

Shire

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

No. 578 - March 2020 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to LOCAL EXPERT SECTION from page 16 to find a local expert who can help

SHIRE COMMUNITY GRANTS

Available for Organisations Serving the Local Community
See Page 4 for More Details

Calling All Shirehampton Public Hall Users

Following the "User Group" meeting we had a while ago, where we talked about setting up a mechanism for all those using the Community Hall to have a voice on the Trustee Board.

The current trustees could decide to let Bristol City Council continue to pay all the bills for the next 12 years, including repairs, but this would lead to the hall deteriorating under limited resources. The prospects in 2032 when the bills do have to be paid by the community, in a badly maintained hall would not be good.

Instead, the idea is to follow on from the **great work done by the previous trustees**, and get the hall refurbished, with a new toilet block, more flexible spaces including a welcoming reception area, bar, catering kitchen, and more.

The **CAT (Community Asset Transfer)** process will allow us to do all of the above work, and we are about to start negotiating with the council. It will mean that we are responsible for the building, including the bills (boo!), but the intention is to raise finance from better, more flexible use of the (refurbished) hall, rather than just raise the current rental charges to community groups.

This Community Hall, exists for the people around here, and the community groups are absolutely central to its reason for being.

It is vital that your views on what is going on, and what is proposed are known by the board,

and a "User Group Forum" with a chair person on the board is the best way to achieve that. Hopefully each community group can get a representative on the "User Group Forum" who will then elect a person to be on the board.

If you are in agreement (and let me know if there is a better way) then we aim to have the first session to set this up. Amanda has the hard task of getting as many reps together as possible, and to help, could you let her know what days and times your group prefers as well as any that you **cannot** do.

Hopefully we will have a hall that is fit for future generations, that everyone loves even more than at present – with your help and guidance.

Norman.



Support the Hall without donating a penny using:
www.easyfundraising.org.uk/causes/shirehamptonphca/

Contact Amanda Parsons
(Hall Manager, 9am-3pm Tues & Wed;
9am-1pm Thurs)
Tel: 0117 982 9963
email: bookings@shirepubhall.org.uk
www.shirepubhall.org.uk

	CAN DO	CANNOT DO	COMMENTS
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WEEKDAYS AFTERNOON			
WEEKDAYS EVENING			
SATURDAY			
SUNDAY			

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SHIRE COMMUNITY GRANTS

'SHIRE' newspaper is once again inviting applications from local organisations for a grant. If you wish to apply please advise us of the name of your group and how you serve the community.

If you require a specific sum for a particular project please let us know the amount. We regret we cannot issue grants to individuals.

The deadline for applications is 31st March. You can leave your application in the Shire folder in the Library or email it to chairperson@shire.org.uk. The committee will consider all requests at our meeting in early April.

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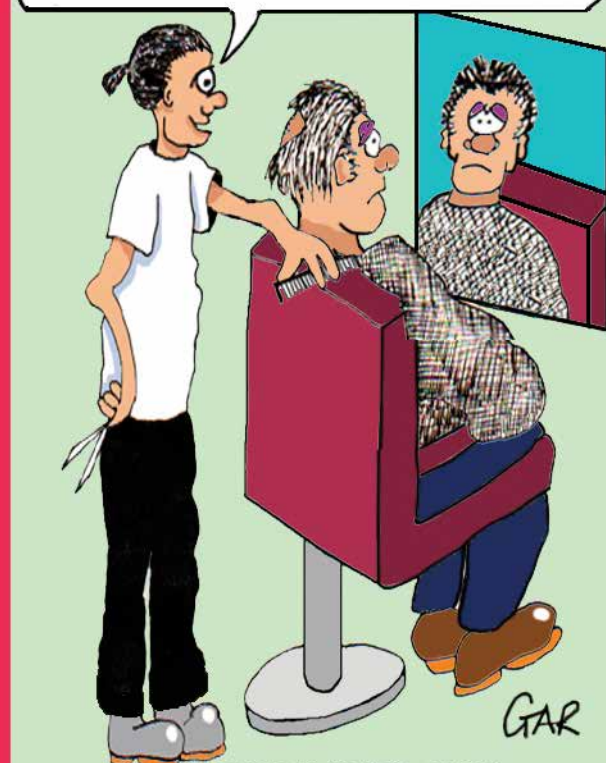
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Letters to the Editor



TYRE PRESSURE TO SAVE FUEL - SHIRE NO 577

Dear Editor,

In the Article on Climate Change by Renee Slater it states "RAISE TYRE PRESSURES ON YOUR CAR TO SAVE FUEL" This is totally irresponsible and dangerous advice. Renee Slater has her views on saving the planet. This ignorant advice could cost lives. Tyre pressures should be checked regularly and inflated to the level given in the car handbook.

Regards,

Chris Young

Renée Slater has replied to Chris Young

Dear Chris Young

You are quite right. I should have said, as you do, "Tyre pressures should be **checked regularly** and inflated to the level given in the car handbook" to save fuel. There is also a correction in the Climate Change report. Thanks for pointing it out.

