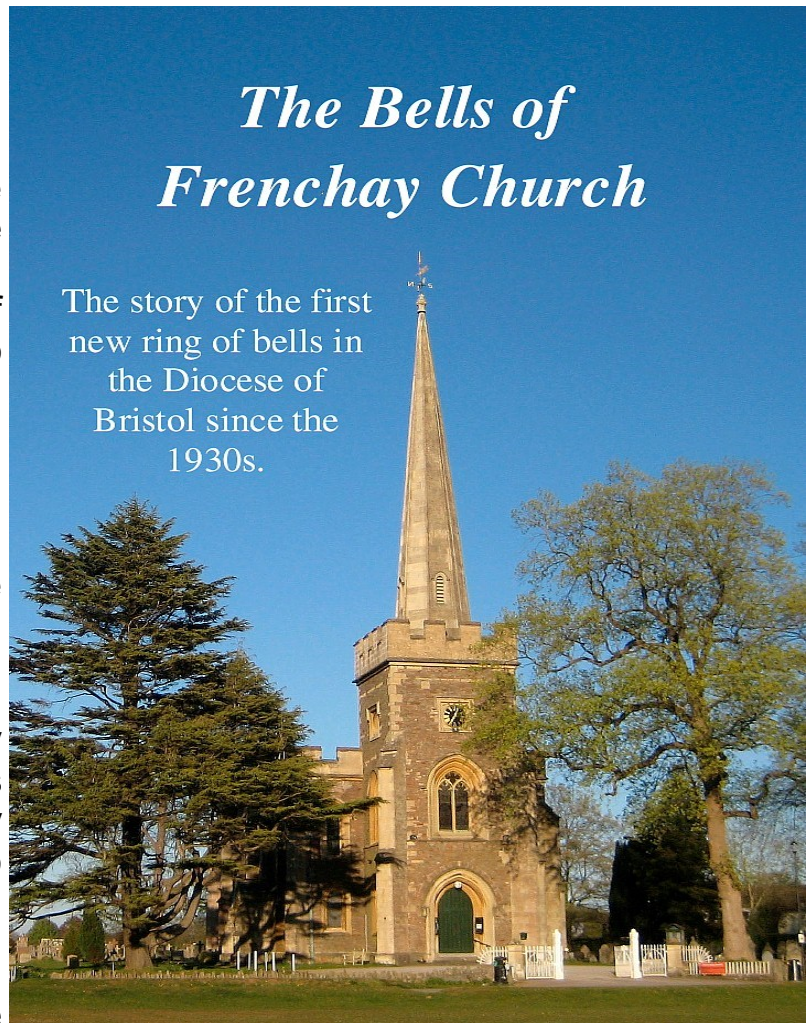
However, in the late 1980s and early 1990's, parishioners and friends completed that ideal image by undertaking a massive DIY project to install a ring of six bells.

A book has just been produced by the Frenchay ringers to mark the 30th anniversary of the consecration of the bells, which took place on 25th August 1991, and the copiously illustrated book tells the story.

The inspiration for the project came from the adjacent parish of Winterbourne, where in the early 1980s the bellringers, led by Tower Captain Terry Jefferies, completed a DIY restoration of the 18th Century bells in the church there. Terry also became a leading figure in the Frenchay project.

To help keep the cost of the Frenchay scheme down, unused bells were identified and collected from many sources. Four bells came from a local hospital, two from the former Seaman's Mission building in Bristol, as well as some from redundant churches. In all 12 bells were collected, and although 3 were given to other local projects, four were used as they were, and two new ones cast from the bellmetal provided by the rest.

A huge amount of work had to be done to the church building to create a belfry in the tower, and a ringing room from which the bellringers could ring the bells. All this work was done entirely by volunteers in their spare time.



There was amazing support from the ringing community in the wider area, as well as local people who just simply wanted to support the project. Local businesses helped with donations, but also by loaning such unusual items as cranes and cherry pickers, as well as donating significant items - like steel beams!

There was also help from further away. A Japanese handbell team visiting the UK offered to give a money raising concert in Frenchay. This helped pay for the work that had to be done by Taylor's bell foundry - they were to cast the two new bells. And the hurricane that BBC weatherman Michael Fish failed to forecast in 1987 played an unexpected role.

The culmination of the project came on Sunday 25th August 1991 when the Bishop of Bristol officiated at a service to consecrate the six bells – the first new ring of bells in the Diocese of Bristol since the 1930s.



The new book telling the story of the project is lavishly illustrated with photographs of all stages of the work, and was produced by the Frenchay bellringers to mark the 30th anniversary of the consecration.

