

# Shire

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



No. 606 - July 2022 [www.shire.org.uk](http://www.shire.org.uk) 5,000 copies monthly

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## Shire Celebrates the Queen's Platinum Jubilee

*A selection of photos from events held at Walton Road, Springfield Road, Dursley Road and the Cotswold Community Centre.*

More photos on pages 12 & 13.



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# Shire

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# PUBLIC INFORMATION FOR JULY

## SHIRE NEWSPAPER AGM

Shire Newspaper will hold its Annual General Meeting on Friday 5th August 2022 at 5:30pm. We will be meeting in the Cotswold Community Centre, Dursley Road, BS11 9XH. Members of the Public are Welcome

## AVONMOUTH SEA CADET UNIT AGM

Notice is hereby given that the Annual General Meeting of Avonmouth Sea Cadet Unit will be held at TS Enterprise, Avonmouth Sea Cadet Unit, Station Road, Shirehampton, BS11 9XA at 1930 hrs on Wednesday 13th July, 2022. If you wish to attend, please request meeting log in details from the secretary contact details, as per below.

SEA  
CADETS



The Agenda will include: Opening address or comments by President or Chairman, Minutes of the last AGM for adoption and matters arising from those Minutes, unit Chairman's Report, Commanding Officer's Report, Treasurer's Report and adoption of accounts, Election/Re-election of the Unit Management Committee (UMC) (either en bloc or individually, plus new nominations).

The Secretary; Mrs. Clare Waggett c/o TS Enterprise, Avonmouth Sea Cadet Unit, Station Road, Shirehampton, BS11 9XA, email: [secretary@avonmouthseacadets.org](mailto:secretary@avonmouthseacadets.org) Tel: 07972 376194.

## SHIREHAMPTON PUBLIC HALL AGM

Wednesday 6th July 2022 at 7pm. All Welcome. For voting rights and for details on how to become a member of the Association see page 18.

## BEHIND THE SCENES OF THE GREEN PLANET

A Talk by BBC Producer Paul Williams

Wednesday 6th July at 7pm. Shirehampton Methodist Church, Penpole Avenue

## AVONMOUTH LADIES CLUB

We meet at Avonmouth Community Centre - on the first and third Tuesday of each month at 7pm (but not in Jan and Feb). We listen to a variety of speakers as well as having occasional outings.

A warm welcome awaits. For any information contact Julia on: 0117 982 9390.

### Diary of Events: July – Sept 2022

July 5th - Summer Outing (TBA)