Best wishes,

Renée Slater

DOG POO

Dear Editor,

I am appealing to the inconsiderate dog walkers who are regularly allowing their dogs to foul the pavements in Pembroke Road. Judging by the deposits both large and small dogs are involved. Today, a large deposit. Recently I cleaned the pavement 3 times in 10 days within close proximity to my house and I am also aware of deposits higher up the road.

Please spare a thought for people whose front doors open directly onto the pavement. This disgusting mess is trodden into shoes, onto pushchair wheels and walked into hallways.

If your dogs are about to relieve themselves, at least pull them into the kerb and then

PICK IT UP. PLEASE HAVE A SENSE OF COMMUNITY.

Pembroke Road resident (Name & Address supplied)

SCAM ALERT - AMAZON PRIME

Dear Editor,

I would like to alert people in Shire to the current "Amazon Scam" - this is where someone rings you to say that you have been charged £39 to join Amazon Prime, but that if you don't want that charge to be applied, to dial 1. You are then put through to someone whose purpose it is to discover your bank account details. I got as far as disclosing the name of my bank but became worried when I was asked my account number and the amount of the balance in my account! As if!

Once the details have been disclosed, of course, funds in the account can be diverted - many thousands in some cases.

Please go to the Amazon Scam website for further details.

(Name & Address Supplied)

(If you do have an Amazon account - Log-in in the normal way & check your account status. Ed.)

QUIZ NIGHT

AT THE PUBLIC HALL!

SATURDAY 21ST MARCH

DOORS OPEN 6.30PM FOR 7PM START

Teams of 4-8 people,

but individuals welcome to join a table!

American style buffet supper (so bring a plate of food to share!) and BYO drinks

TICKETS £5 PER PERSON IN ADVANCE FROM THE HALL OFFICE OR ON THE DOOR

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email: bookings@shirepubhall.org.uk

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Linda x x

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

- Monday 6.30-7.00pm, Wednesday 5.15-6.15pm and Thursday 7.00-8.00pm. Cotswold Community Centre. Message for 1:1 technique session.
- Bootcamps: Monday and Wednesday 6.15-7.00am. Please message for details.



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Churches in the Shirehampton Area

Hello from Shire Methodist

www.shiremethodist.org • www.facebook.com/shiremethodist

Our plans are gradually coming together to host a **Jobs, Training and Enterprise Hub** for our area. We are hoping that building work to make our premises more accessible will already be in progress by the time you read this. Our first event is taking place on 18th and 19th March from 10am until 4pm: a workshop for anyone in Bristol or South Glos interested in exploring setting up their own business. The training provider is **Outset**. More info and a booking form can be found on ShireEnterprise.eventbrite.co.uk

Developing the **Jobs, Training and Enterprise Hub** is in line with our church mission to support and help people in our local communities and to ensure our lovely building is open on more days than just Sundays. Other community events that we host include our **coffee and bacon butty mornings** on the first Saturday of each month and our afternoon tea, which is every Monday from 2pm until 4pm. Our Saturday mornings are well attended. We would like to try to encourage more people to come along on Monday afternoons as it is a very relaxed and friendly event where people can come and join in whatever they want: chatting, reading, playing a game or doing some craftwork. Loneliness and isolation is something that many people feel in our communities. Maybe this is just

the thing that might help you or someone you know. Please get in touch if you are interested but feel that something is getting in the way of being able to attend, we might be able to find a way around anything that seems to be a barrier.

Lent started at the end of February and continues throughout March until Easter. Many people traditionally give up something for Lent. Is that something that you are doing? We were reminded recently that the Bible suggests that fasting can be about loosening the chains of injustice, setting the oppressed free, sharing food with the hungry, providing clothes and shelter to people who are homeless and not ignoring people in need. If you haven't started doing something for Lent or have fallen off the wagon, these ideas might inspire you to give to the local Foodbank or another charity or to sign petitions to reduce injustice.

We continue to meet every Sunday at 11am for Morning Worship. We hire out our building to many local groups. If you are interested in hiring our premises please contact Bridget Williams (0117 982 0586). Please be aware that some booking requests may not be possible due to building work in the near future.

May God's peace be with you all during March.

Everyone at Shire Methodist

SHIREHAMPTON BAPTIST CHURCH NEWS

Once a month part of our giving goes to Missions at home and abroad. One of these is the **Barnabus Fund** which supports Christians who face discrimination or persecution for their faith. On Saturday March 21st from 7 to 9 pm the **Barnabus Fund** will be at St. Mary's Church. Everyone is welcome and it will be well worth hearing reports of the **Barnabus Funds** progress. On the following day Sunday March 22nd the **Barnabus Fund** will be at **Shirehampton Baptist Church** at 10.30 am.

It has not been possible to have a **Women's World Day of Prayer** in the village this year but there will be one at Bristol Cathedral on March 6th at 10.30 am. The Park and Ride bus will take you near. This year's service has been chosen by the women of Zimbabwe.

Easter will soon be here and we will give details of our services and the **March of Witness** in next month's Shire News.

We continue to give a warm welcome to our **Sunday Morning service** at 10.30pm and to our next **Cotswold informal meeting** on March 8th at the Community Hall, Dursley Road at 4.45 pm which includes refreshments.

