

# Shire

Your local community newspaper  
with news and views from the  
Shirehampton area

No. 613 - February 2023 [www.shire.org.uk](http://www.shire.org.uk) 5,000 copies monthly

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Volunteering  
in the  
Community

- See Pages  
11 & 18

## Carols On The Green

Another 24th December, and another great community gathering on The Green.

A large crowd of local residents made the trip to the Green to stand under the beautiful Christmas lights (thanks **Shire Illuminations!**) to join in with the annual carol sing along, enjoy music from the **West Bristol Concert band** led by **Philip Sims** (thanks Phill!) and soak up the festive atmosphere. If you had been in Shirehampton early, you would have seen **Colin Chidgey** setting up the staging and lights for the event to come (thanks Colin!)

It was a mild evening and the predicted rain stayed away until after the event, in which over 250 people spilled across the green and surrounding roads.

The service was taken by **Rev Alison Sowton**, the new vicar of **St Mary's**, and the crowd heartily joined in with the singing of carols as the service progressed. Each group had their copy of **Shire** in hand with the reminder of the words.



As always it was a lovely festive event starting off Christmas for so many families. The whole range of generations attend from children toddling along in Santa hats (and Granddads doing the same!), teenagers, family visitors from out of town and many happy Shire folk. The event is a great opportunity to chat to neighbours and spread some Christmas cheer.

*Thank you to all who attended to make this the special local event that it is.*

*More photos on page 9.*



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### Upcoming Events February 2023

- QUIZ NIGHT**  
Thursday 2nd February at 7.00pm
- SUPPER CLUB**  
Thursday 9th February from 6.30pm
- PALENTINES EVENING**  
Monday 13th February from 6.30pm
- VALENTINES EVENING**  
Tuesday 14th February from 6.30pm
- ALL YOU CAN EAT WINGS**  
Thursday 16th February from 6.30pm
- SUPPER CLUB**  
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# Shire

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Any material published is at the editor's discretion and may also be included on our website [www.shire.org.uk](http://www.shire.org.uk) unless the copy is clearly marked 'not to be included on the world wide web'.

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# PUBLIC INFORMATION FOR FEBRUARY

## BACK TO SCHOOL

With many people back in work and children back in school, it's important to note that winter illnesses such as flu, COVID-19 and scarlet fever are still circulating. Here are some simple steps to help minimise the spread of infection

- if your child is unwell and has a fever, they should stay at home until they feel better and the fever has gone
- help your child learn about the importance of good hand hygiene and practice regular hand washing at home
- adults are also encouraged to stay at home when unwell, if you do have to go out, wear a face covering and avoid close contact with others.

## MAKE SURE YOUR CHILDREN ARE VACCINATED

There have been several reported cases of measles ([www.nhs.uk/conditions/measles/](http://www.nhs.uk/conditions/measles/)) in the Bristol area recently. Measles is a very contagious disease spread easily between unvaccinated people and can cause serious health problems in children but also in pregnant women and their unborn child.

The MMR (measles, mumps and rubella) vaccine is safe and is offered to all children in the UK through their GP practice. The MMR vaccine gives long lasting protection ([www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-](http://www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-)

[for-all-general-guide#mmr-vaccine](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/)) with just two doses of the vaccine. To check your child's vaccination status, please refer to their personal child health record (red book).

If you or your children are not up to date with vaccinations or if you are in doubt, please contact your GP practice. More information about measles and the MMR vaccine, is available on the NHS website. A full list of NHS vaccinations, including when to have them, is also available online: [www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/)

## FREE WEIGHT MANAGEMENT PROGRAMME FOR FAMILIES IN BRISTOL

Come along to BeeZee Bodies' fun, FREE online healthy lifestyle course starting week of 16 January. You will learn how to make healthy habits at home with the support of their expert nutritionists and wellbeing coaches.

BeeZee Bodies programme is suitable for anyone who has a child aged 5-12 who's above their ideal weight based on their BMI (<https://beezeebodies.com/programs/families-live/>).

## COST OF LIVING SUPPORT AND WELCOMING SPACES

Do you feel in need of a bit of extra support following the Christmas period? Do you need some extra help with managing your money or debt? Are you looking for a job?

Visit our cost of living webpage ([www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support](http://www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support)) for advice and signposting on topics including managing your money or debt, where to find a new job and how to get help to support your mental health and wellbeing.

You can also call the We Are Bristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm or visit the Citizen Service Point at 100 Temple Street. The opening hours are Monday,

Tuesday, Thursday and Friday 9am to 5pm, Wednesday 10am to 5pm.

The city's Welcoming Spaces are open to all. What is on offer varies at each venue but could include hot food and drink, community activities such as film and board game nights and access to Wi-Fi and charging points. Find out where your nearest Welcoming Space is on our cost of living webpage: [www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support?tab=WelcomingSpaces](http://www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support?tab=WelcomingSpaces)

For more cost of living advice visit [www.bristol.gov.uk/costofliving](http://www.bristol.gov.uk/costofliving) or call the free We Are Bristol helpline.

## HOW TO HELP OUT IN YOUR COMMUNITY

The cost of living crisis continues to affect households across Bristol. If you are looking to support your community, there are lots of cost of living-related volunteering opportunities available on the Can Do Bristol website: <https://candobristol.co.uk/campaign/CostOfLivingCrisis>

Opportunities include providing essential advice to residents, cooking and serving food, providing digital support, general admin support or even helping at one of the city's Welcoming Spaces. Find out more about the opportunities available on the website above.

Help and support can come in many different forms and you don't need to be a registered volunteer to make a positive difference in your community. Simply getting to know your neighbour, reaching out to a friend you haven't heard from in a while or offering to help an elderly relative can make a big difference.



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# The *Shire* Community Pages

## Farewell to Norman Sims

Many 'Shire' readers will be familiar with the name Norman Sims, as a man who gave of his time and talents unstintingly to the Evergreens club which met in Shirehampton Public Hall. Sadly, he died on 16th December 2022, a couple of weeks before his 95th birthday and his smiling face and mischievous sense of humour will be missed by many.

He was born in **Pilning** on **1 January 1928** and after joining the Navy on leaving school, he got to see something of the world, including Hong Kong and Australia. He met his wife **Eileen** at the **Savoy Cinema in Shirehampton**, and they lived in the village after their marriage in 1950. He worked at **Spillers**, in **Avonmouth** for 30 years but being made redundant he finished his working life at **British Gas Seabank works**.

It was at this stage in his life that he took over **chairmanship of the Evergreens club** in about 1994. The Evergreens evolved from the **Old Age Pensioners Club** founded by **Miss Rotha Clay** of the **Avon University Settlement**, in 1920 and because of that connection, Norman as chairman, became a **Trustee of the Settlement**. The club met on Friday afternoons and included an entertainment programme of choirs, quizzes,

Bingo, fund raising events to defray the cost of coach trips including raffles, and many older people found companionship and fun in the club. A Christmas lunch was a favourite event, often at the **Abbey Mill** restaurant in **Tintern**. Annually a new committee was elected or re-elected and a democratic process ensured all members made decisions on what entertainment, activities, and trip destinations they wanted. Regular readers of 'Shire' would have seen the various coach trips advertised and were able to join them. Norman oversaw this process until the advent of Covid which, sadly forced the closure of the club and it has not so far re-opened. Norman was a man who had a heart for serving others in a voluntary role and greatly missed the meetings which had given him an interest in life. He will be remembered with love by his extended family including two great great grandchildren, as well as



those who benefited from his hard work on behalf of the Evergreens. His funeral was held at **St Mary's church**, and he is buried with wife Eileen.