July 19th - My Iceland Adventure - by Julie Watson

Aug 2nd - British Sign Language - by Louise Pocock

Aug 16th - To be Arranged

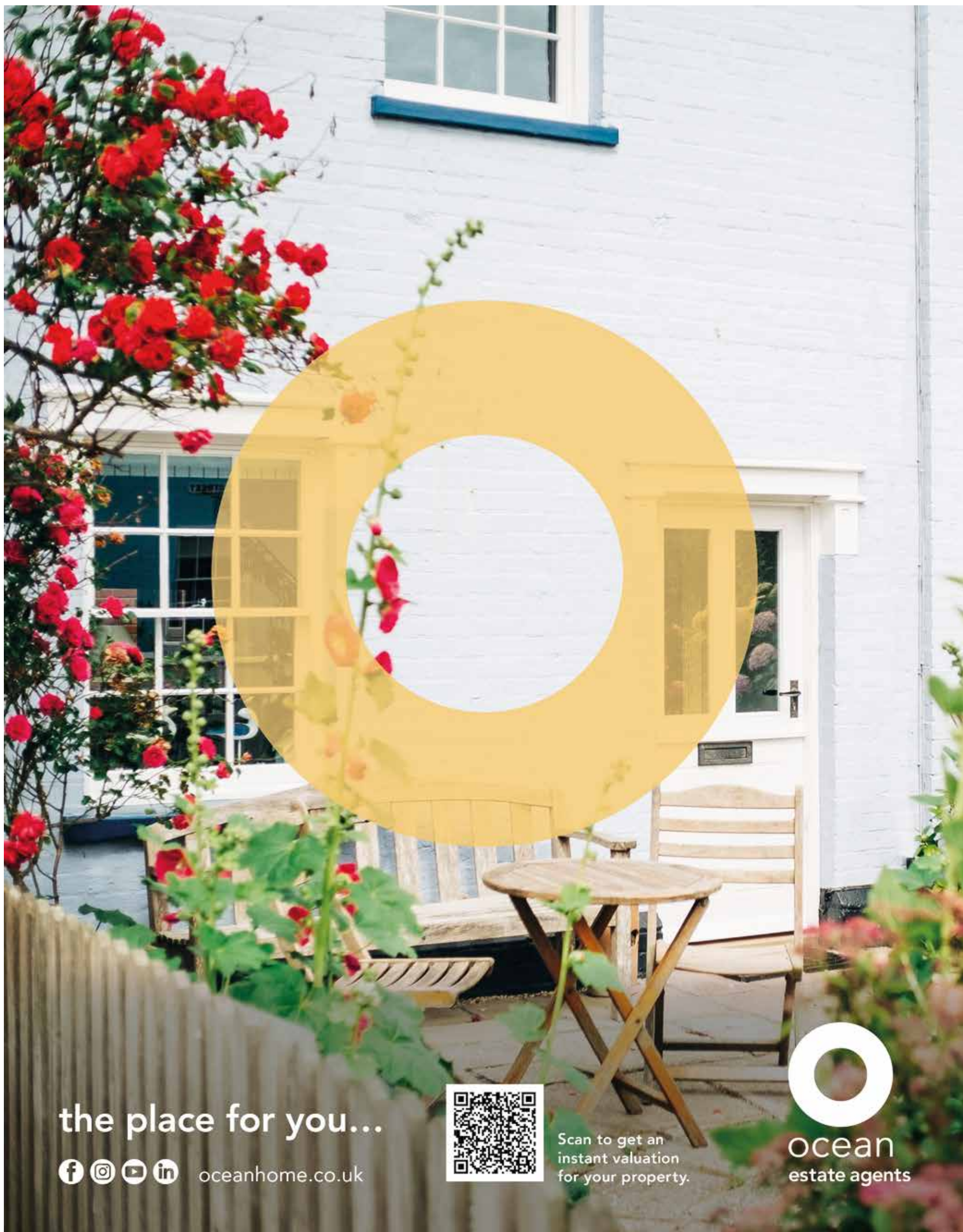
Sept 6th - Local History - by Ken Edwards

Sept 20th - To be Arranged





## SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

DAY	ACTIVITY	TIME	LOCATION
MONDAY	Twyford Art Club (except July & August) Yoga	10:00am - 12noon	Hall
		6:00pm - 7:15pm	Hall
TUESDAY	Messy Play Toddlers Line Dancing Puppy Training	9:00am - 11:00am	Hall
		2:00pm - 3:00pm	Hall
		6:30pm - 8:30pm	Hall
WEDNESDAY	Bristol Healing Rooms (every 2nd Wednesday) Pop-Up Play Village Bristol North (every 3rd Wednesday) Over 75s Exercise Class Extraordinary Links Shire Stitches (every 3rd Wednesday) Women's Fellowship (every 2nd and 4th Wednesday)	11:00am - 1:30pm	Hall
		9:30am - 1:30pm	Hall
		2:00pm - 3:00pm	Hall
		3:30pm - 5:30pm	Hall
		7:30pm - 9:30pm	Hall
THURSDAY	Shirehampton Community Art and Social Group (formerly Sea Mills Art Club) Model Railway Club Tai Chi Grainger Players	10:00am - 12noon	Hall
		7:00pm - 10:00pm	Club Room
		2:00pm - 3:30pm	Hall
		7:30am - 9:30pm	Hall
FRIDAY	Shire Stitches (1st Friday of the month) Stay & Play (formerly Playtots) Shire News (last Friday of the month) Tree of Life Church (1st Friday of the month)	10:00am - 12noon	Springfield
		9:30am - 11:00am	Hall
		4:00pm	Hall
		6:00 - 10:00pm	Hall
SUNDAY	Cycle Tots (from January 2022 - term time only) Church of Grace	9:00 - 10:00am	Hall
		11:00am - 4:00pm	Hall

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



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# The *Shire* Community Pages

## Deliverers Wanted

A few rounds have become available in the village so if you can spare an hour or so once a month, we would appreciate your help. This is a vital part of the Shire paper's success and with your help we can continue to provide a local publication that we are so proud of.