Greetings from all at Shirehampton.

St Mary's News

Hi Folks!

First of all I must apologise for the omission of the February News, but this was due to a technical error. There is however an online copy if you still wish to read it!

Well, here we are into **Lent** - The theme for this Lent is "Encountering Jesus - stepping stones to living well" and there will be Lent Courses at various churches in the Avonside Mission Area on Wednesdays. The sessions are as follows:-

- Wednesday, 4th March at St Andrew's, Avonmouth
- Wednesday 11th March at St Mary's, Shirehampton
- Wednesday, 18th March at St Edyth's, Sea Mills
- Wednesday 25th March at St Peter's, Lawrence Weston
- Wednesday 1st April at St Mary's, Stoke Bishop

They all start at 7.00 pm with tea and coffee and each session will run from 7.30 pm until 8.45 pm.

In January at 6.00 pm Rev. Helen tried a new **Evensong**, everyone said how much they enjoyed the service and it is to be repeated for the foreseeable future on the last Sunday of the month. Why don't you come along and try it? There is no sermon and the total length of the service is about 45 minutes.

The next session of "Glow" is on Monday 2nd March with hot snacks from 7.15 - 7.30 pm and is held at the Tithe Barn. It is suitable for young people from the age of 10 - 17 years and is always on the 1st Monday of the month.

This month's session with the **Golden Oldies** is at 10.30 am on Wednesday 4th March.

On Sunday 15th March we will hold our **Annual Parochial Church Meeting** after the morning Communion Service and should start around 12.00 noon. This is the occasion when a new Church Council is elected for the following 12 months. You can only vote if your name is on the Electoral Roll of this church.



This month's **Messy Church** is on Tuesday 17th March from 3.30 pm until 5.00 pm, and is suitable for toddlers and primary school age children. Participants enjoy refreshments, crafts, Bible stories and singing and it is entirely FREE!

At 7.00 pm on Saturday 21st March the Baptist Church are organising an evening from the "barnabasfund" at St Mary's. Barnabus Fund supports hope and aid for the persecuted church. All Christian friends are invited.

Finally, the date of our **Spring Fayre** is Saturday 28th March and will be held in St Mary's from 10.00 am until 12.00 noon where you will find crafts, games, cake stall, refreshments and more!

And finally - Johnny's little brother was screaming his head off and he said to his Mum - "Where did he come from?" His Mum replied, "He came from heaven". Johnny said, "I can see why they threw him out!"

Bye for now! C.M.E.

MINI MASTERS AT ST MARY'S

Mini Masters, an Art Education Project for the Hilliard Society of Miniaturists (www.hilliardsociety.org)

During the past three years local miniature portrait artist Jenny Brooks HS RMS, has been busy organising an annual Mini Masters project, to encourage children and young people to have a go at working in miniature. The children's artwork is then exhibited alongside the annual exhibitions in Wells Town Hall, Somerset and each Mini Master will receive a certificate. Also at St Mary's Church, Shirehampton you can see some of the exhibition of local children's Mini Masters 2019 art work.

Last year the project was sponsored by Great Art who provided two awards of art materials to encourage the young artists.

The 2020 subjects for the two different age groups are:

- 11-18years [A] A recent Holiday Landscape & [B] A Portrait of a Relevant Character in the Landscape
- 7-10 years [A] A recent Holiday Landscape & [B] A Portrait of a Relevant Animal in the Landscape

If you would like to take part in the 2020 Mini Masters project, please get in touch with Jenny for an entry form and full details, sizes and Term & Conditions at fejennybrooks@blueyonder.co.uk

Entries must be received by 30th April.

I look forward to hearing from some young budding artists who enjoy working in detail.

Jenny Brooks



GLOW the Extra Mile in March 2020

Bristol Fundraisers are urged to get involved with the Alzheimer's Society night-time Memory Walk

GLOW is taking place across the UK in March 2020 to raise money to defeat one of the UK's biggest health issues, dementia. Fundraisers are invited to dress up in their *Glow-in-the-dark best*.

Alzheimer's Society is inviting fundraisers across Bristol to get their GLOW on and unite against dementia by taking part in its night-time Walk at Millennium Square (4.5Km), on Friday 6th March 2020, arrive 6.30pm for 7.30pm start. Registration open now at: memorywalk.org.uk/find-a-walk/glow-bristol-2020/ or Contact: Natalie.sadler@alzheimers.org.uk or call 07801 833 60.

Dementia is now the UK's biggest killer with someone developing it every three minutes, yet dementia research still trails far behind other

health conditions after decades of underfunding. Taking part in a GLOW walk will help Alzheimer's Society improve care, fund research and create lasting change for people affected by dementia.

Dementia devastates lives. Alzheimer's Society research shows that 850,000 people in the UK have a form of dementia. By 2021, 1 million people will be living with the condition. This will soar to 2 million by 2051. Dementia deaths are rising year on year and 225,000 will develop dementia this year - that's one every three minutes. It costs the UK economy over £26 billion per year. This is the equivalent of more than £30,000 per person with dementia.

