

Shire

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

No. 620 - September 2023 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL EXPERTS section on pages 20-21 to find a local business who can help.

DREAMLINES:
Picturing Bristol
High Streets
9 September - See Page 18
Darren Jones, MP
Shirehampton Village Meeting
28th September - See Page 12
Climate Fashion Repair Cafe
23 September
- See Page 10

Warhorse on Final Straight to Shire

We are delighted to announce that following consultation with Bristol City Council and The Port of Bristol Authority, work is scheduled to commence on the installation of our sculpture on, or shortly after, September 8th.



Several local VIPs have confirmed their attendance. Our local vicar, Alison Sowton, will perform the ceremony, there will be a song from "Warhorse" and there will be a children's art and poetry/prose competition with National Book Token prizes of £25, £15 and £10. Entries will be judged by The Shire newspaper and winners work will be published in the paper.

Our Sea Cadets, who will form a guard of honour, have also kindly offered use of their hall for refreshments afterwards. Children can complete their competition entries there if they wish or take them home and submit them in the Shire Newspaper tray in the library on Station Road if they prefer.

A reminder of the date, venue and time:

Saturday September 16th, top of the Daisy Field steps, 11 a.m.

Watch out for updates on The Friends of Lamplighters Marsh Facebook Group or on posters around the village.

We are looking forward to you joining us for this special celebration of Shirehampton life.

Friends of Lamplighters Marsh

Shirehampton Remount Depot

The Warhorse Statue will be a constant reminder for us never to forget how these animals were involved in the War and how they along, with the men, would have suffered and thousands lost their lives.

Continues on page 6.

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Upcoming Events September 2023

- 1 LIVE MUSIC - £10 ENTRY
Friday 1st September from 6.30pm
(Every 1st Friday of the Month)
- 7 QUIZ NIGHT
Thursday 7th September at 7.00pm
(Every 2nd thursday of the Month)
- 17 CURRY CLUB - ONLY £9.95
WITH A RUBY JEANS LOYALTY CARD*
Thursday 14th August from 6.30pm
(Every 2nd thursday of the Month)
- 29 STEAK NIGHT - £25
Sirloin Steak with Fries and Greens.
ALL YOU CAN EAT RIBS - £20
- 30 Saturday 26th August from 5.30pm

FRIDAY AND SATURDAY
2 FOR £12 COCKTAILS FROM 5.30PM

AFTERNOON TEA AVAILABLE TO BOOK
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*Sunday Club is £18.95 without a Ruby Jeans loyalty card. You can sign up for free on the evening to receive the discount



EVERY MONDAY & WEDNESDAY | AT 7.30AM

We will be holding FREE yoga and wellness sessions twice a week to help you start your day the right way.

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Shire

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distribution@shire.org.uk 0117 982 0478

Internet address www.shire.org.uk

Submit articles editor@shire.org.uk

Advertising adverts@shire.org.uk

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EDITORIAL POLICY

We welcome contributions for publication in 'SHIRE' but reserve the right to edit any copy received.

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

Contributions submitted to: editor@shire.org.uk

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PUBLIC INFORMATION FOR SEPTEMBER

NORTH BRISTOL NEIGHBOURHOOD POLICE

Get in touch: In an emergency dial 999.

For non-emergency dial 101 or report online via www.avonandsomerset.police.uk/report

IRON BRIDGE

Kingsweston Lane Bridge is a grade II listed cast iron footbridge that was built around 1800 and spans Kingsweston Lane, linking **Blaise Castle Estate** to **Kingsweston Fields**. It was closed in 2015 after a series of strikes by trucks made it unstable and unsafe. Since then, it has been secured and propped up by scaffolding. At a meeting in **June 2023**, cabinet agreed proposals to dismantle the bridge and repair it off-site and reinstate it using £1 million from the **Highway Infrastructure Bridge Investments fund**. Repairs are due to be completed by **December 2024**

SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club (except August) Yoga	10am - 12noon 6pm - 7:30pm	Hall Hall
TUESDAY	Music with Mummy (term time only - pre-book) Extraordinary Links Parents Group (every 3rd Tuesday) Line Dancing Puppy Training	10am - 12noon 10am - 12noon 2pm - 3pm 6:30pm - 8:30pm	Bradley Room Hall Hall Hall
WEDNESDAY	Bristol Healing Rooms (every 2nd Wednesday) Pop-Up Play Village Bristol North (every 3rd Wednesday - prebook) Over 75s Exercise Class Extraordinary Links Shire Stitchers (every 3rd Wednesday) Women's Fellowship (every 2nd and 4th Wednesday)	11am - 1:30pm 9:30am - 10:30pm 2pm - 3pm 3.30pm - 5:30pm 7:30pm - 9:30pm 7:30pm - 9:30pm	Hall Hall Hall Hall Hall Hall
THURSDAY	Shirehampton Community Art and Social Group (formerly Sea Mills Art Club) Tai Chi Model Railway Club	10am - 12noon 2pm - 3:30pm 7pm - 10pm	Hall Hall Club Room
FRIDAY	Shire Stitchers (1st Friday of the month) Music with Mummy (term time only - pre-book) Shire News (last Friday of the month) Create to Elevate Youth Group	10am - 12noon 10am - 12noon 4pm 7pm - 10pm	Bradley Room Hall Hall Penpole
SUNDAY	Church of Grace	11am - 5pm	Hall

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

Events in our library



Every Tuesday afternoon 3pm – 5pm

Shire's Living Room –

Free tea/coffee/biscuits/games and a friendly chat.

Every Wednesday evening 6pm – 7pm

IT Literacy Class –

If you have a Smartphone, iPad, Tablet, or Laptop, but aren't sure how to use it, come along, we're here to help you!!

1st Wednesday of the month 7:30pm – 9pm

Record Appreciation Club –

Using analogue equipment, we play a classic vinyl album every month and have a discussion afterwards.

2nd Thursday of the month 6pm – 8pm

Family History Group –

We have a team of experts at hand to help you navigate the Ancestry.com website and other online tools and find out more about your family's history.

If you'd like to attend any of the above sessions, either email friendsofshire@gmail.com or phone/text 07943-401575