They are:

The 11 dwellings at Kilminster Rd.

The 44 homes in Penpole Lane.

Park Rd from Trafalgar Cottage up to the Park Rd access point into the Golf course, (just one side of Park Rd.)

If you live in any one of these areas and would like to volunteer (like Beninn – pictured across) please give me a call on 07811 385385. Many thanks.



Bobbie, Distribution.

© Ludo Tolu

## ODE TO SHIRE

A walk along the Riverbank  
 On an early misty morn  
 Helps to raise my spirits  
 When I'm feeling all forlorn  
 Bejewelled webs on the hedgerows,  
 Golden sun all aglow.  
 Boats on the river,  
 Pampas grass all aquiver.  
 Oh! I'm the lucky 'un.  
 To live in Shirehampton

(Anon)

## Stamps to Mark the Platinum Jubilee



What a fantastic community event the Jubilee celebration on the 21st May was! Shire had a spot in the Public Hall amongst the fantastic array of market and community stalls. We had a lovely time soaking up the atmosphere and speaking to members of the community, we were even interviewed by BBC Radio Bristol!

We asked children to help us design and colour a stamp to mark the Queen's Platinum Jubilee and we had some fantastic entries, from children aged 21 months to 9 years old. There were some beautifully colourful profiles of the Queen and some children decided to create their own unique design. We hope all the children enjoy spotting their picture in this edition!

Lucy Bradley

Top Row (L-R) Lauren Williamson (3), Sophie White, Lois Phillips, Toby (4), Wilf.

Middle Row (L-R) Kara Phillips (4), Maeve Pretious-Hawke (21mths), George (5), Grace D, Eve Bradley (5), Fleur (3).

Bottom Row (L-R) Sophie Bradley (3), Liv May Pillinger (9), Evan Williamson (5), Elsa Phoenix (5).

© Lucy Bradley

## LETTERS TO THE EDITOR

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

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

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

*Many thanks.*



## BORN IN THE YEAR 1936?

Dear Editor,

I have these two photographs of my old school pals and got to wondering where are they now? It came about because we were all born the same year King George VI was crowned and we finished our Portway school education the same year Queen Elizabeth II took over the mantle of the reigning monarch.

I was wondering if they are still living in the same location or like myself, packed their bags and settled in pastures new.

*Maureen & Brian Swain, Australia.*



# Family Announcements

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

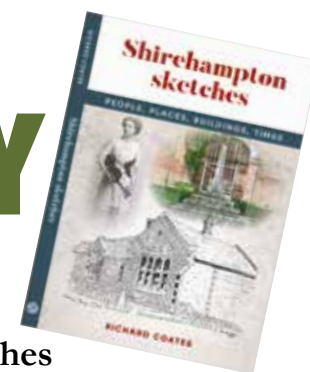
To book contact: [adverts@shire.org.uk](mailto:adverts@shire.org.uk)

Small text box = £10.

Larger picture box = £15.

**The Friends of Shirehampton Library Present:**

# SHIRE'S PAST TODAY



A Talk by Richard Coates, author of Shirehampton Sketches

Thursday 21st July at 7pm

Shirehampton Library, Station Road

Richard Coates will give an illustrated talk on aspects of the history of the Shirehampton area, including much on details that may have gone unnoticed!

Copies of Richard's recent book will be available for sale at the talk (£14), with all proceeds going to Shirehampton Community Action Forum (SCAF).