(If you attend let us know at "editor@shire.org.uk" & send any photos. Ed)



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At Nova Primary School, situated in Barracks Lane, we have a vacancy for an SMSA (School Meals Supervisory Assistant). The post will be to work with our children across our lunchtime from either 12.00pm to 1.00pm or 12.30pm to 1.30pm. You will carry out a range of duties both in the dining hall and outside on either the KS1 or KS2 playgrounds. You will be able to build good relationships with both children and class teachers. You will work as part of a team to deliver high quality play activities and care during the lunch hour. The rate of pay is BG2 £17,364 FTE. This equates to £9.00 an hour. The post is for 5 hours a week.

Do please contact nova.p@bristol-schools.uk for further information or Tel: 0117 9030446. If you are interested you would need to complete an application form that we can email you or you can pick up from the school office.

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Activities at Lawrence Weston Community Farm



Farm Tots

Wednesdays 10.30-11.30am £2.50

Help feed the animals. For under 5s and their carers. Drop in most Wednesdays. **Please check Facebook for any changes.**

Walking Group

Wednesdays 2-3.30pm

Improve your health and meet new people by joining our free, friendly, weekly walking group. **If coming for the first time, please arrive at 1.45 to sign up.**

Gardening Group

Fridays 11 -12.30pm

Interested in getting involved in gardening on the farm? Come along Fridays to help with our gardens. **Call Ian 0117 9381128 for more details.**

Herbs for Health

First Friday of the Month 11-12.30

Help sow and grow a range of herbs and learn about their uses. Have a go at using them for cooking and wellbeing. Meet new people and spend time outside. These sessions are for people living locally to the farm. Free. No experience necessary. **Contact Kerry@lwfarm.org.uk 0117 9381128.**

Yoga for Beginners

Tues 17th, 24th & 31st March 2-3pm £5

Come and learn yoga at the farm! **To register or for more details contact Simone on 07306118873 or simone.orriss@gmail.com**

Introduction to Small Holding in 2 parts £45 for both

Part 1 Sat 21st March at Lawrence Weston Community Farm 10am-1pm

Part 2 Sat 18th April at Juley's Small Holding, Yatton

This workshop is facilitated by Juley Howard who started up her own smallholding from scratch 16 years ago. The workshop will look at general issues around running a smallholding, including land management, planning, complying with legislation, animal husbandry, growing vegetables and fruit, growing food for livestock as well as other products such as willow and hay. **To buy tickets <https://tinyurl.com/ulf654t>**



PUB CHEERS AS GOLDIES HITS 200!

Invitation - to session 200 at the Gloucester Old Spot pub, 138-140 Kellaway Avenue, Horfield, Bristol BS6 7YQ from 11.00am until 12.30pm on Wednesday March 4 . Please come along and meet many of the older people who have attended "Goldies" sessions across the area and hear from them how Goldies brightens their lives!

Want to know more? Contact Grenville on 07778 282934 or jonegrenville@aol.com.

Twelve years since the **Golden-Oldies Charity** launched its **FUN Sing&Smile** sessions for **older isolated people in Bath and Bristol**, the charity, more fondly known simply as **"Goldies"**, will launch session number 200 in March, its first to take place in a PUB.

Over the years Goldies has developed its work across South West England, South Wales, the Midlands, Yorkshire, Essex and most recently in East London. The sessions are enjoyed by thousands of older people. Session venues include community rooms, church halls, day centres, memory cafés, Libraries and now, **for the first time**, there's Goldies in a pub. The Gloucester Old Spot, Kellaway Avenue, Horfield in Bristol.

In Shirehampton the Golden Oldies continue to enjoy their monthly singing sessions on the first Wednesday of the month at 10.30 am in St. Mary's Church. Why not come along and give it a try? There are sure to be songs you will be familiar with.

Goldies sessions reach out to all cultures and founder Grenville Jones is always keen to underline the fact that Goldies is NOT about choir singing. The songs are the memory evoking popular tunes of the 60s onwards and chosen by the folk who attend across Wales and England. Grenville of course is a man with a reputation across the UK for his work with choirs. Over 1200 people sing in his various groups which include the celebrated Bath Male Choir and the rapidly expanding Good Afternoon Choirs.

GOLDIES is not about choir singing, he is always keen to point out, however FUN singing is at the heart of all they do. He took the first four sessions himself back in 2008 and there are now over 60 dedicated session leaders. Sir Cliff Richard became Patron of Goldies 10 years ago and supports their work with isolated people.

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CLIMATE EMERGENCY NEWS

The Climate Emergency Group will be hosting a major event on Flood Risk in Shirehampton and the surrounding villages on Saturday March 7th in the Public Hall. Many of you walking along the Yellow Brick Road will have seen the beginnings of the Environment Agency's Flood Risk defences underway along the borders of Lamplighters Marsh. We'll be able to learn much more about the flood defences and the area they will cover from the talks on the 7th. We're all in the same boat when it comes to Climate Change and its effects on us, so I do hope many of you from all the Four Villages will be able to come.