Copies are available by emailing frenchaybellringers@gmail.com

The price is £5 + £1.50 p&p.

Copies are also available in Frenchay Village Museum, which is usually open on Saturdays and Sundays 2-5pm or Wednesdays 1-4pm

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Wards welcomed in Frenchay

Ever since the closure of Frenchay Hospital took effect, many have campaigned for wards to be re-introduced at Frenchay. Dave and Abbie Ward were not what they had in mind, but this unique couple were warmly welcomed by some 700 or so people when they first took to the field at Shaftsbury Park, Frenchay, directly across the road from the old Hospital site, on Saturday the 4th September for the start of Bristol Bears Women's campaign in the new season of the Allianz Premier 15s competition, the national elite level of women's rugby. Dave Ward is the Coach of the team : Abbie is a co-captain of the team and an established England-international, having joined them from Harlequins in the Summer. To have as a couple a Coach and player for a top-



level team in any sport is a unique situation, but it is one they manage well, and they have made a very promising start to the new season, winning their first two games impressively.

Dave and Abbie met three years ago when they were both at Harlequins. Dave was then towards the end of his 15 years in the professional game, retiring in 2019 after 167 appearances for Harlequins and previous years working his way up to the top

level. He had started life in Bath, and also spent some of his formative years up the road from here at The Ridings School, Winterbourne, so he is now back in familiar territory.

Abbie is the younger of the two, and, at the age of 28, is ambitious to build on her success at both club and international level. She has experience of one losing World Cup Final, and aims to go one better next time around.. When Dave was appointed as Bristol Coach, it was no foregone conclusion that she would follow him rugby-wise from champions Harlequins. A formal meeting across the kitchen table was arranged, and Dave only succeeded by convincing Abbie of Bristol's ambitions to get the best structure and facilities as stepping-stones to compete with the very best on the field of play.. The Bears women will use the state-of-the-art facilities of the High Performance Centre at Abbots Leigh, created primarily for the Bristol Bears men and afforded by the revenues generated by the men's game.

Dave and Abbie were married in August 2020, having had to postpone the original wedding-date from May of that year, due to lockdown. They play down the unusual 'coach and player' couple, saying "It's just one extra thing we have in common." They also know to keep rugby in its proper place, and have devised a 'curfew', beyond which time in the early evening they are not to talk about rugby matters. They do also admit that there was a time they brought rugby home with them more than they should have done. At a time when Dave was still playing at Harlequins, as a hooker, he sought to practice his line-out throwing in the kitchen of their flat, which had an unusually high ceiling. Abbie for her part was happy to practice her catching, as one way to demonstrate 'kitchen skills'! But, said Dave, "That got a little dangerous, so we had to stop."

Dave does his share of the home duties, particularly when Abbie is called away on international matches and training. "I like to make sure that, after leaving England Camps, she comes back to a clean and tidy home, so I know that she can relax, because Abbie cannot relax unless everything is in its place."

Dave is wary of setting too precise a target for the team this season, his first in charge, but says: "Of course, we want to finish in the top four: it's a big challenge, but one we're up for."



Above, Bristol Bears Women taking on Exeter Chiefs Women in the first match of the season at Shaftsbury Park : The next Home match is

Saturday 2nd October at 2.00pm vs. Sale Sharks

A chance to enjoy elite –level rugby with excellent facilities, and close to you !

Just Run , Frenchay

Whatever the time of year, much of the satisfaction of running comes afterwards: those runs that were absolutely the last thing you felt like doing, but you did them anyway. This probably applies three- or fourfold for evening runs in the dark because you are trying to ignore the temptation of the sofa, a hot chocolate or glass of wine. It's particularly helpful to be part of a group to give you the extra motivation and sense of commitment as well as safety in numbers.

If you are heading out in the dark make sure you put safety first:

Visibility – The range of reflective items and clothing is almost limitless from shoelaces to jackets and from flashing LEDs to headtorches; ideal to light up dimly lit ground.

Safety - If you worry about personal safety then join a running club. Just Run Frenchay operates on a Monday evening at 7pm in the Dings Rugby Club carpark and is for ladies of all abilities from beginners to expert runners. If you are new or returning to running after a long break our next couch to 5k course starts on Monday 27th September.

Vigilance - Run against traffic, so you can see vehicles coming towards you, rather than letting them come up behind. Consider ditching your headphones so you can always be alert to your surroundings. Plan your route ahead and let someone know your plan. Above all enjoy your winter running!