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

I am a local Shire resident and a Personal Trainer who can help you to achieve your goals without the need to attend a gym. Whatever your age or ability I can help:

- Improve health and fitness level
- Improve muscle tone and bone density
- Improve mobility and coordination

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

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



**Scouts** 

191st Bristol  
St Mary's Shirehampton

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

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

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

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

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

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

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

# CAN YOU HELP SCAF?

## We are looking for new TRUSTEES & TREASURER

Shirehampton Community Action Forum (SCAF) is a small, grass-roots community development organisation based at Shire Public Hall. We are a registered charity and not for profit company limited by guarantee established in 2001 to work for the benefit of everyone in Shire. Projects & Activities include:

- Shire Door to Door Shopping Trips
- Monthly Community Market (1st Thursday of the month 10-3pm at Tythe Barn)
- 2 weekly Walking Groups – The Nomads & Walkie Talkies
- Community Safety Action Group
- Shire Greens – Environmental projects & Shire Station flower planters
- Planning - weekly Planning Watch Bulletin & Shire Planning Group
- Work areas from our 5 year Shire Community Plan

We are looking for new Trustees & a Treasurer to join the Board of Trustees. The Board meets every 4-6 weeks on a weekday evening at Shire Public Hall at 6pm. Further enquiries welcome.

Please contact David Thomas at [chair@shirecaf.org.uk](mailto:chair@shirecaf.org.uk) or Ash Bearman, SCAF's Community Development Officer at [ash@shirecaf.org.uk](mailto:ash@shirecaf.org.uk) - or 0117 982 9963 if you would like to talk over the roles.

You can also attend a Trustee meeting as an observer – without any obligation – just to see what goes on.

## SHIRE DOOR TO DOOR SHOPPING TRIPS 2022



PICK UP FROM 9AM UNLESS STATED

WEDNESDAY 29 JUNE: YATE SHOPPING CENTRE

WEDNESDAY 6 JULY: WILLOWBROOK

WEDNESDAY 13 JULY: NAILSEA TOWN CENTRE

WEDNESDAY 20 JULY: KEYNSHAM TOWN CENTRE

WEDNESDAY 27 JULY: PORTISHEAD

WEDNESDAY 3 AUGUST: WESTON-SUPER-MARE

10 AUGUST: YATE SHOPPING CENTRE

17 AUGUST: CADBURY GARDEN CENTRE



These trips are organized by SCAF especially for Shire residents Aged 60 +

Lawrence Weston Community Transport (LWCT) are providing this door to door service in a fully accessible 13 seater minibus

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## Shirehampton Primary School News

Another term over and done with for Year 1, this year is flying by! We have been singing songs, telling stories and attempting to grow plants.

The 'Billy Goats Gruff' have been entertaining us this term. We started off by learning the traditional story, with lots of actions. Then, as a class, we innovated the story. The children decided that the 'The Three Fluffy Sheep' would replace the Billy Goats; and of course, if you have fluffy sheep, guess who is lurking under the bridge? The big bad wolf! Finally, the children wrote their own version of the story that they innovated themselves: we had three Godzillas and King Kong; three unicorns and a crocodile and a very clever three little trolls and the big bad goat. In Science we were learning about plants. This year we had some very green fingered children who managed to grow French beans, with only a few that didn't grow - last year only three grew! Many of you may know how to be like a Roman! The children really enjoyed learning about the Romans and in particular singing an absolute ear-worm of a song: Just like a Roman. Year 2 even remembered the song from last year and joined in during our assembly.

A big thank you to all of our parents who had the time to join us for our year group assembly.

*Michele Daniels, Office Manager*

## Put your feet up for a change and let me do the footwork

I am a Member of the British Association of Foot Health Professionals and offer a competitively priced foot care service in your own home.