At the end of January SCEG hosted a talk by Peter Thompson of the Bristol Energy Co-op about community owned renewable energy. The Co-op aims to install solar panels and other forms of renewable energy generating technology on community buildings to reduce Bristol carbon footprint. Because the co-op is publicly owned we can all buy shares and thus contribute to reducing our carbon footprint. The Climate Group plans to host a public talk once a month. We hope to have Daniella Radici speak about Green Party politics in the run-up to our local elections and we'll be inviting

Tridos Bank to speak about environmentally friendly banking.

Finally, it was pointed out to me by someone much more knowledgeable about cars than I am that my suggesting we should raise tyre pressure to save fuel was DANGEROUS and ill-informed advice. I should have said: "Tyre pressures should be checked regularly and inflated

to the level given in the car handbook" to operate at maximum efficiency."

Renée Slater

SHIREHAMPTON CLIMATE EMERGENCY GROUP

Flooding will be the biggest impact of climate change in the UK

FLOOD RISK IN SHIREHAMPTON AND SURROUNDING AREAS

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Barriers are being built near Shire NOW.
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Talks start at 10:15	Colin Taylor - Environment Agency, Flood & Coastal Risk Management Advisor
	Patrick Goodey - Bristol City Council, Flood Risk Manager
	Nikki Jones - Avon Need Trees

Everyone Welcome | Tea, coffee and cake available

Bee Happy Shire

LEARN TO LOVE YOUR DANDELIONS!

"You can't personally help tigers, whales and elephants but you really can do something for the insects, birds and plants that are local to you,"

March - If there is one thing you do this month to help pollinators - Learn to Love your Dandelions! Weeds are wonderful: put away your lawn mower and watch the first solitary bees, honey bees and hoverflies that come out of hibernation & find pollen and nectar rich flowers on your lawn - that will give them a flying start to their year. Leaving the grass to grow 8-10cm (3-4in) tall means clovers, daisies, self-heal and creeping buttercup can also flower.

April - Sees the start of Bee Happy - Shire's new project to create a Community Garden on The Ridge amenity area in Shirehampton. So far we have thought about a Mini Wildflower Meadow, a Calendar Garden and a Scent Garden - Please send us your ideas and thoughts on how best to make this a beautiful area where people and pollinators can thrive. Send your thoughts to the Bee Happy Shire Facebook Group.

Thank you!

More Information @ www.theguardian.com/environment/series/the-age-of-extinction
www.facebook.com/groups/564573427747094/about or contact: Ash Bearman SCAF
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NATURE NOTES

Snapshots of the wildlife in Shirehampton gardens! Sadly none of these lovely creatures were in MY garden! But hey ho, thanks to friends we can enjoy them anyway! I am managing to keep enticing other beauties in however, such as blue tits, long tailed tits and the occasional robin, so mustn't complain.



©Bobbie Perkins

I watched three swans fly over the river towards Slimbridge wetlands, I'm guessing, just the other morning. That's always a pleasant surprise.

The herons are in full nest-building mode at the moment. I stood and watched a few mornings ago as they swooped down into the wood below their nests gathering twigs and suchlike, then flying back up to present everything to their mates, patiently waiting to arrange them to their satisfaction! Fascinating!

Spring is really into production now, despite the awful storms, and doesn't look like slowing down! Great times ahead! Happy nature watching all!

Bobbie Perkins

Tynings Field Community Group - New Start In Spring

The year started cold, wet and windy in Tynings Field. The storm Ciara ripped the roof off the chicken coop smashing it to pieces. No chickens lost. Instead they hid under it and laid eggs while we waited for the lull in the storm to put a temporary roof on. Thanks to members Vicky and Ed and Caroline braving the weather the chickens got their home back. In the summer, on a work day, we aim to replace the whole roof and repair the chicken coop.

During the storm the first apple tree blossomed. Primroses and daffodils bloomed. The bees are quiet, but they will soon awaken. People have noticed the snowdrops in the hedgerow. They are beautiful and were donated by a local lady, Anne Redford, when we cleared and laid the Elm hedge 10 years ago. Our aim then was to give the local community and wildlife (bats, stoats, birds and foxes) the diverse hedge they deserved so we gapped up with a few Hawthorn, there are wild flowers and primroses too. There are many birds here, pigeons, jackdaws, crows, blackbirds, magpies, finches ... so many varieties. Robins and a pair of Tawny owls have been heard and seen at night in the field. In the orchard area Caroline implanted mistletoe from Stanton Drew stone circle onto some trees. We await the result.



This year more plots are being developed on a joint basis to provide surplus veg for ourselves and to sell to the wider community.

We grow as a group and work as a team. Covered by South West Allotment Association we are a smallholding for community agriculture. We are not council run, or led, so we ask that time is also spent to participate in maintaining the whole field as a team on some work afternoons. Its not all about veg growing.

If you wish to join our group of veg growers please make contact - Find us on Facebook <http://www.facebook.com/tyningsfieldcommunitygroup>.

We are also looking for donations of MDF boards 6x3 x4 or 3x3 roughly, Sheets of Polycarbonate or Laminate, 2x2 and 4x4 wood.