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VINEGAR NOT ONLY FOR CHIPS

We are all trying to cut down on how many chemicals we are exposed to daily.

If this is your aim, read more to find how the undervalued properties of vinegar can help you in the garden and home .

REMOVE WEEDS ..Vinegar can be sprayed directly on weeds and tufts of grass in walls and walkways .They will dry up and die in two to three days .

Beware it can kill your lawn and make soil infertile.

REPEL ANTS . ..Ants hate vinegar.Mix equal amounts of water,spray the solution on any ant hills.White vinegar or apple cider vinegar can be used.

REPEL GARDEN PESTS. Guess what rodents,moles,cats,dogs,rabbits have in common ? They all hate the strong smell of vinegar .

Soak a few rags in white vinegar and place them hidden around where vandalism is noticed. Keep re-soaking every week for maximum repellent action .

CLEAN CLAY POTS. Gardeners love clay pots. Their natural properties keep soil cool in Summer, allow plants to breathe , and look attractive in all kinds of settings.

As clay pots age, they absorb calcium and minerals from water and become discoloured . I like this aged look but you can do the following :

Remove any surface dirt from pot then soak it in a container with this mixture ONE CUP five per cent acidity white vinegar to FOUR CUPS of water

Quantities used will depend on size of container .

The less vinegar the longer you will have to soak the pot /pots .

Wipe with cloth and leave to dry before storing or potting up again ..

EXTEND THE LIFE OF CUT FLOWERS...Add TWO table spoons of vinegar and a teaspoon of sugar per litre of water for any cut flowers you want to keep fresh for as long as possible .

CLEANING ..The non toxic properties of vinegar make it perfect for cleaning the following ..rust from garden tools with neat vinegar, birdbath and bird houses with 25%vinegar to 75% water solution

Perhaps gardeners in the past used vinegar for its medicinal properties .

It was used as a poultice for sprains and cuts to alleviate inflammation .

Do you remember the nursery rhyme , 'Jack and Jill' ?

HE WENT TO BED TO MEND HIS HEAD

WITH VINEGAR AND BROWN PAPER ...

I am not suggesting using it medicinally but there are some great uses for vinegar in the garden and home and you may know more.

So when you next buy vinegar, do not think only of CHIPS.

Happy gardening .



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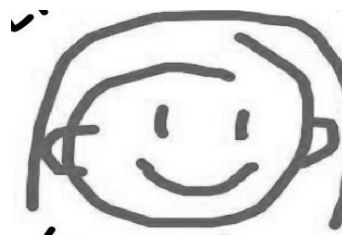
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Frenchay Cricket Club Report

With the outdoor cricket season finished (where did that time go!), we can reflect on a season of mixed fortunes. The 1sts, after promising much early season, unfortunately tailed off in the latter stages. Still, in 2022, we can look forward to renewing the 'local derby' with Stapleton. The 2nds sadly finished in a relegation spot, and although their matches often went down to the wire, they were unable to force the wins. The young 3rds had a very successful season, gaining promotion, and the newly created 4ths did a great job, giving so many young players the experience of 'senior' cricket. The Womens Softball Team grew in numbers, confidence and laughter as their first season in the League progressed, culminating in strong moves to also form a Womens Hardball side in 2022.

At youth level, pride of place goes to the 'mixed gender' Under 17s, who won their Bristol Youth League Section, and finished as runners up in the David Allen KO Cup. The other age group sides ranging from Under 9s through to Under 15s, all competed well. Including the vibrant 'All Stars' Group, despite the impact of Covid 19 delaying pre-season preparations and the sometimes challenging weather, the youth system was enormously popular. In addition, there were also numbers of our boys and girls in Gloucestershire County Performance Squads, and who travelled far and wide in the south and west representing the Club.

The Falcons Disability Group expanded at 'Senior' level, and the new younger 'Dynamos' was very popular. Both groups now move indoors on a Sunday at Shaftesbury Park.

The 175th Celebration Season will be concluded with a Dinner at Shaftesbury Park early this month, with Charles Dagnall, ex Leicestershire and Warwickshire cricketer, and now BBC Radio and Sky Sports broadcaster as Guest Speaker.

News from The Dings

We got the season under way with a hard fought win at Westcliffe on Sea, coming from behind to clinch victory with a few minutes to go. This replicated the result when we played them in the season opener in 2019. It's a 360 mile round trip and we are in Essex again in early October to play Rochford 100, who play next door to Westcliffe. We hope for less traffic and more lanes open on the M4 and M25!

Due to the restrictions on travelling to Guernsey the fixture has been reversed and we played them in September, we now travel to them in January.