**Contact Debbie on 07874 227479**

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# THE GREEN PAGES

## Personal Transport: We Need a “System Change”

The Climate Emergency Group hosted a talk by Peter Lang, Environmental Consultant at Riversimple, a UK based hydrogen fuel cell car company. The talk covered the way conventional cars are designed, built, owned and maintained to maximize profits for automobile industry shareholders. To do this manufacturers must keep costs as low as possible and encourage people to buy new cars as often as possible, even though the market for new cars is saturated. The automobile industry is not interested in reducing environmental damage by designing cars to get better mileage or last longer. There is no profit for them in that. Riversimple has a different purpose: “The purpose of the group is to pursue, systematically, the elimination of the environmental impact of personal transport.” They exist not to seek profit for shareholders but to offer people a means of personal transport that will not destroy the planet.

Peter Lang explained how cars work and the differences between cars powered by the internal combustion engine and an electric car powered by hydrogen. A hydrogen powered car doesn't need a heavy engine and so doesn't require a heavy steel frame. What struck me most was that instead of trying to 'improve' the conventional design of the motor car to make it less environmentally damaging, Riversimple were thinking of an entirely new way of building and powering personal vehicles that began with care for the environment. Riversimple is about system change. We are often told that 'system change' is necessary if we are to avoid catastrophic

climate change. Of all the groups of automobile users and owners – private owners, government, public transport and the auto industry - the industry is the least fit to make the changes necessary as we transition away from burning fossil fuels. Some of their un-fitness is due to their standard governance, which obliges them to seek profit first and rewards their directors and CEO's on the basis of profit. Riversimple is experimenting with systemic change in the way the company is structured and governed as well. They have identified six stakeholders – environment, users, neighbours, staff, investors and commercial partners. Each of these is

represented on the board by a Custodian who holds the voting shares, and defends the interests of each group of stakeholders. It is a new model of corporate governance that puts the interests of the environment before profit. I was impressed by Riversimple as an example of the kind of system change we must bring about if our civilization is to survive the effects of climate change. You can see more about Riversimple and their Rasa car at [www.riversimple.com](http://www.riversimple.com).

### SHIREHAMPTON CLIMATE EMERGENCY GROUP

Has resumed meetings in the Cotswold Community Centre, Dursley Road, BS11 9XH. We meet on the 2nd and 4th Tuesdays of the month at 7:30pm.



IF YOU ARE CONCERNED ABOUT CLIMATE CHANGE, DO COME AND JOIN US!

## Tynnings Field

As May ends the solstice is approaching fast. It's been 11 years since our first crops were sown. Our group saw an interesting fruit planting workshop one sunny afternoon, where children and adults came together from various nationalities to plant fruit in the context of providing food for a future generation, hence this gave birth to a brand-new communal orchard for Shirehampton.

Our permaculture ideals are working well with nature being our guide.

Daisies, buttercups, bees and butterflies surround us in the meadow orchard which supports an intrinsic eco system of balance while our cultivated veg plots are growing, more slowly we find due to the cold spell in April.

We held a **Wellness afternoon and Summer Solstice workshop on 19 June** which included tree planting, the sale for eggs, plants and cakes, a Bodhrun drumming workshop, Tai Chi, and a Chicken Keeping talk to name but a few.

I am seeking a small piece of land in Shirehampton to plant a new small or hidden orchard. Some fruit trees will go here in the near future, others need a new space. So, if you have grass land that is not going to be developed and is looking barren, or are a group, school, church or other recreational organisation with some potential space let me know.

Caroline Penny

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



### Sea Mills Repair Café

Sat 9th July

10.00 to 11.30am

Sea Mills Methodist Church

Bring along your items to fix.



Donations welcome.



Refreshments available.

For further details see our facebook page 'Sea Mills Repair Café' or email [repaircafe.seamills@gmail.com](mailto:repaircafe.seamills@gmail.com)

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# Bee Happy Shire

## Planting for Pollinators – Five Top Tips

Dr Nick Tew. Having recently completed a PhD at the University of Bristol, Nick is now working on plant-pollinator research for the Royal Horticultural Society.

Pollinators like bees, butterflies and hoverflies are crucial for the normal functioning of healthy ecosystems and play an important role in the production of much of the food we eat, from strawberries and raspberries to almonds and chocolate. As a society, we are becoming increasingly aware of the plight of our pollinators, but it's easy to feel powerless in the face of massive global declines in biodiversity. Yet each of us with a garden, allotment or even just windowsill, can do something to help.