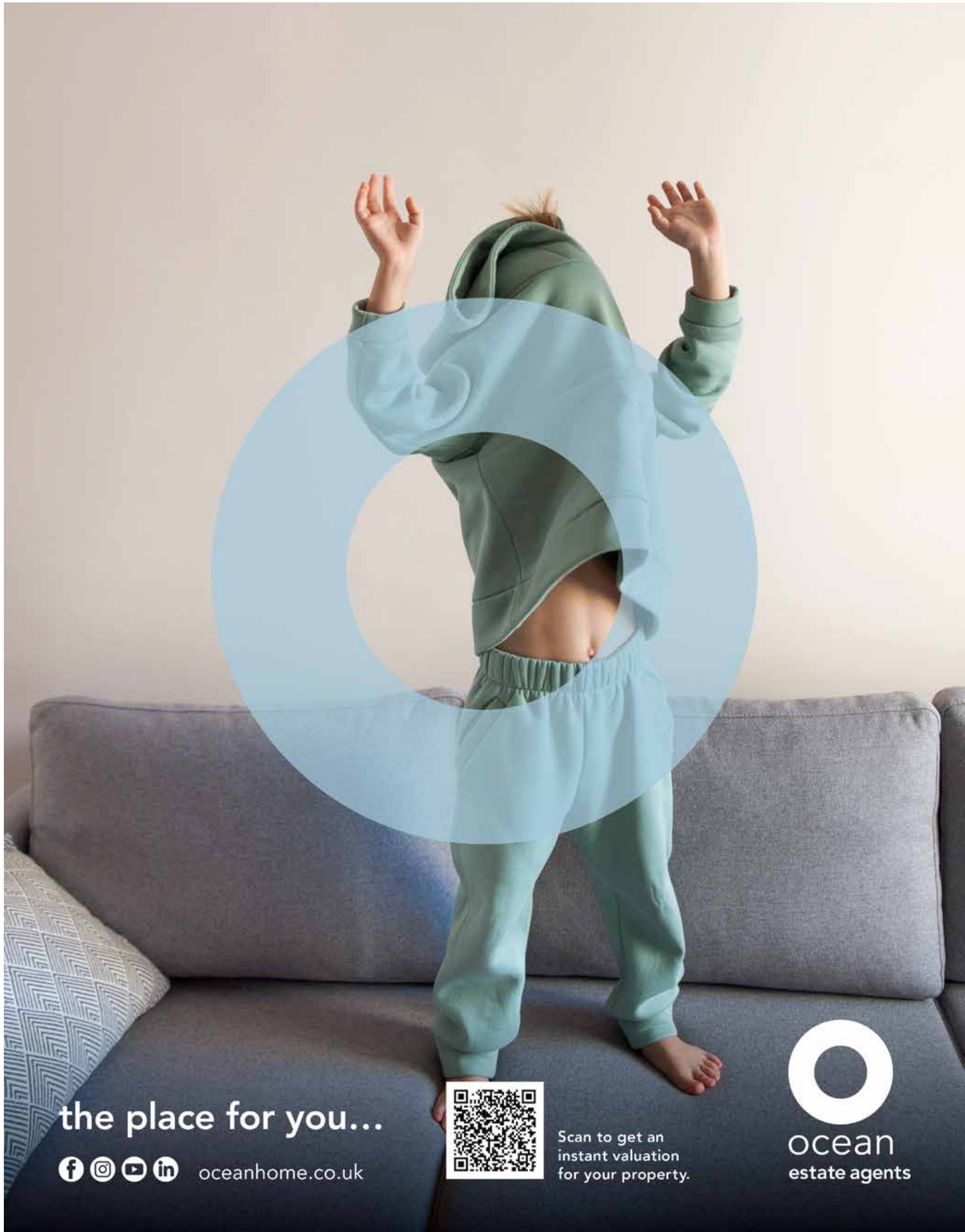
Cotswold Community Association
Dursley Road, Shirehampton,
Bristol, BS11 9XH
Registered charity no. 1101427
Website: cotswoldcommunity.org
Email: cotswoldca@gmail.com
Phone: 07943-401575

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
THURSDAY	Bingo 2pm Kettlebells 5:15-6:15pm 6:30-7:30pm Table Tennis 8pm
SATURDAY	Coffee Morning 10am-11:30am (2nd of month) Bingo 7:30pm
SUNDAY	Soul Space 5pm-7pm (1st & 3rd of month) Cotswold Christian Community Service 4:45-6pm (2nd of month)

Come along and join in the fun

For more details and regular updates, join our mail list by emailing cotswoldca@gmail.com



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The *Shire* Community Pages

Appeal for Shire Deliverers

Shire paper sadly lost one of our long-time deliverers recently, and we need to find someone living in or near Bucklewell Close who would be willing to take over the distribution of about 26 papers in the close and a few adjacent houses on Park Rd.

If you have 30 minutes free just once a month, could that someone be you?

If so, give me, **Bobbie Perkins**, a call on the number on page 2 of Shire under **Distribution**.

Builders Wanted!

The Public Hall needs quotes from builders for some extension work at the back of the building. If you are a builder, or if you know a building company who might be interested in quoting for this work.

Please contact the Public Hall on 0117 9829963 or email bookings@shirepubhall.org.uk. You can also contact our Chair of Trustees on 07733 101520 to discuss what is needed.

Thank you!

Bill Constable to Step Down as an Editor of Shire

Bill Constable, one of Shire's regular editors over the past ten years, has decided to stand down. As a reliable and skilful editor he brought new perspectives to the committee and was a cheerful contributor to our meetings. We're grateful for all he's done for Shire. We've enjoyed having him with us and wish him all the very best for the future.

The Shire Committee

DEAR DISTRIBUTOR

Please could you spare the time to write on a slip of paper the details of your round/s.

I.e. road name/s plus numbers, (from and to). I hope to create a refreshed plan of all rounds and detect any shortages or overlaps! Please then return your notes to your driver on the next month (September). Thankyou all. Bobbie

NOTICE OF AGM Shirehampton Community Action Forum (SCAF)

Will be holding its AGM on
Wednesday 4th October 2023 at 7pm
At Shire Public Hall, Station Road,
Shirehampton, BS11 9TU
EVERYONE WELCOME

AGM Avon (University Settlement) Community Association

The AGM will take place at the Tithe Barn on Wednesday 27th September at 7pm and this is an open meeting. AUSCA sponsors the Shire Advice Service and has been in existence as a local charity since 1918. We would be pleased to see you there.

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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.

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

Many thanks.

KEEP SHIREHAMPTON (AND BRITAIN) TIDY!!!

Dear Editor,

There is sometimes a lot of litter around Shirehampton. The volunteers who join the regular community litter pick do their best. I have also asked BCC to empty the overflowing litter bins in the area. It would be very helpful if local businesses would sweep the pavement in front of their premises. (I am sure many do this already). I also sweep in front of our house, as do many others. This all helps us to have a tidy village to be proud of.

Join the **Community Litter Pick, every 3rd Thursday in the month**, meet at the **Public Hall at 10.30am**. Gloves, tongs, bags provided.

Name and address supplied

BARRY THOMAS, RIP

Dear Editor,

On Saturday, **August 5th**, 2023, our dear friend **Barry Thomas** passed away peacefully at home. Barry was well known in Shire, always accompanied by his guide dog.

Barry came to live in Shire as a boy when his father got a job on the docks. He was determined to have as full and active a life as he could. When he had a little sight, he was employed as a gardener at Kingsweston House, keeping his tools in the old gatehouse. Later, and then until his retirement he worked at the TV Licensing Authority.

Barry was a well-known figure locally, and always loved to walk long distances. It was his joy to be out in the fresh air. Did you ever meet him walking along the Yellow Brick Road or maybe along the Portway as he walked into the city? Many knew him and would call out 'Hello Barry'. He may not have recognised all the voices or known names, but he really did appreciate all those friendly greetings!

We were always amazed at the way Barry cared for his home and garden so efficiently and without assistance. He valued his independence and went to the gym regularly for years to keep himself fit. He had an adventurous side too, on a visit to Cattle Country Farm Park in Gloucestershire, fearlessly tackling the rope wall and big dipper slides, with a friend of course! For a few years, he enjoyed holidays at Teignmouth in a hotel owned by the



© Peter and Patsy Shore

RNIB so, accompanied by his dog, he would make the journey by train, a whole new experience.

Sixteen years ago, Barry was baptised as one of Jehovah's Witnesses in Kingsweston Congregation, so beginning a whole new chapter in his life.

To conclude we would like to thank the good people of Shire for their community spirit and their genuine kindness to our dear friend Barry.

Peter and Patsy Shore (Thanks for the kind donation: Editor)

Family Announcements

Do you wish to announce a family celebration, marriage or death?

To book contact: adverts@shire.org.uk

Small text box – £10.

Larger picture box – £15.



Hello there! **Would you like to improve your well-being?**

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Linda x x

Weekly classes - just come along - no need to book:

- **Kettlebells are Monday 5.15 - 6.15pm and 6.30 - 7.30pm, Wednesday from 5.15 - 6.15pm and Thursday from 6.30 - 7.30pm at the Cotswold Community Centre. Message for 1:1 technique session.**
- **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

www.shirestrong.co.uk



Climate Fashion Repair Cafe

**Saturday 23rd September
Public Hall, 10:00 – 12:00**

Come to a FREE fashion morning at the Public Hall.

Explore ways to REPAIR, RENEW, UPCYCLE, MAINTAIN and SWAP your favourite clothes.

Create affordable sustainable fashion for yourself.