*Rest in Peace Norman.*



### Rest in Peace Norman

On behalf of the Shire paper counters, I would like to say how very sad we are to hear of the passing of Norman Sims.

Until the Covid epidemic came upon us, he could always be found at his table in the Public Hall, keeping an eye on the proceedings as people came and went, and always ready with a smile on his lips and a twinkle in his eye.

He will be sorely missed by his many friends. Rest in peace Norman.

*Bobbie Perkins and Shire paper volunteers*

### BRISTOL DISABILITY EQUALITY FORUM - Changes To Your Home To Stay Warm

We can help keep your bills down and homes warmer in ways that will also help the planet. We have support available for Disabled people who live, work or study in Bristol. This includes people with physical impairments, neurodiversity, mental health difficulty, health conditions, or other impairments.

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6. Give you a slow cooker,
7. Make sure your heating settings are right.

Contact us by email: [Energy.bristoldef@gmail.com](mailto:Energy.bristoldef@gmail.com) or phone: 0117 914 0528



We especially enjoy spreading community news and we love to hear from all our readers of both the online and printed versions.

Please, send in your letters and stories to [editor@shire.org.uk](mailto:editor@shire.org.uk).

If requested, we will not print the name of a letter written to the Editor, but we cannot accept an anonymous letter.

*Many thanks.*

## MEMORIES OF THE COCKLE LADY



Dear Editor,

What a lovely painting of the 'Cockle Lady' photographed on the front page of the January Shire. Thankyou.

Some three years ago the Mayor of Bristol appealed to artists to send him a drawing or painting of something representing their particular area of the city. He wanted to have each area shown on the walls of the main corridor near his office. Lockdown put an end to his appeal, and I have heard nothing since.

I sent in a drawing of our Cockle Lady which I completed in 1987. At the time I was drawing all the buildings of note in the area and thought that she was a permanent part of that corner of the High Street! She agreed to me taking a photo and doing a quick sketch. Later I gave her a copy and enclose one of the result.

Yours,

*Betty Marten*

*Editor: Great drawing Betty!*

## PUBLIC HALL CARETAKER RETIRES

Dear Editor,

Our caretaker, **Neil Robson**, retired on the last day of December. Although we will miss him around the place and are grateful for his 10 years of service, we are not planning to replace him at the moment, but he has kindly agreed to remain as a volunteer for us.

If you could pass on to anyone who has Neil's number in relation to the public hall, that they should delete it that would be appreciated.

Kindest regards,

*Hall Manager*

## DELIVERED TO YOUR DOOR IN ALL WEATHERS

Dear Editor,

I would like to say Thankyou to the lovely team that deliver the 'Shire' every month in all sorts of weather.

It's very much appreciated by me as I give them a wave when they see me.

I would like to wish them a Very Happy New Year!

*Pat Christison*

*Editor: Thankyou Pat for your kind donation*

## Family Announcements

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Small text box = £10.

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**!!!Attention! Kings Weston House and the café remains open during road works on Kings Weston Lane between 3rd January 2023 and 13th February. Access is by way of Napier Miles Road only!!!**



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*Linda x x*

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- **Bootcamps:** Monday and Wednesday 6.15-7.00am. Please message for details.



For a free initial consultation in your own home or mine. Telephone: **07875 054 292**

Email: [t.linda1206@gmail.com](mailto:t.linda1206@gmail.com)

[www.shirestrong.co.uk](http://www.shirestrong.co.uk)



**Scouts** 

191st Bristol  
St Mary's Shirehampton

Sections we currently run at the Scout Hut, St Mary's Road, Shirehampton during term time are as follows:

**BEAVERS** Age 6 to 8 years  
on a Wednesday 17:30 to 18:30

**cubs** Age 8 to 10.5 year  
on a Monday 18:15 to 19:45

**SCOUTS** Age 10.5 to 14 years  
on a Tuesday 19:00 to 20:30

You may not be aware but Scouting runs entirely on volunteers. These volunteers help by sitting on the Executive committee and running a section. We are keen to keep the workload we ask of our volunteers manageable and the only way we can do this is by having a strong community of volunteers backing the 191st.

If you would like to volunteer to be part of our Leadership team, Executive committee, or any other assistance you can give or if your child would like to join one of our sections please contact us at the email address below.

[GSL191stbristolscouts@gmail.com](mailto:GSL191stbristolscouts@gmail.com)

# Christmas Fair at Shirehampton Primary School

On Friday 2nd December the Friends of Shirehampton Primary held their first Christmas Fair at the school since 2019 and it was a truly festive occasion. As a new committee we were determined to make the event as special as possible for the children, their families, and friends as it had been so long since we had been able to run an event on this scale.

With 2 halls and a playground to transform in just an hour and a half it was a real challenge, but it was worth it for such a great celebration! The atmosphere was created with lights, decorations and **Create 2 Elevate Youth Group** who came along to help ensure that the music was constant and festive.

We had a great many stalls, including toys, books, cakes, jewellery, sweets, face painting and, of course everyone's favourite, a tombola! There were craft stations, including painting your own Christmas Tree decoration and making reindeer food ready for **Christmas Eve**. Plenty of games, including trying to find the Snowman's missing nose. The teachers did a fantastic job posing as elves for a scavenger hunt! The children were able to journey along 'Lapland Lane' and have photos taken with a great many

festive props until they reached **Father Christmas** in his grotto.

Father Christmas parked his sleigh in the playground, told stories and gave out gifts to all the children. We had fantastic support from **Avonmouth Projects Group CIC** who came along and transformed our playground into a Winter Wonderland with inflatables and trees, they even made it snow for us!

We were treated to some beautiful music from the **Shirehampton School Choir** who performed throughout the afternoon. We finished off the event with our headteacher, **Miss Munton** announcing the winners of our raffle, which had fantastic prizes, many of which were donated by the generous local businesses of Shirehampton.

It was a wonderful community event. We were overwhelmed with support from the school community, who donated items to sell, baked for our stalls, helped set up and run the event and came along to enjoy and support the fair. But also, the wider community of Shirehampton who donated a great many items so that we could successfully run the event.

Of course, as well as holding an event for our families to enjoy we were also aiming to raise funds to help the school. We are very excited that they have asked us to support them in several projects including transforming the school library into a 'reading garden' - a space which inspires and motivates the children. We are sure all funds raised by the Fair will be a step in the right direction to helping our school have the library that they deserve.

We hope that everyone who came to the fair had a great time, and we would like to thank absolutely everyone who helped to make this event such a success.