An ash miming bee feeding from thrift on a Bristol balcony

### 1. Pick Pollinator-friendly Plants

On a visit to a garden centre, the array of different plants can be bewildering, but luckily many pollinators are not too picky. A good rule of thumb is to avoid fluffy double and multi-petal cultivars, as well as heavily modified bedding plants like busy lizzies. Instead, opt for herbs and traditional cottage garden plants; a border stocked with rosemary, sage, oregano, lavender and foxgloves is a guaranteed hit. Single-flowered daisies are also rich in easy-to-reach nectar and pollen, these include sunflowers, dahlias, marigolds, thistles and artichokes. Look out for the RHS plants for pollinators logo (a bee on a yellow background) always watch to see where the insects are going.

### 2. Celebrate Diversity

Different plants suit different pollinators, while many bees need to visit a wide variety of flowers for a balanced diet. A long tubular *Salvia* is great for the garden bumblebee, which has a two-centimetre tongue, but pretty useless for many of our solitary bees and hoverflies, for which the nectar is simply out of reach. Plant a wide array of flowers of different colours, scents and shapes. A pollinator paradise might include night-scented jasmine to attract moths, wild carrot for hoverflies, catmint for bumblebees, buddleia for butterflies and sea holly for solitary bees.

### 3. Plant a Shrub or a Small Tree

In a small garden you may only have space for one tree or shrub, so picking the right one can make all the difference. With their three-dimensional arrangement of flowers, shrubs and small trees represent an intense hotspot of food for pollinators and can easily provide the majority of a small garden's nectar and pollen supply. Fruit trees like apple, cherry, plumb and pear are a real win-win, providing food for insects, birds and people. Ornamental shrubs can be pollinator magnets too, like flowering currant, Berberis, Hebe, Pyracantha and Pieris.

### 4. Provide Year-round Forage

The first hairy-footed flower bees begin to emerge in March, while the ivy bee is still going strong come November. In fact, some buff-tailed bumblebee colonies survive all through the winter and can be seen foraging at Christmas. This means that a pollinator-friendly garden must have flowers at all times of the year, particularly from early spring through to late autumn. Hellebores, Pulmonaria and willows are a few early-season favourites, while Sedum, ivy and Echinacea provide autumnal forage. A handful of plants like Mahonia japonica and winter honeysuckle flower so late that they can fill the gap from November to March.

### 5. Embrace the Untidy

Bees and other insects will not judge you for having a weedy lawn, in fact it will suit them down to the ground! Some of our commonest and often our most despised weeds are phenomenal for insects. A lawn crammed with clover, dandelions, daisies and selfheal will be buzzing during the summer months, while ragwort and brambles do far more to support our declining pollinators than do petunias and pansies. Even nettles play a vital role, providing food for caterpillars of small tortoiseshell and peacock butterflies. Our obsession with tidiness and order has devastated the natural world, so learning to embrace an out of place dandelion or an overgrown hedge is a necessary shift in mindset if we wish to prevent more species from disappearing forever.



Nick Tew with an Atlas moth in Thailand

## Nature Notes

I feel I should not perhaps be using the same picture as last month, but as the notes back then disappeared into the ether, I hope you will understand why!

The little bird featured is one of the parents who, to my great and possibly overstated excitement, chose to raise a family in our nest box situated behind our garden shed. We were unaware of them building the nest because the box is in the quietest corner of our back garden, so when Jeff decided that he would remove it as nothing seemed to be interested in nesting there, he did, thankfully, take a quick peep inside the door, to ensure it was empty and of course it wasn't!! He glimpsed nesting material and a feather, which was probably attached to a brooding mother, and swiftly closed said door. We then crossed our fingers that all would be well despite their uninvited visitors!!!



So, the trick then, was to try and get a shot of one of the great tit parents, (yes dear reader, it was a pair of great tits), not, as was previously thought by our poor harassed Shire paper designer, a blue finch. By this time, you see, I was dangerously close to not submitting an article in time to go to print, which wasn't the first time! Without the missing email, he did his best to cover my tracks. So back to the proposed photo.