Advice on clothes from expert clothes repairers, block printing, a tie-dye table, swap shop.

Advice on heat and energy and insulation from Bristol Energy Network.

FREE coffee and cake.

Join a general discussion on how we feel about climate change and what we can do in our own lives to reduce our impact. **HAVE YOUR SAY!**

FREE and ALL WELCOME



Izabela Rogalska

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Perfect Clean House 10 Clayton Street • BS11 9AH • Bristol

Warhorses - Shirehampton Remount Depot

Continued from page 1.

Avon Local History & Archaeology ("ALHA") group has recently published a well-researched booklet about this Depot which was established at the commencement of the **First World War** and represents one of the most important episodes in the history of **Shirehampton and Avonmouth**.

As the author, **Professor Richard Coates**, explains, the term "*remount*" originated in the late eighteenth century and meant a '*stock of horses suitable for use by the cavalry*'. This later extended to mean '*an individual horse suitable to replace one that is exhausted, injured or has died*' (Oxford English Dictionary).

When the First World War broke out, the then Minister for Munitions, **Lord Kitchener** appreciated that the environment of Shirehampton was an ideal place to have such a depot because of its proximity to the **Avonmouth Docks** (where horses could be transported to the western front), its good railway connections and the potential fields for such a base. Thus one of the largest remount depots in the UK was erected.

The size of the depot was huge - it stretched from Station Road to the present location of the Portway roundabout (over a mile) and from the Bristol-Avonmouth railway line to the present Avonmouth

Road north of West Town Road. There were 35 paddocks each with two stables capable of holding a troop of horses (i.e. 100). Therefore, the depot was capable of holding 7,000 horses. Many horses and mules were sourced from as far as Canada, USA and even New Zealand.

In addition, there was a veterinary hospital, forage barns, and accommodation for the vast military, auxiliary personnel, vets, cooks.

The Remount processed horses for heavy and light haulage duties and mules for pack duties – especially for ferrying supplies to the front line – and here they received health checks and basic training before being shipped to the western front.

The author of ALHA's booklet has pieced together the history of this Depot from extensive research and records held from such sources as the **British Archives, Bristol Museum & Galleries and community papers** – primarily the **Western Daily Press** - to build a picture of life at the depot during the First World War. The booklet describes the personnel who ran the depot, the treatment of the horses, the military based at the camp and the social impact it had on Shirehampton as well as extracts from some personal letters of life at the depot.



Photo credit: Legion of Frontiersmen Archive

The Fate of the Remount

In the final chapter the author details the fate of the remount after 1919. After the war was over, the Remount Depot was disbanded as quickly as it had been established and no sentiment was spared on its removal. The sale of the horses commenced a week after Armistice at **Bristol Cattle Market** and the buildings progressively dismantled.

For anyone who is interested in obtaining a copy of the booklet, it is available from the Avon Local History & Archaeology group for £4.15. If you are interested contact the Shire editor mailbox and we can provide details.

Vanessa Evans

SS Great Britain Talk

On Thursday 3rd August, the Friends of Shirehampton Library were delighted to host the **SS Great Britain: from launch to re-launch** Talk, given by Ian Caskie.

Well over 50 people came to the Public Hall and were royally entertained for an hour or so.

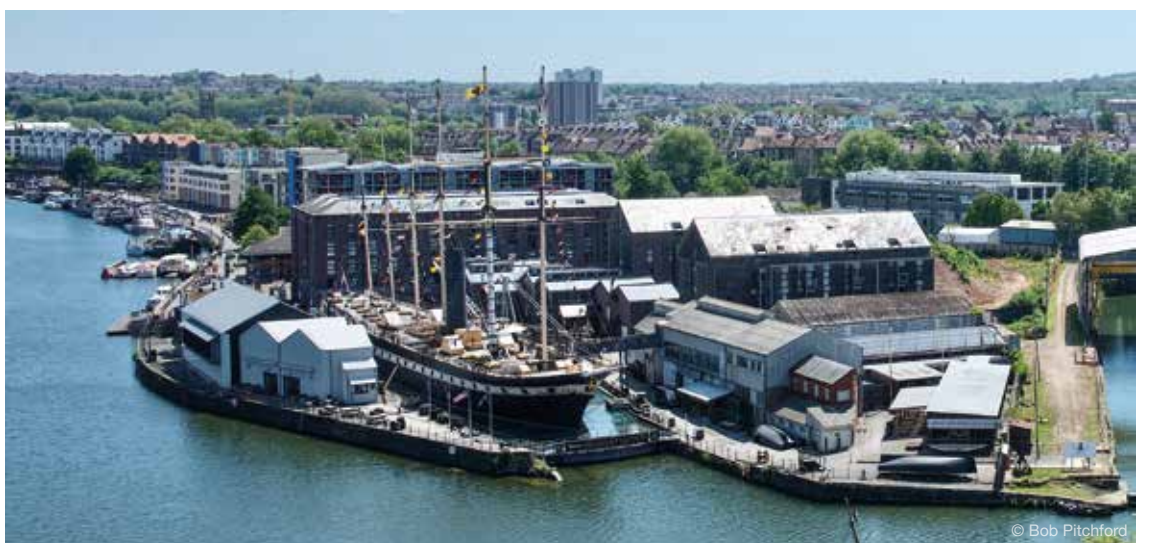
Ian is a hugely experienced speaker, being an ex-head and deputy head of local schools in the past, and held the audience spellbound with the history and many anecdotes of such a monumental project,

both to build the ship, then to bring the hulk of it back from the **Falkland Islands**, and then to restore it to the major tourist attraction it is today.

We shall certainly ensure Ian returns again and I'd encourage anyone who didn't make it this time not to miss the next occasion.



© Friends of Shirehampton Library



© Bob Pitchford

Scouts

YOUR SCOUT GROUP NEEDS YOU!

Here at the 191st St Mary's Shirehampton Scout group, we are looking for new volunteers to help within our groups that run term time at the Scout hut on St Mary's Road.

Currently we are seeking a NEW BEAVER LEADER to help run our Beaver Colony which meets on a Wednesday evening from 5:30 to 6:30pm

Preparing young people with #SkillsForLife

For more information, please contact our Executive Committee, Matt, Jackie, Jo and Vicki at GSL191stbristolscouts@gmail.com






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Churches in the Shirehampton Area

St Mary's News

We have two main announcements this month.

Firstly, Rev Alison will be giving a blessing and short talk during the unveiling ceremony of the War Horse statue at the Daisy Fields on Saturday 16th September. The event starts at 11am and we look forward to seeing the result of all the hard work that has gone into this project.

And secondly, we are holding an **Autumn Fayre at St Mary's on Saturday 30th September** from **10am to midday**, where we will have lots of crafts, stalls and activities. Please look out for our posters nearer the time for more details. As ever, we look forward to welcoming you.

Our usual activities resume at the **Tithe Barn** following the summer break. We were thrilled

to see so many young families come along to our Pop-Up events during the summer holidays, even if the weather wasn't always kind to us. We intend holding other pop-up events and these will be included on our Facebook page and website as and when they happen.

Finally, **Goldies** takes place at **10.30am** on **Wednesday 6th September**, during our coffee



morning. Please let neighbours and friends know about this activity.

We look forward to welcoming you to St Mary's, whether it be for a service, at one of our coffee mornings or to help in any way we can.

St Mary's Church

Greetings from Shirehampton Baptist

We trust that many of you will have read the 'Good News' paper which was delivered to nearly every house in the village during the month of August. We hope you will be encouraged by the paper's message of hope in an uncertain world. We welcome feedback (see contacts below).

Our **Rock Steady Club** for children of primary school age will restart in September. The club meets at our church building, Station Road at 3:30pm to 4:40pm and the children enjoy games, craft, music and drama. Parents are welcome to stay. More information from our contacts.

Our minister **Paul Rhodes** will be continuing the lunch time **drama club in Shirehampton Primary School** in the Autumn term. The children enjoy learning and performing, and some have gained confidence through this activity.