*Friends of Shirehampton Primary.*



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# SHIREHAMPTON PUBLIC HALL NEWSLETTER

The Public Hall was saddened to hear the news of the death of one of our stalwarts and ex-Trustees, Norman Sims, aged 94. Norman was a dedicated Trustee for many years, an amazing volunteer and the backbone of the Evergreens social group and the Bingo, both held regularly pre-pandemic on a Friday afternoon and evening at the Public Hall. Our heartfelt condolences are extended to Norman's family and friends. Norman was a true gentleman, and his smile and sense of humour will be sorely missed.

On another matter the Public Hall's caretaker, Neil Robson, has sadly retired from our employ after 10 years of loyal service. We are sad to see you go, Neil, however we are eternally grateful for all you have done and wish you a very happy and healthy retirement.

Did you know the Public Hall also has a photocopier in the office which is available for public/user group use? Community rates are 1p per black and white copy, 4p per colour copy – bargain, eh?!

The Public Hall is very keen to hear from anyone with drive, determination, and a flair for listed buildings to join their team of Trustees. For details on how to support the Hall as a volunteer or Trustee, or to book meeting or party/celebration space, or any other questions, please contact the Hall Manager on 0117 9829963 or email [bookings@shirepubhall.org.uk](mailto:bookings@shirepubhall.org.uk).

## SPOTLIGHT ON GROUPS AT THE PUBLIC HALL:

# MODEL RAILWAY EXHIBITION

## Shirehampton Model Railway Club

At the User Group meeting on Friday 27th May 2022 a suggestion was made that a small article be written about regular groups that meet at the Hall. It was hoped that by introducing Shire Paper readers to what we have to offer they would feel part of the Hall community, and maybe even take part in a few activities (if they don't already!).

This month we are showcasing the Model Railway Exhibition being held on Saturday 4th February.

Shirehampton Model Railway Club has held an annual exhibition of trains and working layouts in the public hall since 1992, but understandably the pandemic put paid to this over the last few years.

This fixture has always been very well supported by the people of Shirehampton and the neighbouring areas, and the great news is that this popular event returns in 2023 on **Saturday 4th February from 10:00 until 17:00**.

Entry is just £3.00 for adults or £5 for a family of four. There will be six layouts, some featuring in the model railway press or exhibited at the **Warley national show**, and also modelling demonstrations, specialist traders, refreshments, and raffle prizes.



We're grateful for the ongoing support of our friends at **Model Railways Direct from Portishead**.

Membership of the club has gone from strength to strength during lockdown with many people taking up hobbies and craft activities at home, and the recent user group article in Shire News resulted in significant interest for us and even some new members.

Please come along on the day and you'll be made very welcome. You can find out more by visiting our website: [www.shirehamptonmrc.com](http://www.shirehamptonmrc.com)

# Friends of Shire Library

Have you received a new smartphone, tablet, or laptop for Christmas and are not sure how to use it?

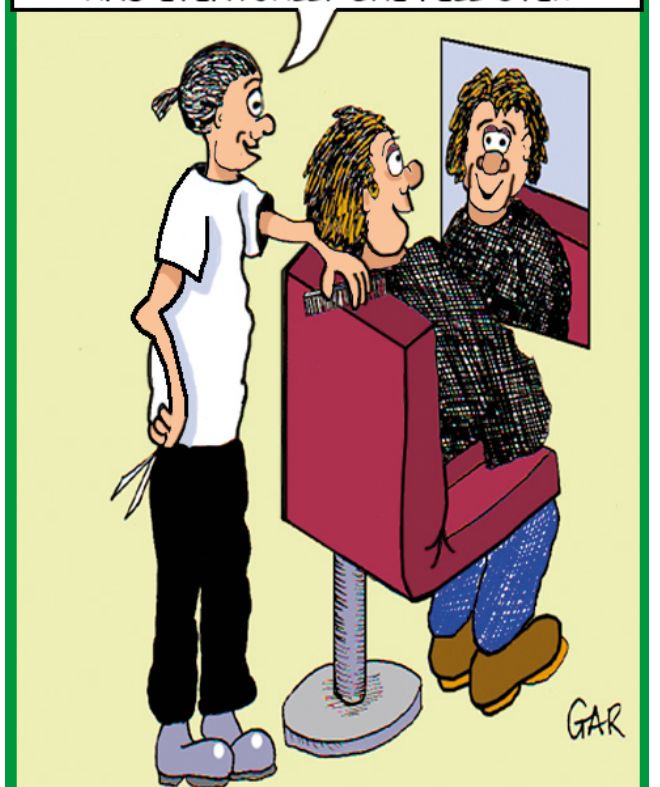
We have an IT Support Team, based at Shire Library every Wednesday evening between 6pm and 7pm, who can show you how to create emails, use YouTube, access the BBC iPlayer, and council/government services. We should also be able to show you how to download and use apps on your smartphone or tablet.

We also hold a Family History Group on the 1st Thursday of every month between 6pm and 8pm. A team of local Genealogists will be present to help steer your way to learning more about your family's history, with the help of the Ancestry website which is available on the two Library Computers. Just come along with a name of two from your family's past with approximate dates of birth/marriage/death etc.

This month we are also launching a Record Appreciation Club. We now have the equipment to play Vinyl records and shall be playing a couple of classic albums at a time to sit and discuss/enjoy. To start the ball rolling, we'll have Bookends by Simon and Garfunkel and Astral Weeks by Van Morrison. In future, folks can recommend an album of theirs to bring along. The first session will be on Wednesday 15th February from 7:30pm till 9pm.

## CHICO THE BARBER

I WAS OUTSIDE THE BANK AND THIS OLD LADY SAID "WILL YOU CHECK MY BALANCE FOR ME?" SO I PUSHED HER A FEW TIMES AND EVENTUALLY SHE FELL OVER



CHICO'S BARBERS SHOP  
22 HIGH STREET, SHIREHAMPTON



# Carols On The Green

Continued from page 1.



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Price stated is for an Unattended Funeral.





# What Next for Shire Climate Group

When we started the Shirehampton Climate Emergency Group, SCEG, back in 2019 our purpose was to help spread the word about the reality of climate change and the terrible effects it would have on our world. We thought that if only enough people understood what was happening, we, as a society, would move quickly to reduce carbon emissions, create a low carbon economy, and prepare ourselves for the worst effects of the extreme weather we knew was already on its way.

But that hasn't happened. After all the campaigns by **Extinction Rebellion** and **Greenpeace**, all the pleas and warnings from **David Attenborough** and **Greta Thunberg**, all the political effort of **Alok Sharma** and **Antonio Guterres**, we are where we were. **THIS GOVERNMENT HAS EVEN PUSHED US BACK**, choosing support for coal mines and fossil fuel exploration over green jobs in renewable industry or help with home insulation.

So now what? We set out to keep ourselves and Shirehampton informed about the climate crisis. And we are informed. Many of us here in Shirehampton are individual climate activists, changing our lives and reducing our private carbon footprint in many ways every day. But time is running out and our individual efforts, important as they are, will not be enough. **We have to find peaceful legal ways to put pressure on government to ACT.**

But apart from joining collective national action, what should we be doing now? We think the most important thing SCEG has to offer now is mutual support for one another as we face the reality of climate change and its effects on all our lives. We've decided to meet less often, once a month on the 2nd Tuesday, and more informally in one another's homes. We'll be able to check in with each other, report back on local and individual actions and events, share information, discuss what we've read, plan ad hoc local actions and, importantly, welcome others who share our concerns about climate change and need a place to express the grief and fear, love and rage, we all are feeling.