I decided to replay a video I had taken of the parent leaving the box, then sat stock still, and on the second attempt somehow hit the button to capture the shot you can see. I have to say, I surprised myself at my super quick thumb/eye co-ordination!!

Finally, happy to report, we were able to enjoy watching the tireless work of our diminutive parents over many days and weeks, culminating in the safe fledging of their young.

*Happy nature watching all.*

*Bobbie*

# 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 • FREE

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.** Please check Facebook for any changes due to weather etc.

## Gardening Group

Fridays 11-12.30pm • FREE

Interested in getting involved in gardening on the farm? Come along Fridays to help with our gardens.

## Woodland and Orchard Club

Thursdays 10-11.30am • FREE

Come and spend time outdoors, making friends, learning new skills and having fun. Together we will look after the farm's orchard and woodland. We'll prune, coppice, weed, harvest and nature-watch. No prior knowledge necessary.

## Knit & Natter (NEW TIME & DAY!)

Thursdays 2pm-4pm • £3

Everyone welcome! Beginners or experienced. Bring a project you're working on, or start to learn how to knit or crochet. Come and enjoy some craft, tea and good company.

## Farm Hands

Saturdays and Sundays • FREE

8-11yr olds can come and help look after the farm.

**50TH BRISTOL HARBOUR  
FESTIVAL 15-17TH JULY**

## Ebb and Flow Project - A Community Poem for the Bristol Harbour Festival

The Bristol Older People's Forum is working with The Bristol Harbour Festival to create a community poem - written and performed by older people at the Harbourside Festival in July.

You will be working with a professional poet and sharing stories of the comings and goings from and to Bristol over the last six decades, with a focus on how the city has changed using the historical harbour and the docks as our starting point.

You don't have to be a William Wordsworth or Simon Armitage! This is very much about working together, having fun, being creative and sharing your particular story.

If you would like to get involved or find out a bit more, please contact Ian Quaife on [bopf@ageukbristol.org.uk](mailto:bopf@ageukbristol.org.uk) or phone on 0117 927 9222.

Please do not come to the farm if you feel unwell or are experiencing other symptoms of Covid-19.

Need more information? Contact Amy on 0117 938 1128 ([amy@lwfarm.org.uk](mailto:amy@lwfarm.org.uk));  
or Helen on 0117 938 1128 ([helen@lwfarm.org.uk](mailto:helen@lwfarm.org.uk));

If you'd like to help look after the animals or maintain the farm, please contact  
Ian on 0117 938 1128 ([ian@lwfarm.org.uk](mailto:ian@lwfarm.org.uk))

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John Stephen Geater - Conservative: [Cllr.John.Geater@bristol.gov.uk](mailto:Cllr.John.Geater@bristol.gov.uk)

James Scott - Conservative: [Cllr.James.Scott@bristol.gov.uk](mailto:Cllr.James.Scott@bristol.gov.uk)

Conservative Members' Services Office: 0117 922 2746

Labour Members' Services Office: 0117 922 3827

**CONTACTING YOUR MEMBER OF  
PARLIAMENT**

Shirehampton is in the Bristol North West Constituency

Darren Jones Phone: 01179596545

Email: [darren.jones.mp@parliament.uk](mailto:darren.jones.mp@parliament.uk)

Website: [www.darren-jones.co.uk](http://www.darren-jones.co.uk)



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# Friends of Shirehampton Library

The Friends have been delivering three community projects funded by Bristol Libraries Library Innovation Fund. The *Library Living Room is open every Tuesday from 3:00 to 5:00pm*. It offers a warm friendly space to meet and socialize. There are games and craft activities, tea, and most important a chance to have a conversation with neighbours.