During August a two day **holiday club** was held. More about this next month.

The next **Songs of Praise Café** meets on **September 10th** at the Cotswolds Community

Hall, Dursley Road, 4:45 - 6pm. Christians from various churches in the village meet but whether you are a churchgoer or not - all are welcome.

On **August 28th** the same group of people will be running another **Fun Day** in the same venue as above from 2:30-5pm. We will be reporting on this event with photos in the next edition of Shire newspaper.

The **September Life Café** opens on **September 28th** - 10:30am to 11:30 am. Come and enjoy **Zyhan's** delicious cakes and bring a friend.

It's **Harvest Festival** time again and we shall be celebrating another year's successful harvest but not forgetting the difficulties farmers have experienced during a year of extreme weather conditions in Britain

and even more in other countries. We welcome all to join us on **September 24th** at 10:30am in our building.

This is the time of year when the children of the village will be starting their new schools or colleges and some beginning school for the first time which can be an emotional time for parents. We trust that all these transitions will be happy and pray for the teachers in their sometimes, stressful job.

We invite all to our **Sunday services** 10:30am at our building and Bible study on Zoom 4:30pm.

Our church motto is '*Closer to God, closer to each other, closer the community*'.

We continue to pray for the village and offer help wherever we can.

Love from Shirehampton Baptist Church.

Contacts: 07743 683684 or rhodespaul360@gmail.com

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 healing on a daily basis.

Jesus heals today as He did during His time on earth.



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Pilgrimage NOT Planes: A Protest Faith Walk to Bristol Airport



The ancient practice of pilgrimage, honoured by many of the world's great faiths, has a renewed focus in this age of climate and ecological emergency. Walking together with intention, mindfulness and prayer proclaims a different pace and place in relationship to the earth; and with each other. We become fellow travellers, learning again to 'tread lightly' on the earth. Pilgrimage invites a renewal

of body, mind, spirit and community, while offering a visible sign of a different way of living and travelling.

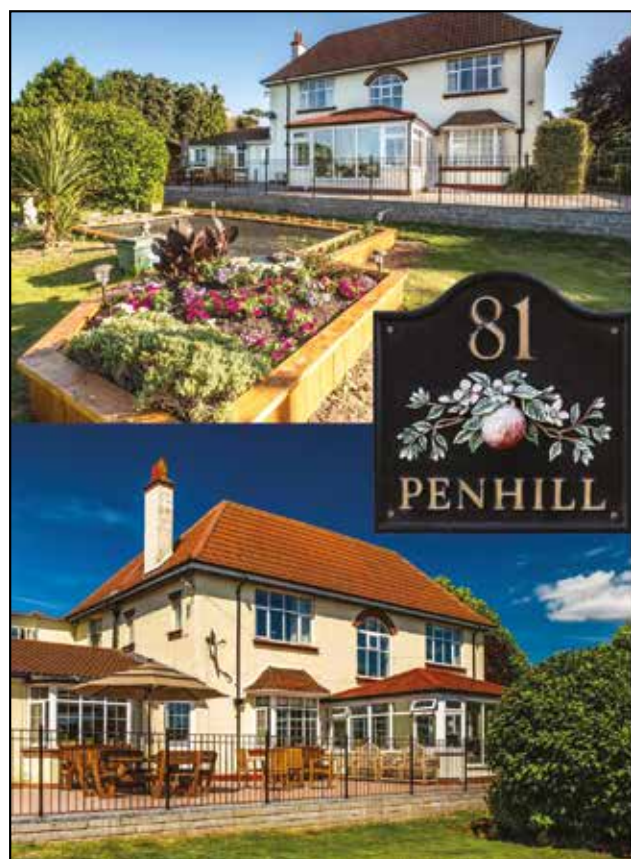
We invite people of all faiths and none to join **Christian Climate Action** members as we walk together to **Bristol Airport** on **Saturday September 9th**. Setting off from **Bristol Cathedral**, stopping for lunch at **All Saints Church, Long Ashton**, and arriving at the airport together to participate in a 'sacred action' continuing the long-standing campaign against airport expansion. We will gather on **College Green** from **10.30am** and start our walk at **11am**; we should reach All Saints Long Ashton (2.5 miles) by **12.30pm** for lunch and will continue walking at

about **1.30pm** aiming to reach the airport by **4.30pm**. You are welcome to join us at Long Ashton for the 6 mile walk from there to the airport.

The walk will include times for prayer, discussion, mindful silence, singing, and attending to the landscapes and places along the way.

Please bring a packed lunch, water, and suitable clothes for the weather.

The **Shirehampton Climate Emergency Group** hopes to join airport pilgrimage.



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Shirehampton Sailing Club
with the Lamplighters Pub

Saturday 23 September 2023

Pirate Party

12 noon - 4pm

Barbeque
Tea and Cakes
Boat rides
Live music
Car boot sale

Fancy Dress Competition
Treasure Hunt
Badge making
Gardening stalls

All welcome - just turn up!

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Is the Government in Denial and Putting Present Day Profits Over All Our Futures?

It's early August, the season is beginning to turn. We are surfacing from the weeks of rain and chilly winds in July. The terrible heat and fires in the Mediterranean are no longer front page news. Now we hear that the oceans which control the climate are warming dangerously. And we are reeling from the shock of the government's decision to allow further licenses for new oil drilling in the North Sea. Knowing that our government is in denial about the reality of global warming, actively rowing back on efforts to mitigate the effects of climate change and actively supporting climate damaging projects is pretty depressing. It's hard to ward off despair.



SHIRE COMMUNITY LITTER PICKS

Meet 10.30am at Shire Public Hall on the 3rd Thursday of every month & tidy for 1 hour

Next Meeting: Thursday 21st September

Contact: Ash Bearman at SCAF on 0117 982 9963 or email ash@shirecaf.org.uk

WE are the Climate Movement!

Our Climate Group was formed to Tell The Truth about Climate Change and to take what action *WE* can to adapt to the changes and try to mitigate the worst effects. In the absence of any leadership from central government, *WE* have to step up. The Climate Movement is not just the frontline groups like Just Stop Oil or Extinction Rebellion or Greenpeace, the ones the government vilifies and tries to silence. *We are the Climate Movement!*

So, like all the small local climate action groups and individuals all over the country, Shirehampton Climate Emergency Group picked themselves up and met at the end of July to outline plans for a community event in September.

R. Slater

Climate Fashion Repair Café

Saturday 23rd September - Public Hall, 10:00 – 12:00

Since the news is so grim and everyone is trying so hard to make ends meet, we thought we'd try something that would be fun. We'll offer a **FREE** fashion morning exploring ways to **REPAIR, RENEW, UPCYCLE** and **SWAP** our favourite clothes, creating affordable sustainable fashion for ourselves in the midst of a cost-of-living crisis. We'll have expert clothes repairers, a tie-dye table, and a swap shop. There'll be heat and energy and insulation information from Bristol Energy Network, and free coffee and cake. We'll make time at the end of the morning for a general discussion about how we feel about climate change and what we can do in our own lives to reduce our impact.

FREE and ALL WELCOME (see our advert on page 5.)

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King Charles III England Coast Path NOW Open

July saw the opening of the latest stretch of the King Charles III England Coast Path, extending from Aust to Clevedon.