Next meeting: Tuesday 14th February, 7:30pm, 91 Station Road, BS11 9XA.

You will be welcome.

*R Slater*

## Nature Notes

This pot of tulip bulbs is just one of several bursting forth alongside my home. I think the recent rise in temperatures after the cold snap, together with days and more days of overwhelming rain, has spurred them into life! I think a caption something like "Springs hope eternal" might suit!! (An awful play on words perhaps!)



Anyway, on to the more active aspects of the garden.

I have hung three feeders on my large rose bush behind the garden shed, one with peanuts, another with bird seed, and a third with fat balls. The resulting visits are such a joy! You have to expect the clever crow family big guys to swoop in as soon as the food goes out, but it's mainly jackdaws, and I don't mind them too much. They are easy to spook with a wave of the arms through the window, but the great and blue tits, sparrows, starlings and even long tailed tits are arriving too.

A nice treat recently occurred when I was putting washing on the line. A beautiful Robin serenading me with his oh so clear song, as he sat just yards away on a post next door. So much to be thankful for from the world on our doorstep!

*Happy nature watching folks.*

*Bobbie*

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Website: cotswoldcommunity.org  
Email: cotswoldca@gmail.com  
Phone: 07943-401575

### REGULAR EVENTS

- MONDAY** Pilates 9.30-10.30am  
Kettlebells 5:15-6:15pm  
& 6:30-7:30pm
- TUESDAY** Film Night 7:30pm  
(1st & 3rd of month)
- WEDNESDAY** Keep Fit 10:30-11:30am  
Kettlebells 5:15-6:15pm  
Pilates 6:30-7:30pm  
Zumba 7:45-8:45pm
- THURSDAY** Bingo 2pm  
Kettlebells 5:15-6:15pm  
& 6:30-7:30pm  
Table Tennis 8pm
- FRIDAY** Trainmaster North Somerset  
10-11am (1st of each month)  
Contact Sophie on  
somerse north@trainmaster.co.uk
- SATURDAY** Coffee Morning 10:00-11:30am  
(2nd of month)  
Bingo 7:30pm
- SUNDAY** Soul Space 12:30-3pm  
(1st & 3rd of month)  
Cotswold Christian  
Community Service 4:45-6pm  
(2nd of month)

For more details and regular updates, join our  
mail list by emailing [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com)

# SHIREHAMPTON COMMUNITY ACTION FORUM (SCAF)

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**Thursday 16th March**  
**Thursday 20th April**

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For more information contact:  
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# The Arts in Shirehampton

## Tandem Arts New Year Update

As in previous years, Tandem Arts is offering 'winter woolly craft' sessions such as spinning, felting, weaving, crochet and knitting. As I write this it is freezing cold, and I am looking to upcycling old woollies to add extra insulation to our windowsills. This is a simple project that doesn't take a lot of time but will make a difference to reducing draughts and heat loss in the home.

At the studio there is now a four shaft loom which has been donated to us. It is currently waiting to be warped up and ready to go. The loom is a new and exciting asset and an opportunity for weaving larger items such a shawl, throw, towel or table runner.

**Annelies** (who is the director together with two other co-directors of Tandem Arts) has been working as a sessional worker at the 'Welcome Space' at the JTE Hub in the Methodist Church since the beginning of December. These sessions are funded for a total of 12 weeks which means you can get a taster of Tandem's winter programme

at the JTE hub on **Mondays and Thursdays 3:30pm – 8pm**. These sessions are free to anyone wanting to drop in and have a look or have a go. There is no need to sign up or bring anything with you. Learn a new technique or share some craft time in the company of others in a warm, welcoming, and supportive space.

In December we did some wreath making and willow Christmas decorations. We also started some yarn crafts using a traditional rope making technique.

Most of us rely on a handful of strategies to help us relax, recuperate and regenerate, often forgetting that there are countless other opportunities we could make use of. Trying out something new, exploring a new environment with new people can bring with it positive experiences and benefits which can surprise us.



Willow and yarn crafts combined.



Children's Christmas decorations.

## Window Wanderland 2023

We are pleased to announce that Window Wanderland 2023 will take place in Shirehampton over the weekend of Saturday 11th to Monday 13th March. This time, there will be a focus on Shire High Street, and the intention is for local artistic people, informally known as Shire Creatives, to work with the businesses, and help design and create a window for all those willing to participate.



© Window Wanderland



© Window Wanderland



© Window Wanderland

Of course, all residents in Shire are encouraged to do a window as always and we should be holding a couple of workshops, as before, with materials too.

Here is the web address to sign up:  
[www.windowwanderland.com/event/shirehampton-2023/](http://www.windowwanderland.com/event/shirehampton-2023/)

24 Shirehampton High Street, Bristol, BS11 0DL



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**2<sup>nd</sup> March**

**6<sup>th</sup> April**

**4<sup>th</sup> May**

**1<sup>st</sup> June**

**6<sup>th</sup> July**

**3<sup>rd</sup> August**

**7<sup>th</sup> September**

**5<sup>th</sup> October**

**2<sup>nd</sup> November**

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# Churches in the Shirehampton Area

## Hello from Shire Methodist

[www.shiremethodist.org/](http://www.shiremethodist.org/) • [www.facebook.com/shiremethodist/](http://www.facebook.com/shiremethodist/)

We will hold Morning Worship each Sunday in our church building from 11am. The first Sunday is planned to be a guest preacher, the second is All-Age Worship, the third is Holy Communion, and the fourth will be a more informal event with coffee and conversation.

As well as welcoming everyone to our **Morning Worship**, we would love to welcome you to any of the events hosted by our **Jobs, Training and Enterprise Hub**. You may be interested in the free movie nights that are held every other Tuesday evening or the weekly board game evenings, also held on Tuesdays. There are many opportunities for volunteering your time and skills at the Hub, to help people in our community. We'd love to hear from you.

We are delighted to have been able to employ **Annelies** to work alongside our **Project Coordinator Darren** for a few months. This is thanks to money that we've had from a council grant allowing our building to be a **Welcome Space on Mondays and Thursdays from 3.30pm until 8pm**. Come along to save a bit of money on your heating, use our electricity to charge your phone, have a snack, just relax or join in a craft activity.

We continue to support the **Bristol Methodist Centre** with money and prayer. The Centre is in **Lawrence Hill** and provides a wide range of support to people who have fallen on hard times, including food, washing facilities, and IT support. It's a real lifeline to its guests and its future is currently uncertain, if you can offer money or a few hours a week to volunteer your time and skills they would love to hear from you too. It's easy to get to on our local train. There are opportunities to help with a variety of jobs including gardening, IT support, food preparation, etc. **Their website is [www.methodist-centre.org.uk](http://www.methodist-centre.org.uk) or you can phone 0117 9555 606.**

*May God's peace be with you all during February.*

*Everyone at Shire Methodist*

## Christmas Day at the JTE Hub

What More? Yes, of course you can, what would you like? Beef, turkey, nut roast, pigs in blankets, mince pies, cream dessert?