It has been really heartening to see our fantastic facility being used fully again after such a long time. The pressures are slightly off this season as there is no relegation due to proposed league restructuring, this is intended to reduce the travelling, but after Clifton, our next nearest fixture is Henley, and then Barnes !

Come along and enjoy a very good level of Rugby (level 4, equal to the level at which the Rovers play), (*Editor's note : make of that what you will*) and you can be assured of a warm welcome.

APPLE RECIPES

Apples have not been good on my Bramley apple tree this year but I am fortunate to have a friend in the village that has more than they can use so as well as making the crumbles that are so yummy. I make puree and freeze it. The Apple Snow recipe below is very popular with children and can be enhanced with a bit of sherry for adults!!

Apple Puree

Peel, Core and slice about 500gms of cooking apples into a saucepan with just enough water to keep them from burning; 2 to 3tbsps should be enough. Cover and cook steadily until they are soft and frothy. Stir in approx 2 tbsps of sugar but this will be according to taste as some apples are sweeter than others. Cool and freeze in portions.

Apple Snow

450mls apple puree, freshly made or thawed from frozen / 5 - 6 trifle sponges / 500mls milk / 2 eggs / approx. 2 tbsps sugar / (For adult version 4-5 tbsps sherry)

Slice the sponges into 6 pieces and put them in a dish in which the dessert will be served.

Make custard with the milk, custard powder and the egg yolks, and sweeten to taste. If the pudding is for adults add 2-3 tablespoons of sherry to the custard and the rest over the sponge.

Pour the hot custard over the sponge and leave to get cold.

An hour or two before serving beat the egg whites very stiffly and fold them into the apple puree.

Pile on top of the custard and chill until needed. Decorate with sugar sprinkles for the children or chopped pistachios for the adults.

Thanks to my generous neighbour for the apples.

The Tidy Cook

Begbrook Social Club, Frenchay Park Road BS16 1HY

It is with great pleasure that we would like to welcome all our Members, Groups, and friends back to the club to enjoy our facilities as you did before. Our two function rooms are available to hire and we are pleased to announce that we will soon be resuming our entertainment program. This will include 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**

Esmé 's Article — 'Hobbies'

The French for 'hobbies' is 'passe-temps favoris'. I expect that most of us have favourite pass-times. Perhaps yours is gardening, reading, cookery, needlework, or sport? My son Rowan enjoys his daily walk along the river path in York with their large dog. The dog walkers get to know each other and their dogs. Rowan also likes doing crosswords whilst watching cricket on television.

My daughter Jaye has a new commendable project. She is learning sign-language, so that deaf listeners can understand what she is singing !

My husband Ron played the accordion, the clarinet, and his key-board. I bought him a glass-engraving kit, but that was too much worry. I was afraid that the flying shards of glass go into his eyes when he removed his goggles!

The computer chess that I bought him next was a much better idea.

Ron was very keen on watching car-racing, so we went to the races at Monte-Carlo and Le Mans.

Of course, many people's main hobby is 'collecting things'. Friends of ours in France live in a 'Maison de Maître' - that's a mansion-house! They need the space to house all their many collections ! The entrance-hall and lounge are not something we could have lived with. They are full of stuffed animals ! And I do not like taxidermy.

The two upper floors are interesting, each room housing a different collection. One room is full of Army and Navy costumes through the ages. Another is packed with wirelesses and gramophones of all shapes and sizes. There is not space enough here to tell you about all the other rooms.

So what do I collect ?

I am a great fan of the artist, Claude Monet. Even my cushions feature his water-lily design.

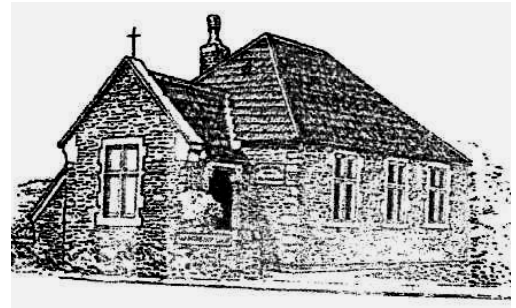
I also collect pieces of glass and mirrors of Julian McDonald, which I buy regularly from television's QVC programme..

My flat sparkles -- I wish that I did ! (*Editor's note : But you do, and always have : done !*)

Enjoy October !

Esmé

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Frenchay Community News

If you have articles, ideas, or suggestions for future editions of FCN, or if you are just happy to be a 'CHIS', please feel welcome to contact FCN, as directed on page 1.

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