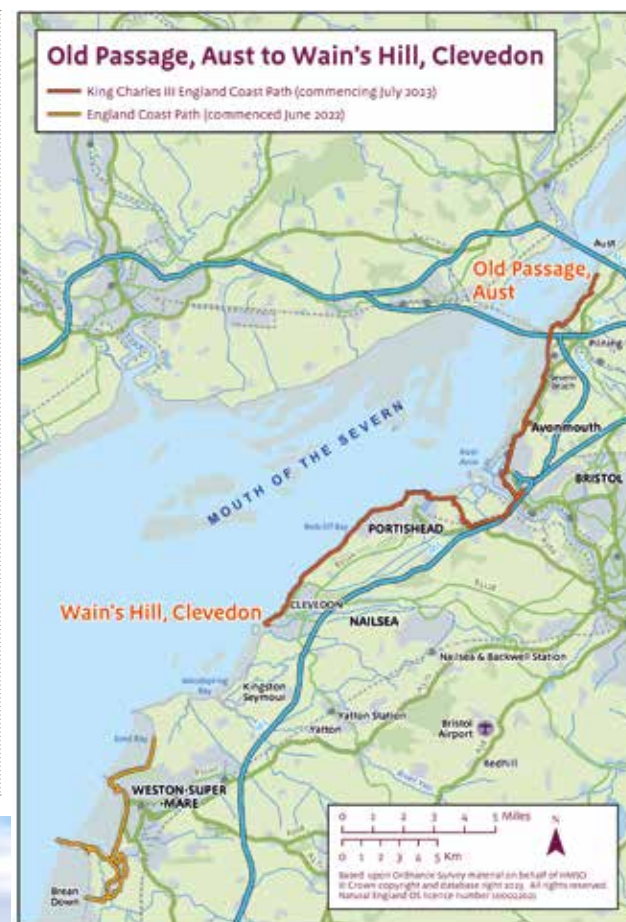
The new path stretches from **Old Passage near Aust** just south of the Old Severn Bridge in South Gloucestershire through to **Wain's Hill, Clevedon**, in North Somerset. It is the second phase of the path between Aust and Brean Down. 23 miles of these lengths of King Charles III England Coast Path adds to the 12 miles already open in this stretch.

Route highlights include excellent views of the **Severn Estuary** and the crossings to **Wales** contrasting with the industrial landscape near the **Port of Bristol**. It also runs through the **Portbury**

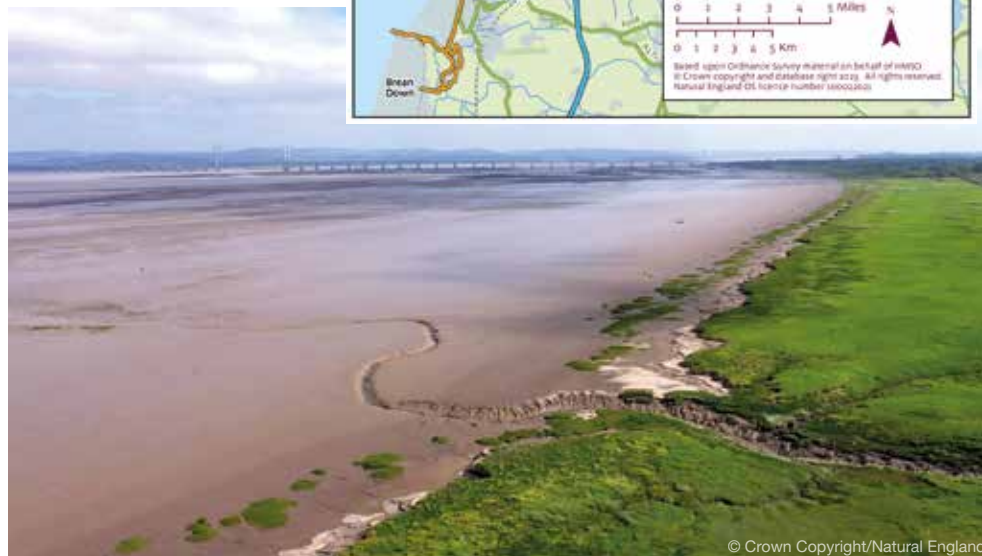
Wharf Nature Reserve on the edge of the Severn Estuary between **Portishead** and **Royal Portbury Dock**, which consists of wetlands and saltmarsh.

There are national plans to secure a long-distance walking trail around the open coast of England, together with public access rights to a wider area of land along the way for people to enjoy. **Natural England** is working on the entire coastal route.

A map showing a timetable for the work is here: www.gov.uk/government/publications/england-coast-path-overview-of-progress.



The Path between Portishead & Clevedon.



Coastal margin looking north towards Prince of Wales Bridge.

House of Dobby

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September	<p>Thurs 7th 8pm - Karaoke</p> <p>Sun 10th 7pm - Billy Driscoll</p> <p>Weds 13th 8pm - Open Mic</p> <p>Tues 19th 7.30pm - Quiz Night</p> <p>Sat 23rd 8pm - Connor Mcleod</p>
October	<p>Thurs 5th 8pm - Karaoke</p> <p>Sat 7th 7pm - Singer TBC</p> <p>Weds 11th 8pm - Open Mic</p> <p>Tues 17th 7.30pm - Quiz Night</p> <p>Sat 21st 8pm - Singer TBC</p>

For more information follow us on Facebook
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An Update from Darren Jones MP, Bristol North West

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

I hope you're all enjoying the last few days of summer before it's time for the kids to head back to school (and for MPs to head back Parliament!).

During summer recess, my wife and I welcomed our third daughter, **Francesca Alice Symons-Jones**, to our family. Thank you to the many people who have already been in touch to send lovely messages of congratulations. We're very touched by your kindness.

Watching **Ophelia** and **Edith** meet their baby sister for the first time, I couldn't help but wonder what the three Symons-Jones sisters will become.

Growing up in a council flat in **Lawrence Weston** in the 80s and 90s, I didn't imagine that one day I would become the **Member of Parliament** for the area I was born and grew up in.

I was the first in my family to go to university which, back then, wasn't normal for kids from families like mine to do. Thankfully, though, I was in school at the right time to benefit from the now defunct 'Gifted and Talented' programme, which offered extra support for academically gifted students in state schools.

Nowadays, going to university is an achievable dream for many. But that doesn't mean the class ceiling has been broken.

An important barrier is that public speaking – a quintessential skill in politics – is not generally taught in state schools.

We need people from all backgrounds to enter politics if we want everyone to feel truly represented in Parliament. And to achieve this, we need to equip all children with the necessary skills for the job.

From October, I'll be heading into local secondary schools to share what I've learned from working in law and politics about crafting an argument and delivering it to an audience with confidence.

My aim is to inspire as many local schools as possible to enter the **English-Speaking Union's ESU-Churchill Public Speaking Competition**. This is the largest public speaking competition for **schools in England and Wales, for students in Years 9-11**. (See esu.org/competitions/public-speaking-competition for more information.)

What's more, I've been in touch with the organisers, and they have agreed to **host a branch final** of the competition right here in **Bristol North West!**

If you're a teacher and you'd like me to run a public speaking session with your class, please email me at darren.jones.mp@parliament.uk

In other news, I have been informed that **Lloyds is closing its Shire branch in November**. Following other closures, this will leave only two bank branches and one building society in Bristol North West – all in **Westbury-on-Trym**.

It is only proper for banks to use some of the profits from branch closures to contribute to the **Post Office** or other types of community access to banking services to prevent people who do not bank online from being digitally excluded. I will be working with the banks to see what more they can do.



“Welcome, Francesca!” and congratulations from all at Shire.

Finally, I'll be holding a **Shirehampton Village Meeting on Thursday, 28th September, 7:30-9:00pm** and I would love to see you there. Bookings for this will open on **2nd September** and should be booked online at www.darren-jones.co.uk/villages, or by calling my office.