Families, single people, old and young. Some friends giving each other support, some new to the area knowing no one, some from hostels and others collecting meals for neighbours who couldn't attend. Some people just came to socialise and others to help.

Christmas Dinner at the JTE Hub resulted in masses of food and lots of full tummies. People came from far and wide. All were catered for, and the words of the day were "I've never eaten so much, fantastic!". There was also a great display of adult and children's clothes & gifts, so everyone could go away with something.

Well done! Thank you to the organisers and to the people that helped. **Tony and Bev from Box Clearance** donated and helped cook everything. **TSA Accountants** supplied mince pies and desserts as well as loaning a commercial oven. There were donations of money, clothes, toiletries and toys from the **DWP, John James Foundation, Mr Price** and other generous people. Also thank you to **Nisbets** who have given donations and discounts of equipment to the Hub since it was set up those enabled meals to be cooked in such quantity and quality.



Approximately 72 people had a very Happy Christmas plus additional visitors to the JTE Hub (at the rear of the Shirehampton Methodist Church) benefited on **Boxing Day** as well!!!

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**BRISTOL HEALING ROOMS** are in Shirehampton every second Wednesday of the month.

Don't miss this opportunity to drop in between **11am and 1pm** at the **Shirehampton Public Hall, Station Road**, to be prayed for in the name of Jesus. **AS IT WAS IN THE GOSPELS!** We have many stories of hearing on a daily basis.

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# St Mary's News

Hi Folks!

Here we are into February and the nights are definitely but slowly opening out! When the end of February arrives to me that is the end of Winter - Hooray! March always heralds Spring when the greenery reappears on the trees and bushes after their Winter slumber.

Each Monday there is a "welcome space" during the colder weather at **The Tithe Barn between 12:00 noon and 2:00pm** when in addition to Tea, Coffee and Biscuits, we are serving Soup accompanied by fresh bread for a small donation. Each Monday there is a different flavour to tempt your taste buds! So come in and try it, if you are able, we'd love to see you.

**Area Choir Rehearsals** will re-commence at **7:30pm on Tuesday 7th February**, and will be for a **Holy Week Musical Event** to be held in the church at **2:30pm on Easter Saturday, 8th April**. This replaces a Music Cantata on Good Friday afternoon.

**Messy Church** is taking a break for now and will be replaced in the form of **Community Pop-up Events**, so we'll include details of any events as they arise. This month on **Shrove Tuesday (Pancake Day) the 21st February**, there will be a **Family Event at The Tithe Barn between 4:00pm and 6:00pm**. This will include Pancakes, Games, Competitions and Fun. Children are welcome but

must be accompanied by a responsible adult for the purpose of supervision!

The next day is, of course, **Ash Wednesday, 22nd February** which is the beginning of **Lent**. There will be an **Ash Wednesday Service at 7:30pm** in one of the **Mission Area churches**, so please look out for details nearer the time for the venue. The **Lent Courses** will be held on **Wednesday evenings in March at 7:30pm to 8:45pm** (refreshments from 7pm), led by the **ASMA Curates Sonia & Julie**. Further details of where these will take place will appear in next month's edition of St Mary's News, so watch this space! The overall theme is '**Healthy Discipleship: Responding to Easter**', offering discussion and discipleship to all.

It is pleasing to report that on **Friday evening, 6th January, a New Year Concert of Classical Music** for solo voice and piano was held in St Mary's Church. The Pianist was **Julia Cobby** who studied literature at **Oxford University** while continuing her piano studies with **Paul Hamburger**. She has



predominantly worked with singers combining her loves of poetry and music. The Mezzo-soprano was **Shelley Cox** who is originally from **New Zealand** but lived for many years in **Oxfordshire** and recently moved to **Bristol**. She graduated with Distinction from a postgraduate singing degree at **Trinity Laban**, where she was a **Chapel Fund Scholar**. The combination of Julia and Shelley performing was a real joy to listen to, and the Concert was well attended and appreciated by everyone. We are trying very hard to encourage Shelley and Julia to return for another Concert sometime in the future - you can guarantee I will be there!

Finally, did you know Sean Connery used to save the egg shells from Pancake Day and paint them to use for egg hunts at Easter? It was an egg-shell-Lent idea!

*'Bye for now!*

*C.M.E.*

## Carol Concert at St Mary's

The Shirehampton area choir performed their 2022 Christmas Charity Concert on Sunday 11th December 2.30pm at St Mary's Church Shirehampton. The choir, modest in number, sang various carols by Tchaikovsky, Archer, Rutter and Sir David Willcocks among others. The audience of around 45/50 people were encouraged to join in with some traditional carols.

The Programme also included a flute ensemble comprising **Charles and Kath Sugden and Hanna** a friend of theirs. They performed works by **Corelli, Telemann and Tchaikovsky**

accompanied on the piano by **Tim Forder**. The concert was very well received by the audience who were able to enjoy a glass of mulled wine and mince tarts during the interval. Proceeds from the concert

amounted to £194.42p, this will be donated towards helping the finances of the Shire Newspaper.

The area choir always welcome new voices and there are no auditions. Providing you are able to sing in tune there is a place waiting for you. Anyone interested should contact **Tim Forder on 07772 254792** or enquire at the church.

*(Editor: Thank you very much for the kind donation)*



# Shirehampton Baptist Church News

February is known as the last month of Winter in the Northern Hemisphere. Spring is on the way! January is usually a quieter month in our Church after all the Christmas activities.

On December 11th the Cotswold Christian Community held a Christingle and Carol service at the Community Hall, Dursley Road.

On December 18th we held a Candlelight Service with a difference at our Church building in Station Road. The children who attend our Thursday Rock Steady Club shared the Christmas message with drama, Bible readings, prayers and singing. Many parents and friends attended, and we all enjoyed the cakes baked by Zyhan.

During January every home in Shire will have received a Good News Paper. We trust many will be encouraged by its message of Hope in our present uncertain world.

Rock Steady Thursday Club has started. It is held every Thursday in our church building from 3:30pm to 4:30pm. Part of the upcoming programme will include puppet making for use with drama. Children of Primary School age are very welcome - for more details see contact below.

Our Life Café will be open on February 23rd, 10:30 to 11:30am. All are welcome to enjoy a warm drink and delicious cakes.

Our next Cotswold, Songs of Praise Café will be open on February 12th at the Community Hall, Dursley Road from 4:45pm to 6pm.

On Sundays there is a service in our Church building and also on Zoom at 10:30am and 4:30pm.

Last February 24th, Russia launched an attack on Ukraine. During the following months we have watched helplessly at the suffering and loss of millions. Let us continue to pray for an end to the conflict. At the start of the invasion the Archbishops on Canturbury and York sent out this prayer, "For peace and for those with power over war or peace. For wisdom and compassion to guide their decisions and for protection for all at risk and fear."

The founder of the China Inland Mission, Hudson Tayler had a motto which will encourage us in our prayers. It was, "Move men through God by prayer".