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SUPPORT OUR LOCAL HIGH STREET:

Stadon Pet Supplies

Gail Stadon has been running Stadon Pet Supplies in Shirehampton High Street for over twenty years. She lived in St. Bernards Road with her family from the age of 10 years old and attended the local schools. At the age of 25 she moved to Lawrence Weston but still remains a Shire girl at heart.

“From a very young age I always wanted to have a pet shop, so when I was made redundant from my job, the opportunity arose to take over the then Pet/Hardware/Garden Shop. The pet shop side of things took over and the hardware and garden stock was phased out. “It isn’t your run of the mill pet shop. We of course do cat and dog toys, dog treats, real bones, tanks, cages, basking bulbs for reptiles. We sell a good selection of food for reptiles and I also mix and sell my own dog food, which has helped a lot of dogs with skin problems. The list of what we sell is endless and if we don’t have something in the shop that you need then I can order it in and we remain competitive with our pricing.” said Gail.

I asked Gail about the most unusual order she has received. “I had one customer request that we sell Andrex toilet roll in the shop because it had a puppy pictured on the packaging and in the advert the puppy was playing with toilet roll. He couldn’t believe we didn’t sell it but I have no plans to stock it in the future.”



©Kathryn Courtney

I did ask Gail her opinion on our local High Street. “I have my regular customers who come in for pet supplies and we have a banter. Many know me and watched my kids grow up. We have such a lovely village but it’s not as busy as it used to be. It’s getting a bit scary. We have too many hairdressers and barbers in the High Street now. We need variety and inspiration and choice. We had a sports shop, toy shop, and the little arcade across the road where the Job Centre stands now. These individual shops

brought people into the village. I feel things are just going to get worse before they get better.”

Stadon Pet Supplies can be found at 26 High Street, Shirehampton. They are open Monday to Saturday 9am - 5pm. Telephone 0117 9382830. Their web page is www.facebook.com/Stadon-Pet-Supplies.

Kathryn Courtney

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BECOME A TAI CHI INSTRUCTOR

- FREE training for over 50s

Friends Ageing Better is once again, offering FREE training to over 50s, to learn a basic sequence of Qigong Shibashi Tai Chi to then teach to others in the community.



Tai Chi Qigong Shibashi is designed to help to improve mental health and physical well-being. Qigong means 'energy exercise' and Shibashi means 18 movements. This exercise can be done sitting or standing, which makes it very accessible, and its benefits have been well researched.

This form of Tai Chi is found to improve health and well-being and is a discipline that involves the mind, breath and movement to create a calm, natural balance of energy. It can improve balance and cognitive function as well as aid with pain management. Tai Chi is recommended by the NHS as helping to improve balance and coordination.

The training involves attending a taster session, and weekly home practice, before attending a weekend workshop. The training is likely to start in **May 2020** at a **Bristol Central** venue to be confirmed.

Mary Kroeber, Instructor, trained in 2019 with FAB says: 'I love teaching Tai Chi, it makes me feel good and I know people are enjoying themselves because they keep coming back'. Mary currently leads a free weekly class for over 50s at the Ardagh on Kellaway Ave every Tuesday from 10am.

To find out more about how to become a Tai Chi Qigong Shibashi Instructor, please contact Friends Ageing Better on email fab@ageukbristol.org.uk or by calling 0117 440 4301.

ABOUT AGE UK BRISTOL

The charity formed in 1994 by a small dedicated group of Trustees is an independent charity working in Bristol providing opportunities for over 50s to get together, meet other people and enjoy discounts and special events from local shops and venues in the city. It is funded by Bristol Ageing Better and delivered in partnership with Bristol Older People's Forum, to offer support and services to older people. The charity covers the City and County of Bristol. Our offices are located at Canningford House, 38 Victoria Street, BS15 4ES (near Bristol Bridge). To become a FAB member please visit www.ageukbristol.org.uk or call 0117 440 4301.

My Trip Down Memory Lane

Recently my son texted me and asked a question regarding a shop that was in Station Road when he was a boy and the proud owner of his first computer – the Spectrum.

As I couldn't instantly answer his question I contacted numerous friends who have lived locally for many years, but to no avail.

After several weeks, not to be beaten, I called into the library and shared the puzzle with the Librarians who were welcoming, interested and helpful. I asked if the library held Archives of early editions of the Shire paper as I needed to search the adverts. They took me to where a pile of huge binders were stored – each binder containing a decade of catalogued issues of the Shire – I chose 1979-1989. This clearly was like looking for the proverbial needle in a haystack – there being 12 editions per year and multiple pages per copy. I poured over each edition and was transported back in time with so many articles of local news and photos of folk. I was

engrossed and scanned edition after edition, advert after advert and then Eureka – I FOUND IT! Not only had I found the answer but had recalled memories of using the library as a child and teenager when I frequently used the Reference Section for research prior to exams.

Back then the Children's Section was upstairs and was strictly a 'No Talking Zone!' I remember a certain Librarian with the most acute hearing and despite her mature years it was with surprising agility she galloped upstairs to eject the culprits from the Library building!

Thankfully times have changed - Children are welcomed and superb resources are available for one and all.