As always, if you need my help or have a question, please get in touch on darren.jones.mp@parliament.uk, call the office on 0117 959 6545 or visit www.darren-jones.co.uk. For the latest updates, follow me on social media: fb.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
John Stephen Geater - Conservative: Cllr.John.Geater@bristol.gov.uk
James Scott - Conservative: 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
Website: www.darren-jones.co.uk

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DREAMLINES

PICTURING BRISTOL HIGH-STREETS

SHIREHAMPTON

09.09.23	12:00	Opening event at Ruby Jeans Cafe
<small>Dreamlines is being delivered as one of the activities under the City Centre and High Streets Recovery and Renewal programme, funded by Bristol City Council and the West of England Combined Authority's Love our High Streets project.</small>	13:00 18:00	Photography Exhibition at the Public Hall
	14:00 18:00	Drop-in Family workshops at Ruby Jeans Cafe Patio & the Methodist Church
	15:00	Historic Walking Tour led by David Martyn from the Shirehampton Public Hall
	16:00	A talk by photographer Chris Hoare in conversation with Martin Parr at the Shirehampton Public Hall
	18:00 21:00	THE SAVOY CINEMA & FOOD A Tribute Night at the Methodist Church in Shirehampton



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The Arts in Shirehampton

Tandem Arts Update

The summer holiday lull is still upon us at the time of writing this update. We are hoping to start the Shire Inspire exhibitions at the post office if not in September, then October or November at the latest. In the meantime, if you or someone you know is interested in showing their artwork in the post office window, please drop Sarah a line on shireinspire@gmail.com. We are planning to draw up a year of bimonthly exhibitions and need six willing artists to make that happen.



Do you have a surplus of lavender flowers you would like to donate? We have made beautiful lavender eye pillows at the Cotswold Community Centre earlier in the year and would like to continue making these and other suitable products. You can contact **Annelies** on tandemarts2@gmail.com to arrange a drop off or pick up. Not before the insects have finished with them!

Finally, using the same email address, let me know if you would like to join Tandem's **mailing list** to be amongst the first to hear about what's on offer. Tandem is now advertising on **Eventbrite** which has a big catchment area. You can follow Tandem on Eventbrite and currently find a workshop listed for **September 30th 'Natural Dye Shibori Workshop'**. We will be using onion skins which make a lovely golden yellow colour.

Tandem Arts

The Strange

An original story by Gil Osman

(Previously: the new and first chieftain of the Stone Age village (on the site of the present Shirehampton) had decreed, after taking his father's advice, that all village land belonged to the villagers themselves and not to any individual - the very first law in village history. The new chief's house was being built by four village experts in honour of their new Chieftain and to show their thanks for having a leader at last)

Chapter 13

The new Chieftain had made an impressive start. He adopted the sign of a chieftain, a blue mark in woad (blue dye) on his forehead (remembered in tribal memory from hunter/gatherer days).

During the week when the Chief's House was being built, the Chieftain himself became like a man possessed. All sorts of ideas came into his head - from where he did not know. His father was amazed, for his son had shown little interest in the village before. Influenced by his father's previous advice on the First Law, he decided to form an advisory group of village elders (including his father) to meet regularly and discuss village matters. As he himself knew none of the older men in the village, he asked his father, who knew them well, to choose about twelve of the wisest ones and invite them to a meeting in his family's house to discuss his plans for the future.

At the meeting he first explained that all new village matters would be discussed by the group and then a decision taken; the Chieftain having the final say, if necessary. The elders were impressed and flattered by this. Many had felt that they were ignored by other villagers, despite their age and experience. This gave them a new status in the community. Then the Chieftain outlined other plans.

He had noticed that the four builders, who were building his new house and had suggested the idea in the first place to honour their new leader, usually competed with each other for work. However, in this case they worked happily on the project together and had attracted many willing volunteers to act as labourers. Seeing how this engendered a sense of co-operation and ownership among the villagers, he thought of other community projects. The first being a water preservation plan.

His next big idea was to form a group of young men (armed hunters) to protect the village and help the Chieftain to restore law and order. He called a meeting of the hunters, and they also welcomed the move; there was no want of volunteers. The hunters already enjoyed greater status in the community, when the Chieftain, a hunter (one of their own) was made leader after killing the giant stag, and now they would enjoy even greater status as protectors of the village. They were called The Guardians, a new word in the tribal dialect.

All this activity had created a sense of excitement among the villagers and got them talking together, especially those who volunteered to work on the Chief's New House, some of whom had never conversed before. The Chieftain's father was extremely pleased that his son's actions were the cause of this. Even The Strange and Friend felt the excitement and watched all the increased activity among the villagers through the spyholes in their isolated house with great interest.

The tribal language was expanding rapidly to accommodate all these activities and the discussion needed amongst all those involved to understand what was required. Sometimes it was necessary to draw rough plans on the ground with a stick to explain what was needed (the beginnings of a written language and simple arithmetic).

(to be continued)

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The Final Shire Craft Exhibition

Tuesday 24th – Saturday 28th October

Although this may be the last of Craft Exhibition we are still keen to show off the best of Shire and surrounding areas their wonderful craft activities combined with selling many of those items.

We will be having all the usual activities from local demonstrators showing how it's done, teas and coffee with homemade cakes and don't forget the children's trail. This year's theme is "jungle" in all its connotations – so if you have something you would like to put in for the trail we welcome all entries.

The exhibition will run from Tuesday till Friday. Exhibits will be removed on Saturday which will be a sales only day for those who have been selling or exhibiting for sale during the week. We will also be selling off all the equipment that we have used to put the show together, from table coverings to dress

making dummies, jewellery stands etc. Everything must go.

For more information on the Exhibition contact: Ed or Gail Amphlett on 07776 170053 or email ed_amphlett@hotmail.com

So make a date come and see us during the week and again on Saturday. Let's make it the best Shire Craft Exhibition ever!!!

Shire Craft Exhibition - Application Form

Shirehampton Public Hall • Station Road • Shirehampton • BS11 9TX

Tuesday 24th October to Saturday 28th October

Daily 10am – 4pm (Thurs 10am – 8pm)

Specials sales day Saturday 28th for those who exhibited for the week, also sale of Exhibition fixtures & fittings

Name: Tel No.:

email:

Address: Postcode

Exhibit 1: Price/N.F.S.

Exhibit 2: Price/N.F.S.

If you have more than 2 items, please add a continuation sheet.

I would like to steward on am/pm

I would like to demonstrate on am/pm

- Closing date for applications is Wednesday 18th October 2023 -

Please return this form to gail.amphlett@hotmail.com - 8 Penpole Place BS11 0DR
or Shire Public Library, Station Rd, Shirehampton BS11 9TU

For more information, contact Gail & Ed on 0117 982 1879 or 07776 170053

The Hall will be open **Monday 23rd October 9.00am – 4.00pm** for registration of exhibits.

The Hall will also be open **Sunday 22nd October 5.00pm – 6.00pm** for large items.

Collection of exhibits will be on **Saturday 28th October.**

No charge on exhibition items unless for sale, then a charge of **0.50p** per item
- max of **£2.00** for 4 or more items (these must have been crafted by the exhibitor).

Selling your crafts – 12.5% will be deducted from item price towards exhibition costs.

Demonstrators – we welcome those who would like to demonstrate their crafts – sessions of 3 hours morning and afternoon will be available. Let us know what you would like to demonstrate and what days and times you would like, and we will accommodate if we can.

Stewarding – if you would like to help out and steward for a session am or pm 3 hour sessions (if you can't manage 3 hours then what you can offer would be appreciated). If you are exhibiting it would be great if you could steward for a session **but it's not compulsory.**

Do not send any money with this application, it will be collected at registration.



Memory Connections

Memory Connections is a new group for people living with mild to moderate memory loss.

Wednesdays 10am-12pm

St Marys Tithe Barn, High St, Shirehampton.

Thursdays 10am-12pm

Bradbury Hall, Waterford Rd, Henleaze.

Memory Connections is a sociable and active group with activities designed to support cognitive function and memory.
Sessions cost £12.50 each (or £6 if you are on pension credit).

For more information:

Jo Youde on 0117 929 7537

mcst@ageukbristol.org.uk



Age UK Bristol Registered Charity Number 1042548.

Could you volunteer with our new Age UK Bristol group in Shirehampton?