*All at Shirehampton Baptist send our love and may February be a good month for us all!*

Contacts; phone: 07743 683684, or email rhodespaul.360@gmail.com

# Cotswold's Christingle and Songs of Praise Café

The annual Christingle service at the Cotswold Community Centre was held on 11th December. A lovely gathering of about 30 people enjoyed singing Christmas carols and making Christingles (an orange with a candle and dried fruit and sweets) to accompany readings of the Christmas story.



People from each of the churches in Shirehampton were involved in leading this and mince pies, stollen and other cakes were served at the end.

We now continue our monthly meetings at a Songs of Praise Café on the 2nd Sunday of the month, 4:45-5:30pm at the Community Centre, Dursley Road. We enjoy tea/coffee and cakes while singing a couple of hymns or songs chosen by people there and someone tells us about a charity with which they have links. The other aspect for the next few months is that Joan Hall (who lives on Woodwell Road, on the river side of the Portway) will be telling us about



her adventures in Uganda. On 8th January, she began her series by telling us of her journey there 70 years ago! It involved a 17 day journey by ship, 2 days by train and 300 miles by car/truck over dirt tracks! She told us of a 103 year old friend – one of the first people she met there – with whom she had had a phone call that morning! All are welcome to come and hear more.

The next Songs of Praise café will be on 12th February.

*Lyn Morton (on behalf of the group).*

## SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

DAY	ACTIVITY	TIME	LOCATION
MONDAY	Twyford Art Club (except July & August)	10am - 12noon	Hall
	Extraordinary Links Parents Group (every 3rd Monday)	1pm - 3pm	Springfield Room
	Shire Paper	5:30pm	Library
	Yoga	6pm - 7:15pm	Hall
TUESDAY	Extraordinary Links Parents Group (every 2nd Tuesday)	10am - 12noon	Bradley Room
	Music with Mummy (pre book only - term time only)	10am - 12noon	Hall
	Line Dancing	2pm - 3pm	Hall
	Community Living Room (FOSL)	3pm - 5pm	Library
	SCAF Bereavement and Loss PSG (FOSL) (1st Tues of month)	5:30pm - 7pm	Library
Puppy Training	6:30pm - 8:30pm	Hall	
WEDNESDAY	Bristol Healing Rooms (every 2nd Wednesday)	11am - 1:30pm	Hall
	Pop-Up Play Village Bristol North (every 3rd Wednesday)	9:30am - 1:30pm	Hall
	Over 75s Exercise Class	2pm - 3pm	Hall
	Extraordinary Links	3.30pm - 5:30pm	Hall
	I.T. Literacy Sessions (FOSL)	6pm - 7pm	Library
	Shire Stitches (every 3rd Wednesday)	7:30pm - 9:30pm	Hall
Women's Fellowship (every 2nd and 4th Wednesday)	7:30pm - 9:30pm	Hall	
THURSDAY	Shirehampton Community Art and Social Group (formerly Sea Mills Art Club) - Warm Spaces Initiative	10am - 12noon	Hall
	Tai Chi	2pm - 3pm	Hall
	Family History Group (FOSL) (2nd Thursday of the month)	6pm - 8pm	Library
	Model Railway Club	7pm - 10pm	Club Room
	Grainger Players (not meeting at present)		
FRIDAY	Stay & Play (formerly Playtots - term time only)	9:30 - 11am	Hall
	Shire Stitches	10pm - 12noon	Bradley Room
	Shire News (last Friday of the month)	4pm	Hall
	Create to Elevate Youth Group (2nd and last Fridays)	7pm - 10pm	Hall
SUNDAY	Church of Grace	11am - 4pm	Hall

The Public Hall is also home to Shirehampton Community Action Forum (SCAF) and Tandem Arts (Portway Room).



# An Update from Darren Jones MP, Bristol North West

[www.darren-jones.co.uk](http://www.darren-jones.co.uk) | [fb.com/darrenjonesmp](https://www.facebook.com/darrenjonesmp) | [@darrenpjones](https://twitter.com/darrenpjones)

New year, same problems? It can sometimes feel like the same issues go round and round. But with perseverance, I believe we can always make a difference.

At the end of 2022, **First Bus** cut hundreds of services across Bristol, including nine on routes 3 and 4 on Saturdays, worsening the existing problem of a lack of bus provision for Shire residents. Improving our bus services will be a long and difficult journey, but rest assured, this will be a high-priority area for me in the coming months. The first step is to meet with **Doug Claringbold, the Managing Director of First Bus in the West of England**, to question him on why they are failing to deliver an adequate and reliable service! By the time you read this, the meeting will have already taken place and video footage of my line of questioning posted to **Facebook (fb.com/darrenjonesmp)**, so please do take a look.

For vulnerable residents, bus services offer a lifeline to access healthcare and help prevent feelings of isolation. We are therefore very lucky to have the services of the **Lawrence Weston Community Transport (LWCT)** team in our community, providing low-cost transport around Bristol for community groups and people with disabilities. (You can contact them on **weekday mornings on 0117 329 4647**.) My office has been in touch with LWCT recently to see how we can share their knowledge and experiences of running a community transport scheme to potentially replicate this fantastic model elsewhere in my constituency.

It might be a long road ahead to improve our bus services, but for **Iron Bridge** we can finally see the light at the end of the tunnel: planning permission to fix the bridge was **unanimously approved** by councillors in late December! After seven years, this has clearly taken too long, but it shows what can come from a bit of grit and determination. I was happy to help keep the spotlight on this issue and to continue to raise it with the Council over recent years, but there are many others who campaigned tirelessly to help make this happen.

One of the biggest problems to have rolled over into this year is the cost-of-living crisis. With more people accessing foodbanks than ever before, I'm delighted that my nomination for **Bristol North West Foodbank** to be considered for a grant from **National Grid's Community Matters Fund** has led to the charity receiving **£2,000** to support its work this winter. When I visited the foodbank in December, the staff told me the money would likely go towards helping people with top-ups for prepayment meters rather than food. This is a real sign of the times and a stark reminder that even more people are having to choose between heating and eating this winter.



Darren Jones MP with Emma Murray, the Manager of Bristol North West Foodbank, during a visit in December.

As always, if you need my help or have a question, please get in touch on [darren.jones.mp@parliament.uk](mailto:darren.jones.mp@parliament.uk), call the office on 0117 959 6545 or visit [www.darren-jones.co.uk](http://www.darren-jones.co.uk). For the latest updates, follow me on social media: [fb.com/darrenjonesmp](https://www.facebook.com/darrenjonesmp) @darrenpjones



## CONTACTING YOUR LOCAL COUNCILLOR

Shirehampton is in the Avonmouth and Lawrence Weston Ward

### Your Councillors are:

Donald Alexander – Labour: [cll.donald.alexander@bristol.gov.uk](mailto:cll.donald.alexander@bristol.gov.uk)  
 John Stephen Geater - Conservative: [Cllr.John.Geater@bristol.gov.uk](mailto:Cllr.John.Geater@bristol.gov.uk)  
 James Scott - Conservative: [Cllr.James.Scott@bristol.gov.uk](mailto:Cllr.James.Scott@bristol.gov.uk)  
 Conservative Members' Services Office: 0117 922 2746  
 Labour Members' Services Office: 0117 922 3827

## CONTACTING YOUR MEMBER OF PARLIAMENT

Shirehampton is in the Bristol North West Constituency

Darren Jones Phone: 01179596545  
 Email: [darren.jones.mp@parliament.uk](mailto:darren.jones.mp@parliament.uk)  
 Website: [www.darren-jones.co.uk](http://www.darren-jones.co.uk)

# The Importance Of Volunteers Within Our Community

It was with great sadness I read the article about Avonmouth Genealogy History Group closing. The writer was Judy Helme and along with members of the group, - all volunteers I may add - their enthusiasm and thirst for local history and knowledge knew no bounds. The reason for this closure was due to the depletion of members during the pandemic, illness, mobility issues and lack of new, younger members to carry on the great work of local history in the making. Financial issues also played a part.