Thank you to the Library Staff and for the Team who produce the Shire and for my trip down memory lane.

NB. The Question – 'What was the name of the Video Shop in Station Road?'

The advert I found held the answer – it read like this:- 'Auto Video, 26 Station Road, next to the Bingo Hall'.

Ah me, more childhood memories loomed of Saturday morning pictures at the Savoy Cinema!

Anne Ford (Thank you for your donation – Ed.)



Space4Makers - Woodworking Workshop

Come and explore how you can get involved

permission to expand the Social Justice Hub in Avonmouth by building a new woodworking workshop facility. Building works are expected to be completed in time to launch taster sessions in the new workshop during the Summer 2020. Follow us on facebook for regular updates!

the creation of this new workshop space but we need more help.

PLEASE DONATE

We have a great vision for this new workshop, but for us to achieve this vision we're going to need your help. If you would like to make a financial donation, please visit: www.totalgiving.co.uk and search for "Bristol North West Foodbank"

GET INVOLVED

You can get involved by being part of the volunteer team helping to setup and run the workshop, or simply come and enjoy this great new space once open. We have plans to run a range of activities in the workshop, perhaps a furniture restoration & up-cycling group, parent/child group, model making club, even making wooden surfboards! We'd love to see some of the activities growing into social enterprises that could eventually contribute to the running costs of this facility.

CONTACT US

t. 0117 923 5343

e. space4makers@bristolnwfoodbank.org.uk

w. www.bristolnorthwestfoodbank.org.uk

f. [@bristolnorthwestfoodbank](https://www.facebook.com/bristolnorthwestfoodbank)

Bristol North West Foodbank, Social Justice Hub, St Andrew's Church, Avonmouth Road, Avonmouth, Bristol, BS11 9EN. Registered Charity Number 1147727

OUR VISION ABOUT US

The vision is to provide informal groups and activities, alongside training programmes that engage with the wider community to reduce social isolation, strengthen families, engage young people and young adults to develop confidence & skills that can help them into work.

THE JOURNEY SO FAR

We're delighted to announce that the Bristol North West Foodbank has secured funding and planning

FUNDING

We are very grateful for the capital funding provided by the 'Port Community Resilience Fund' to enable

THEY MADE A DIFFERENCE, SO CAN I

Recently, the pupils at Shirehampton Primary School enjoyed a week of exciting activities centred around the theme: *They made a difference, so can I.*

Children learnt about how famous musicians, poets and artists have used their creative talent to raise awareness of issues faced by modern society, with the hope of bringing about a positive change.

Each class chose a well-known song which they learnt off-by-heart and then performed in front of the rest of the school. Songs covered topics such as: self-acceptance, poverty, environmental and animal awareness, world peace, equality and diversity. Children also wrote poems based on the topics and enjoyed creating some Banksy inspired stencil art!

Not only was there great fun had by both pupils and staff alike, everyone finished off the week on a positive note, knowing we can all work together to make a difference to world problems in our own small way.



KEEP CALM AND Become a School Governor

Wanted - New Governor for Shirehampton Primary School!

Our hard-working team of Governors is looking for an additional Co-opted Governor to contribute their skills to the School's Governing Body. Many of our existing Governors are also parents and staff at the School and we are therefore looking for a committed individual who is currently outside of the School community to complement the team. No previous experience required; training provided.

For further information, please email the Clerk to the Governing Body - elizabeth.jahn@bristol-schools.uk.

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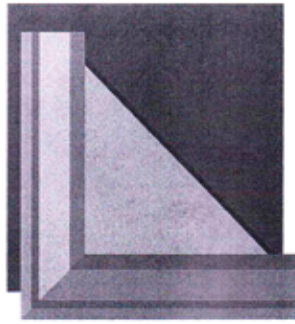


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Shirehampton is in the Bristol North West Constituency

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Website: www.darren-jones.co.uk

DARREN JONES NEEDS YOUR HELP!

"This year Darren wants to focus on you. Your voice matters and he wants to make sure it's heard."

First up is the **Bristol City Council deadline for applying for community grants**. These grants are funded by a tax on developers across the city. Last year some parts of his constituency did really well, but others less so. This year, he wants to see this funding directly benefit people living in Shire and that is why he needs your help. So please do send him your ideas and he will then discuss them with community groups before submitting the best ideas. The **deadline for this is April 10th** so send in your ideas soon!

Second up is his new **Citizen Panels**: local panels that will help decide what local and national issues he works on, on your behalf. You will all get a leaflet from him soon showing you how to sign up but you can drop him an email if you would like to register your interest now. Please do get involved!

Finally, some dates for your calendar. On **March 7th** he'll be attending the **Climate Emergency Public Meeting at the Shirehampton Public Hall at 10 am**. He needs your voices to contribute to this meeting, so please come along if you can. He is also bringing back **street stalls** and the first this year will be outside the **Shirehampton High Street Co-op at 10 am on March 28th**. He hopes to see you at one, or even better, both of these events this month! You can find more information

about this on his website.