Volunteers support group members to join in activities, to feel welcome and have a good time. Our volunteers need to be able to get on well with different people and help run the group.

Memory Connections meets on Wednesdays
10am - 12pm,
at the Tithe Barn.



For more information:

Jo Youde on 0117 929 7537

mcst@ageukbristol.org.uk



Age UK Bristol Registered Charity Number 1042548.

Bristol Home Library Service

Being stuck at home may not be a lot of fun. It can be hard getting all the essential things done. It leaves no energy for the things that bring you joy, like getting in the library books. How many of us get a real thrill out of looking at all the books on the library shelves, seeking out new titles to enjoy or familiar volumes to read again.

But help is at hand, the **Bristol Home Library Service** is available for anyone over 18, living in Bristol and who is unable to get to their local library for reasons of age, disability or responsibility. The **HLS** has **DBS checked volunteers** in most parts of the city who will be happy to come around to your house and keep your book pile topped up. They will fetch you a specific book you want or bring suggestions for your pleasure, (librarians are very helpful with this.) The free service is offered monthly and most of our volunteers have time to stop for a chat when they visit.

So perhaps you are the person who needs the service! In which case call or email me using the details at the bottom.

Perhaps you know someone who might enjoy this service? In which case tell them about it and either give them the details or call us with them and we will get in touch.

Or perhaps you enjoy going to the library, and have a little time to spare and might be willing to join our team of volunteers. In which case get in touch! (We can't pay you but we can refund expenses, and you will be joining a wonderful team and making a real difference to someone's life.)

Please share the good news around and help reduce isolation in our community.

Thanking you in advance

Ken Luxon, Service Manager, Bristol Home Library Service.

BHLSVisits@royalvoluntaryservice.org.uk

Tel: 07714 898 558

Portway Park & Ride Station

Bristol's first new railway station in almost a century opened to passengers on Tuesday 1 August 2023.

The new £5.8 million **Portway Park & Ride station**, between **Shirehampton** and **Avonmouth**, connects the existing park and ride site with the Severn Beach railway line. It is a single-platform station that will offer passengers half-hourly services between **Bristol Temple Meads** and Avonmouth, and an hourly service to Severn Beach.

The new station will complement the existing park and ride bus service and will be a useful extra transport option for the local community, as well as providing park and ride users from further afield a rail option to destinations along the **Severn Beach line** or for onward travel on the wider rail network from Bristol Temple Meads.

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Learn How to Cook and Eat Healthily on a Budget

Bookings Open for FREE Bristol NW Food Bank Cookery Course – September 2023

Our September Eat Well Spend Less cookery course is now open for bookings! It will run for six weeks on Tuesday mornings at our Foodbank hub next to St. Andrew's Church, Avonmouth.

The course involves cooking two dishes to take home each week, and covers basic budgeting, menu planning, healthy eating, knife skills and is a really sociable time. There is also a **free community**

lunch on site at 12.15, that many of our course participants enjoy staying for. We are across the road from Avonmouth train station, and right next to a bus stop where the numbers 3, 10, 11 buses run.



Starts: Tuesday 12th Sept 2023,
9:30am-12noon

At: Bristol North West Foodbank,
Social Justice Hub, St Andrew's
Church, Avonmouth, Bristol BS11 9EN

To book your place call: 0117 923 5343
or email:
office@bristolnwfoodbank.org.uk

Penpole Avenue Play Out

Readers may recall my earlier article advising that the residents in Penpole Ave had signed up to the Play Out scheme and that we were planning to close the street the first Sunday of the month from 2 - 5 pm from April to Oct.

Chatting at the recent community fayre at the Public Hall, it was suggested that it would be good to update our local community on the success of this scheme.

We have had some wonderful Sunday afternoons. In May the planned closure landed on the **Coronation weekend** and the creative members of the street provided a very unique Royal Skittle run! On this beautiful afternoon in June, we had a water slide and in July we had lots of remote-control vehicles racing up and down the street with their controllers showing off their skills.

The Play Out scheme has provided a wonderful opportunity for all the children in the street to get together and play in safety outside their homes.

We thank the local businesses for parking their vehicles away from the middle of the street, neighbours and local community for respecting the closure and we thank **Play Out** who are based at **Windmill City Farm**, for lending us the road signage and support for making this idea a success.

Jan Wilson



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DREAMLINES: Picturing Bristol High Streets

The stories of Bristol's high streets and the communities who inhabit them are being told in collaboration with leading Bristol-based and international photographers this autumn as part of DREAMLINES, a photography project by Bristol Photo Festival. Photographers have worked alongside a range of communities and businesses including the nearly 100-year Bakers Corner, Shirehampton Men's Social Club, Filton Avenue's food bank, the Shire Stitches textile club, a young mums group in Stapleton Road and Two Mile Hill's Salvation Army brass band.



We are pleased to invite you to this community day in **Shirehampton** full of photography exhibitions, talks, family workshops and a film screening to celebrate the past and present of the area and its community (*see our advert on page 13*).

A series of photography exhibitions will be held across the area. At the **Public Hall**, photographs created by **Chris Hoare** and **Clementine Schneidermann** will be on display.

Chris has also spent time making portraits along **Shirehampton High Street**, at times working candidly, engaging quickly with passers-by, and at other times he has set up a temporary studio. Collectively, his photographs illustrate Shirehampton as a living community that continues to evolve and adapt as circumstances change.

Clementine has been collaborating with local textiles group the **Shire Stitches**. The process began with Clementine creating portraits of group members. These photographs are being used as the basis for

a series of new quilts. When viewed collectively, these quilts document the many women who call Shirehampton home.

These photographic exhibitions will also be accompanied by other displays at **Ruby Jeans Cafe** and in other local shops and businesses in the **High-Street** unravelling the stories of Shirehampton.

Public talks by photographer Chris Hoare and local historian **Richard Coates**, will explore the past and present of the area through their work.

Free family workshops will be held at the **Methodist Church** inviting people to experiment with alternative photography techniques and archival images from Shirehampton held at **Bristol Archives**.

The day will culminate with a community film screening in memory of **Shirehampton's historic Savoy Cinema** (1933-1961). To celebrate the Savoy's legacy, we will be screening a film from 1961, the year the cinema finally closed its doors.

We invite you to vote for which film to screen (<https://forms.gle/RVRk3RVAWB7YpuAc6>)

The Day the Earth Caught Fire - a British sci-fi adventure film set at the height of the cold war: Nuclear explosions have caused the weather in London to change. Journalist Peter Stenning teams up with weather forecaster Jeannie Craig, together discovering that the force of the blasts has caused the earth to spin off its axis, rotating closer to the sun. Can they come up with a plan to save the earth? Or are we all doomed?

A Taste of Honey - a landmark, Bafta-award winning drama that poetically explored the life of social outsiders in 1960s England: A resilient teenager (Rita Tushingham) flees home, only to find herself unexpectedly pregnant. As the story unfolds, she finds community amongst fellow outsiders.

Whistle Down the Wind - A fugitive takes refuge on a remote Lancashire farm, only to be discovered by three local children who mistake him for Jesus Christ.



DREAMLINES: Picturing Bristol High Streets is organised by Bristol Photo Festival which will return to the city in 2024.
A Community Event in Shirehampton

9 September 2023. 12pm to 10pm

DAY SCHEDULE:

Opening Venue:

Ruby Jeans Cafe 12pm. Food available

Photo Exhibitions:

Shirehampton Public Hall. 2pm to 6pm.
Cream Tea & Cake

Family Photo Workshops:

Methodist Church & Ruby Jeans Patio.
2pm to 6pm. Free

Talks:

Photographer Chris Hoare in conversation with Martin Parr and Local Historian David Martyn.

Film Screening:

Methodist Church. 6pm to 9pm.
The Re-Opening of "The Savoy" cinema.