© Kathryn Courtney

Many local organisations and activities are run with the help of volunteers and benefit the local community as a whole. It helps create a healthy community. You meet a wide variety of people socially who are also able to offer skills, experience and work together as a team to achieve common goals. Being a volunteer is unpaid but giving some of your time for free can help you develop new skills, land future job opportunities, develop your social and communication skills, share common interests and even make new friends.

Of course, becoming a volunteer is also good for your mental and physical health and can help combat stress, anger and anxiety. It can help motivate you, build your self-confidence, provide a sense of purpose, and even boost your career options. There is also a sense of achievement, commitment and being part of a team. No matter what your age - still at school, retired,

between jobs, unemployed, at university, stay at home parent, working full or part-time - being a volunteer within the local community has a positive impact not only for you but for your local community as well

I am part of the management team for Shirehampton Markets and a volunteer, bringing my skills and experience into the mix the same as Katherine and Ash do. We have a few volunteers for our monthly Thursday Community High Street Market that help us throughout the day, and we'd be lost without them. It is with great thanks to them that they help set up & take down the market, provide refreshments and cakes in our Market Kitchen, put up signage on the day, do leaflet and poster drops, oversee arts, crafts, games and themed hunts through the High Street for example.

However, we do need more volunteers to help out at our three Saturday Seasonal Community Fayres, something we are seriously lacking. Even a couple hours on the day from several potential volunteers would be a great help, especially as local feedback shows a demand for our Saturday Community Fayres, and we'd hate to drop these due to lack of help from volunteers.

Here are a few more people explaining why volunteers are important to their organisations and activities. Without new people volunteering in the future, each are at risk of closing without younger people joining up to keep our local community organisations



© Kathryn Courtney



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© Kathryn Courtney

and activities going for future generations to enjoy and be part of.

## Renee Slater, Chairperson - Shire Community Newspaper:

“Shire newspaper is entirely created by volunteers. Only the printer and the professional page designer get paid. Volunteers write, edit, distribute, and deliver the paper each month. Volunteers deal with advertising, finance, and admin. Volunteers organize Carols on the Green every year. And your local advertising only just about covers our printing costs. Shire is truly a community newspaper. Without the volunteers it wouldn't exist and without your advertising it wouldn't survive.”

## Amanda Parsons, Hall Manager - Shirehampton Public Hall:

“The volunteers at the Public Hall are essential to its survival. The Hall has always been dependant on a huge amount of good will, without which it surely would not survive. Our volunteers have shown so much loyalty and dedication over the years and have made my job as manager a lot easier, especially as I am part-time! Our volunteers are responsible for the transformation of the garden from a wild mess to its current sanctuary status, they have redecorated rooms, opened up for private hirers and donated their skills on a number of levels such as plumbing a new toilet into the Bradley Room! Let's also not forget that our Trustees are volunteers, and without them we would not have a Hall at all - they are a legal requirement for our existence, which is why I'm always pleading for more!”



© Kathryn Courtney



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### Ash Bearman, Community Development Officer.

- **SCAF:** "SCAF just wouldn't work without our team of fantastic local resident volunteers! From our **Board of Trustees** to the **Shire Community Plan Steering Committee**. Many lead/chair our action groups - **Shire Greens (environment)** **Shire Planning Group**, others manage & volunteer at our monthly community market & we have dedicated walk leaders for our weekly **Walkie Talkies & Nomads** walking groups. A massive thank you to you all - it wouldn't happen without you! However, we will never say no to new volunteers who will help SCAF continue into the future"

### Ed & Gail Amphlett, Craft Exhibition, Shirehampton:

"The Shirehampton Craft Exhibition is an annual community event that has run for over 40 years. It is totally reliant on volunteers. There is a voluntary organising group that takes on advertising, devising the application form, process, entering the applications into a spread sheet, creating the labels, matching the entries to the applications, organising, and managing the volunteers who take on the various roles below. A volunteer organises the hunt for the children in the hall, asking for exhibits on a theme. The strong-arm team of volunteers set up the boards and layout the hall, washing everything down after a year in storage. Once open, volunteers provide the homemade cakes that make the coffee area such a success. The stewarding, demonstrations and the catering is all undertaken by volunteers who not only keep the exhibits safe but give the exhibition its friendly welcoming, atmosphere. This event can't happen without the contribution of people who give their time and energy to make this event the success it is."

If you wish to become a volunteer for any of the aforementioned groups, please contact them directly. There are other groups also on the lookout for volunteers such as **SHIRE CHRISTMAS ILLUMINATIONS**, **FRIENDS OF LAMPLIGHTERS MARSH**, **POPPIES ON THE GREEN**, **THE COMMUNITY GARDEN**, **BEE HAPPY SHIRE** and **COTSWOLD COMMUNITY CENTRE** for example. Whatever your interests, there is plenty to choose from. Why not become a volunteer in the future that will also benefit the community for years to come? You know you want to!

Kathryn Courtney

## AVONMOUTH LADIES CLUB

We meet on the first and third Tuesday of each month at 7pm in the Avonmouth Community centre (but not in Jan and Feb).

We listen to a variety of speakers, as well as having occasional outings.

*A warm welcome awaits.*

### Diary of events March – May 2023

7th March - Beetle Drive

21st March - Maya to Mini eggs (Hugh Evans)

4th April - British sign language (Louise)

18th April - Bring and Buy (Charity Auction)

2nd May - 'Israel' (Rachel Haig)

For any information – contact Julia on 0117 982 9390

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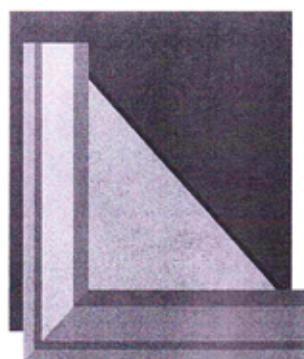
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# SPORT IN SHIREHAMPTON

## City and Port of Bristol Bowling Club

Have you ever looked at something, maybe in the Shire, suggesting that you should come and try bowling and thought, no, not me, I am not interested in bowling. If you have then please, think again. Bowling is one of the leading participation sports in the United Kingdom and a game that anyone can play. You can become a bowler at the City and Port of Bristol Club where free trial sessions and coaching is available and from there you can bowl as much or as little as you like and at what level you choose to bowl.