Darren will be continuing his schedule of street stalls (including outside the Co-op in Shirehampton), surgeries, coffee mornings and pub politics sessions. You can find more information about these events on his website.

If you think there's something he can help with - for example, if you are appealing an ESA or PIP decision, you're having problems with housing or your Universal Credit claim is facing on-going delays, if you want him to visit your group or organise an event with him, please get in touch.

All contact details for Darren Jones, and your local councillors, are available on above.

From Darren Jones MP

SPORT IN SHIREHAMPTON

City and Port of Bristol Bowling Club

The second indoor game of the winter was played on Saturday January 18th against Begbrook Green at the City and County Indoor Arena. An enjoyable and well contested game, on six rinks and of two hours duration, ended in victory for Begbrook Green by eighty shots to 61. But City and Port did have two winning rinks - skipped by John Conroy and Ken Davies.

Sunday January 26th was the date for loud cries of Beetle to be heard in the skittle alley at the PBA Club - it could only be one thing - the Annual Beetle Drive. Organised by the Tour Committee and attended by twenty six bowlers it was once again great fun if a little frustrating at times - how can it be so difficult to throw the all-important six and start the game by drawing the beetle body to which all other parts attach!! Once the entire beetle is drawn it's time to shout - Beetle and score thirty nine points. Playing in pairs, the winning pair, the ones with a complete or nearest complete beetle, moved to the next table at the end of each game. Everybody else moved around the table to change partner each time. Twelve games were played and at the end the player with the highest score was declared Beetle Champion 2020. This year's winner was Ray Cook with an impressive 362 points. There was also a prize for the lowest score and Janet Reed took it with 279. An excellent raffle concluded what was a very enjoyable event.

The next **Sunday Evening Social** will be a Gordon Dimond Quiz on March 29th at 7.30pm.

Thursday March 12th is the start of season meeting which will commence at 8.15pm in the ballroom.

The green will open on **Good Friday, April 10th** and the first mixed friendly game will be at Bristol Arrow on Easter Sunday April 12th.

The first Men's League game of the season will be at home to Keynsham B on **Thursday May 7th** and the ladies start their campaign a little earlier on Friday May 1st at home to Redland Green.

The **Monday night club league** will have five teams this year, one more than in 2019.

The club is looking to recruit new members for 2020. Why not come along to the green for a free try at bowling - the Sport for All. Whether you are looking for a friendly and relaxed game on a Sunday afternoon or to take part in competitions to be a winner. You don't need to be old and rich to do it so bowling could be what you want. There are many very good young bowlers at other clubs, so young or old, come and give it a try? Coaching by qualified coaches is available free of charge at the club.



For more information please contact David Hinksman on 0117 9082713.

Coastal Rowing at Shirehampton Sailing Club

We are now looking to redevelop the clubhouse to provide male and female changing spaces and to introduce rowing as a new club activity.

Clevedon Coastal Rowing Club have brought their Celtic Longboat to Shirehampton a few times this winter and as a result of that experience we are looking to include rowing in the club's programme next season (2020).

Rowing is an activity that anyone from the age of 16 to over 70 can take part in. It's a great way

to maintain and improve fitness. As everyone in Shire is likely to know, the times when can row will depend on tide times each day. For the older members of the community rowing from the Shire slip will be a reminder of the old Pill Ferry.

If you need any further information please let me know. Anyone who is interested can contact me direct by email - maggieandbobh@yahoo.co.uk.

Bob Hayes, Secretary, Shirehampton Sailing Club CIC

Family Announcements

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Edna Geater



Lately of Dursley Road but more recently a resident at Penhill Residential Home, Edna passed away at Southmead Hospital on 4 February, the day before her 96th birthday. She will be sadly missed by all her family, her friends and the residents and staff at Penhill. The cremation is at Canford on Monday 16 March at 12 noon. No flowers thank you. Donations may be made to St Peter's Hospice.

Pam & Steve Hignell

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The Good Life in Shirehampton

We had family visiting for the weekend recently, and went into town together for lunch by the harbour. As we sat in one of the many busy cafés by the harbour, I noticed that two tables along a man I recognised sat with his own family. I've seen him commuting on the little train from Shirehampton most weeks for the past three years.

I have gotten quite used to seeing familiar faces around Shire over the past few years, maybe just the staff in the high street shops or the regulars at St Mary's coffee mornings, and often people I know enough to say hi. We don't actually go into the centre of Bristol much, and especially around the harbour it can feel more like a regional tourist attraction than home.

It made me realise two things. One is how fortunate and continually glad we are that we moved to Shire just over five years ago. I have heard some older residents mourning how it isn't the same as it used to be, but relative to the more transient parts of Bristol the Shire community feels pretty solid.

The second is that we are in charge of how much we are a part of our community. In a way we're lucky – being with the kids often means people feel able to chat, but we were so welcomed by our neighbours from the very start that we have felt confident to talk to people in the shops, at the library, at the bus stop, wherever really.

Interesting really, that our own sense of security and being able to welcome other people rests upon knowing we are welcome ourselves. And as the weekend demonstrated, sometimes you don't need to have exchanged a single word to feel a shared sense of belonging.

Rita Smith

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