Full schedule of events at <https://highstreets.bristolphotofestival.org/exhibitions/>

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Upcoming and Free Community Learning Courses this September

All these courses are open to residents living in North Bristol who are adults aged 19 years plus with few or no formal qualifications, or without a GCSE in English A to C grade or equivalent.

Courses at local venues include;

Introduction to Horticulture

8th-15th Sept 2023 - The course will support you to be able to follow and explain the steps involved in planting a container, and able to identify some common flowers in the UK.

This will help you develop English, IT and Employability skills relevant to horticulture.

This is 6 hours over 2 weeks of 3 hours each. From 9.30am - 12.30pm

Venue: Blaise Plant Nursery, BS11 0XF

Brush up ESOL (Followed by Accredited writing ESOL) for Intermediate Levels

Wednesday Mornings at 9:30pm to 11:30pm, for 6 weeks, from 13/09/2023 (no sessions during school holidays)

Venue: Stoke Lodge Adult Learning Centre, Shirehampton Road, Bristol, BS9 1BN

Do you want to improve your English language, and do you live near Westbury on Trym?

Find out about free ESOL Conversation Clubs, www.esolcc.org

Other courses also available at other locations are;

FREE Manual Handling Training to show the importance in ensuring a safer working environment

Date: Thursday the 30th November 2023, from 9:30am to 16.30pm

Venue: Netham Park Pavilion, Redfield, Bristol BS5 9RX

FREE Outdoor First Aid Course including practical scenarios set outside for the opportunity to practice first aid in a different environment

Date: Tuesday the 21st and 22nd November 2023 from 9:30am to 16.30pm

Venue: Netham Park Pavilion, Redfield, Bristol BS5 9RX

For more information contact:

carol.griffiths@bristol.gov.uk

Tel: 07341 882755

www.communitylearningwest.net

Launch of Improving Connections Fund 2023

The St Monica Trust is pleased to launch the Improving Connections Fund for projects that support older people to live their best lives.

Supporting social interaction and tackling isolation have long been acknowledged as key components to ageing well, and for many years the St Monica Trust has funded projects that support greater connections. As the St Monica Trust embarks on its new 10-year strategy we will be focussing on 3 themes of 'Connection', 'Choice' and 'Contribution'. We are starting with Connection, and through this fund we want to specifically address this persistent barrier to enabling people to live well as they age.

We encourage grant applications for a variety of budgets, ranging from a few thousand pounds to a maximum of £30,000. We appreciate the amount of work that goes into making a funding application, so we are therefore using a two-stage process for this fund. We are asking interested parties to firstly submit an **Expression of Interest**. The closing date for Expressions of Interest is **midday on Friday 08 September 2023**.

More details are available on the website <https://www.stmonicastrust.org.uk> or on request from charitableimpact@stmonicastrust.org.uk, tel: 0117 949 4003



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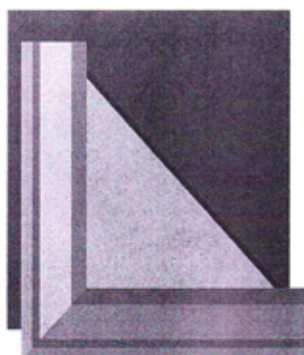


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SPORT IN SHIREHAMPTON



City and Port of Bristol Bowling Club

The 2023 season has been one of challenges, difficulties and disappointments, but bowling has continued, and the majority of games played thanks to resolute members determined that they should be played.



Bristol and District Mens League action at Victoria Park on July 20th.

The state of the green has been a major concern throughout, and this was made worse with issues over watering during the very warm month of June. That overcome, there has been some improvement but there is still a long way to go.

Disappointment that extensive efforts to increase the number of members at the club has come to nothing. At the start of the season two previous members returned and one new member joined. But after that all efforts to find more new members, including an open afternoon on May 27th failed to find one.

The need to increase membership numbers has become increasingly urgent. Currently around 30 and likely to decrease at the end of the season it is simply not enough and needs to increase back to



Mixed friendly games are the bread and butter of any club -- this one on July 29th at home to Henleaze was played on four rinks.

a level seen just ten years ago when it was 66. Five years prior to that it was 72 and the club was able to play on both days of a weekend and on Wednesday afternoons. Ladies had a friendly fixture list of their own as well as a successful league team. The men had two league teams and the club league was big and competitive, at one time playing on Monday and on Tuesday evenings. There was a full range of club competitions with a finals weekend and a big Presentation Evening. The club really was vibrant and successful at that time.

So, please, if you are reading this and maybe wonder what bowling is about, come and give it a try, there has never been a better time, the club needs you, now!

Midst all of that the club has seen some really bright spots this season like on **July 29th, Cameron Norris** was the first junior to bowl in a mixed friendly game for many years. He does bowl at the **City and County Indoor Club** and has been a regular at **Junior Sessions** this season. He bowled in the game against **Henleaze** and did very well.

August 3rd and 4th were good evenings for the **Men's and Ladies League Teams**, they both won to earn valuable points in their respective quests to climb their league tables. The men did very well to win away at promotion chasing Henleaze, they won two of the three rinks and came out in front on aggregate to take 8 of the 10 points available.

The following evening the ladies met **Begbrook Green** at home and took six of the eight points on offer by winning one rink by enough shots to take the game overall.



Severnvale were visitors to the green on July 12th.



Cameron Norris was the first junior for many years to play in a club friendly game when he took his place in the team against Henleaze on July 29th.



Sometimes a raffle prize at bowls is not what you expect and at Ardagh on July 23rd Martin Garrett surprised Brian Crawley with – Rhubarb!

Captains Bill Hatherall and Mary Lomas were pleased with not only the result but also the performance of their teams.

In the next issue, the story of an unusual raffle prize at **Ardagh** and news about the return of **Bristol after Stroke** to the green on **September 7th**.

The final friendly game of this season is at **Avonvale** on **September 27th**.

If you would like to try bowling at a time to suit you and free of charge call David Hinksman on 07932 387217.

ShireStrong Kettlebell Club News

ShireStrong is a small club of enthusiastic members who gather several 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. Typically, muscle mass and strength increase steadily from birth and reach their peak at around 30 to 35 years of age. After that, muscle power and performance decline slowly and linearly at first, and then faster after age 65 for women and 70 for men. This is called Sarcopenia.

Strength training is known to be the most effective way of maintaining and building muscle strength and size and maintaining bone density which, in turn helps with fat loss. In everyday life it means that you can improve balance and coordination, improve mobility, and 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 or 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 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.

I run sessions in Pill and Shirehampton.

Pill – Monday and Wednesday at 1pm

Shirehampton – Monday and Thursday at 5.15 and 6.30pm, Wednesday at 5.15pm



© Linda Thorne

If you are interested you can contact me at:

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Memorial Walk for St Peter's Hospice

On the 8th July several intrepid explorers met under the Avonmouth Bridge to take on the inaugural 'Dave Merrett Memory Walk' in aid of St Peter's Hospice. St Peter's Hospice is the only adult hospice caring for local people with life-limiting illnesses. It costs around £20,000 a day to provide care and most of this money comes from Gifts in Wills, donations, fundraising and from the charity shops.

The event was held to mark the 10 years that Bridget has been walking up and down the Portway. Quite an achievement! To mark the occasion **Bridget and I** organized a charity walk along the same route in memory of her **late Husband Dave** who sadly lost his battle with cancer on 1st September 2021. Dave was expertly cared for at **St Peter's Hospice**.

The day of the walk was cloudy with heavy showers in the forecast. Bridget was met at the start by several of her friends and family who had decided to support her on the occasion and walk the route with her. The walk was quite a success, finishing with tea and cake at **Ruby Jeans** followed by a tittle at the **Avonmouth Football Club** where the dockers were having a reunion. What a generous bunch they are. By the time Bridget left the tins were full and heavy.

The generosity of everyone who has supported the walk either by coming along or by donating has been overwhelming. **The current total is £1,683.00.**

Thank you so much.

Linda Thorne



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