Men's League game against Keynsham B on July 14th. Note the presence of ladies on the green - up to three allowed per game in division four only.

The club runs competitions, has teams in both men's and ladies Bristol Leagues and through membership of the club you can play in county competitions and if you wish represent the county in friendly games against other counties. If you reach a sufficiently good standard, you can be recommended by the club to play competitively for the county.

Affiliation to the Gloucestershire Bowls Association provides the opportunity to be involved at something beyond club level and for junior bowlers the chance to join the Academy, run for young bowlers during the bowling season.

The basics of bowling are easy to learn but having learned how to bowl a wood it can take much longer to perfect the techniques that make a bowler become a good bowler. The challenge is always there to improve on yesterdays or last week's game and that is all part of the joy of bowling.

But if the competitive side of bowling is not for you, the club has a good list of friendly fixtures starting in the middle of April and running until late September. Here you play with other members of the club, men and ladies against teams from other clubs, home and away and this is purely for the pleasure of the game, no prizes or trophies, just a good afternoon of bowling which usually ends with a drink and a chat. Yes, bowling is a very social game. Come and make friends and enjoy the company and the banter that goes with it.

The club is looking to increase membership numbers in 2023, to see the arrival of younger and junior bowlers, can a Junior Section be formed? Someone once said, I would have a go if there were younger people out there bowling, if that was you, come and be the first one, others will follow.

From early May free try bowling sessions will be available. Call David Hinksman on 07932 387217 to arrange your session.



Flo Grimes enjoying the skittles evening on December 11th.

The Winter programme of Sunday Evening Social Events continued in December with an evening of skittles on the 11th. Nick Burand was the successful man on the alley winning both the main game and the game of killer. Dee Crawley was the successful lady after a play-off with Lynn Burand. Bill Hatherall won the table skittles. A fun and successful evening all round.

Further events will follow through to March and in that month all roads will lead to Torquay for the Annual Winter Bowling Break, one to look forward to, always very much enjoyed.



The competitive side of bowling - Ladies League game against Greenbank on July 15th.

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# News From ShireStrong Kettlebell Club

Happy New Year to you!

Over the Christmas period, members of ShireStrong took a break from classes. We finished our pre-Christmas training with a meal at Shirehampton Golf Club. It was a fun evening, as you can see from the picture! After a rest and possibly a little too much Christmas cheer we are back to training.

ShireStrong is a small club of enthusiastic members who gather 3 times a week to work on endurance and strength using kettlebells. Membership is open to all ages and abilities. **Kettlebells** are easy to use (after a little instruction) and have enormous benefits.

I'm **Linda**, and I specialize in helping those over 40 stay strong and healthy so that they can continue to live a full and active lifestyle.

There are so many advantages to strength training such as, we all get a bit longer in the tooth. It helps to:

- Maintain bone density, which is known to decrease with age and can lead to osteoporosis.
- Maintain muscle tissue and strength.
- Improve balance and coordination.
- Improve mobility.
- Burn calories more efficiently.

You may wonder how this relates to everyday life. You'd be surprised how many day-to-day tasks become easier with a bit of additional strength, like:

- Lifting kids
- Stretching for hard-to-reach items in cupboards
- Getting up after a tumble or not tumbling at all!
- Picking things up from the floor
- Walking longer distances
- Carrying shopping

**Strength training improves the quality of life all round and will keep you fitter for longer. So, if you feel a bit wobbly from the turkey and trimmings and are looking for a fun way to feel fitter and stronger, come and join the members of ShireStrong as they challenge themselves to live with greater ease and enjoyment in 2023.**



© Linda Thorne

# Sea Cadets

What an end to 2022!

As we approached the end of our year, we were very excited to be celebrating it with a **Presentation Evening of Awards for achievements and Entertainment.**

Guests were invited, the buffet was ready, all the award winners decided, it was set to be a great evening for all!

Then disaster struck, our **Chair, Mrs Terri Booker** arrived at the Unit to the sight of a wonderful waterfall, but it was coming from the main entrance end of the building!

Due to the cold snap in the weather, we had become victims of a dreaded burst water main to our water heater in the loft space. As you can imagine the evening took on an entirely different turn. Thanks to the quick thinking of one of our parents the water and power were turned off. Guests, parents, and cadets were informed and those that had turned up early sent home. Several senior cadets remained with us to help, and our thanks go to them. The Chair set about informing HQ and Area Office.

The damage is quite extensive and as we are still trying to resolve the incident that happened in July with our oil being stolen and pipework damaged to the tank, it is yet another bitter blow. However, we remain positive and will meet the challenge of resolving these issues.

We are moving forward with the leaks being repaired and partial electricity restored. The next step will be for dryers to be installed. We have a way to go, and plans are in place to ensure we get there.

As many of you will or will not know each Sea Cadet Unit is an independent charity and although the majority of works will be covered by insurance there will still be a requirement for us to provide resources for items not covered as well as pay the high excess payments on not one but two insurance claims. Due to Covid we had no opportunities to raise funds so if anyone is able to help it would be most appreciated. Please contact us on [avonmouthseacadets@gmail.com](mailto:avonmouthseacadets@gmail.com)

We continue to look for volunteers for our management team and we also have places for Junior Cadets 10yrs-12yrs and Senior Cadets 12yrs-18yrs.

*We look forward to seeing you during the year when we are out and about in the community.*

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# Local Solicitor News: AMD

AMD Solicitors have appointed a new Head of Office for their Shirehampton office. Sarah Burgess who has worked at the firm since January 2017 and specialises in Contentious Probate work began this new role on 1 October 2022.

Ms Burgess said “Shirehampton is a fantastic to community to work in. It is a privilege to be appointed as **Head of our Shirehampton Office** and I am looking forward to the coming months and the challenges this role will bring. At our Shirehampton office, I have the pleasure of working with a fantastic group of people who really go above and beyond to help our clients, who may be experiencing difficult times such as a divorce or a bereavement, with their legal issues.”

AMD Solicitors are also delighted to announce that, **Rachel Dickinson**, an experienced conveyancing solicitor joined the firm in October and is also based at our Shirehampton office.

Ms Dickinson said “I am pleased to have joined the Shirehampton Office to provide conveyancing services to Shirehampton and the local area. I have nearly 20 years’ experience as a conveyancer dealing with a wide variety of transactions from house sales, purchases and transfers to more complicated matters involving estates, rights and other home ownership. I have mainly worked in the Bristol area but have also had the privilege of working for clients with property all over England and Wales. I look forward to providing Shirehampton and it’s local community an approachable friendly and efficient

conveyancing service. Please contact the office if you would like to make an appointment to come in and discuss your property needs.”

Our aim at AMD Solicitors is to offer our clients a personal service so that we can continue to serve people throughout their lives and as their needs change. Our staff take a lot of pride in their work and will work diligently to find the best solutions to any questions or problems that you may require assistance with.

Whilst many firms have reduced their office space in recent years, AMD Solicitors are committed to maintaining a presence in the local community so that we can meet with our clients and find out what is most important to them in order to get the best results for them.

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