The Friends are also offering an **IT Literacy** course on **Wednesday evenings** from **6:00 to 7:00pm**. The course is designed for people with **NO** experience of computers. It starts where you are and helps you become familiar with using computers in whatever ways are helpful to you. Finally, there is a monthly **Family History Group** which meets on the **SECOND Thursday** of the month from **6:00 to 8:00pm**. Three local family history experts take turns to be available to answer questions and provide help in your searches.

All these activities have been well-attended over the last six months and the Friends very much want to continue offering them. **BUT** we need more volunteers to help keep these sessions staffed. A couple of hours every month would go a long way to keeping these activities running. If you can help contact Friends of Shirehampton Library (FoSL) at [friendsofshire@gmail.com](mailto:friendsofshire@gmail.com).

## FRIENDS OF SHIREHAMPTON LIBRARY ACTIVITIES

These projects are delivered in partnership with Bristol Libraries and are funded by the Library Innovation Fund.



Library Living Room	Tuesday (Weekly)	3:00 – 5:00 pm	Library
IT Literacy Course	Wednesday (Weekly)	6:00 – 7:00 pm	Library
Family History Group	Thursday (2nd Thursday of the Month)	6:00 – 8:00 pm	Library



**Cotswold Community Association**  
Dursley Road, Shirehampton,  
Bristol, BS11 9XH  
Registered charity no. 1101427

### 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 each month)  
Shire Climate Emergency Group 7:30pm (2nd and 4th of each 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
- FRIDAY** Trainmaster North Somerset 10-11am (1st of each month)  
Contact Sophie on [somersetnorth@trainmaster.co.uk](mailto:somersetnorth@trainmaster.co.uk)  
Create to Elevate Workshop 7-9:30pm (2nd & 4th of each month)  
Contact Tom on 07455 956826 for more details.
- SATURDAY** Coffee Morning 10am (2nd of each month)
- SUNDAY** Cotswold Christian Community Service 4:45-6pm (2nd of each month)

\*Booking must be made, either by email: [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com) or leave a message on **07943 401575**

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



*More photos from parties celebrating the Queen's Platinum Jubilee in Shirehampton.*

Clockwise from top left: Walton Road (x2), Cotswold Community Centre (x2), Dursley Road (x3) and Springfield Road.

All photos by © Bob Pitchford (unless noted)



# The Orchards Jubilee Celebrations

Since the pandemic the community space at the Orchards was so cold and lifeless as the residents hadn't had much to do as a community because of restrictions, so back in March, I had an idea - myself, my 9-month-old daughter and two lovely volunteers began a coffee morning every Tuesday to get the residents back together and give them something to look forward to again. On Saturday 5th June our friends and family became involved and we held a lovely Jubilee party for them.

*Caitlin Alder*



© Caitlin Knott

© Caitlin Knott

# Shirehampton Markets

## Platinum Jubilee Fun For All

There were two platinum jubilee events that were run by the Shirehampton Markets team. The first took place on Saturday 21st May at Shirehampton's Public Hall called 'The Queen's Platinum Jubilee Celebration'. Part of Station Road was closed off that day and St. Bernard's Primary School joined in the fun and became part of this community event.



There were 24 stalls ranging from clothes, garden plants, jewellery, ceramics to community stalls such as Home Instead, North Bristol, Shire newspaper, Avonmouth Sea Cadets, Shirehampton Climate Emergency Group and The War Horse Fundraiser. Entertainment was provided by the Gospel Generation Community Choir and Quinn School of Irish Dance whilst Avonmouth Sea Cadets provided a first aid demonstration including CPR and how to treat burns. Avonmouth Fire Brigade made an appearance for a couple hours much to the delight of many attending the event.

BBC Radio Bristol did a couple live interviews into the Ali Vowles Show courtesy of Martin Evans and The Lord Mayor and Lady Mayoress of Bristol, Steve Smith and his wife Katherine were invited along later in the morning to judge the fancy dress competition and cut the Jubilee Cake which

was made by Liv Garriock from the Lavender and Lime Bakery. Our cake competition was won by Lou Batt with her royal crown cake.

There were fun and games going on in St. Bernard's School playground that included beat the goalie, splat the rat and a tombola. The Queen's Portrait Art Exhibition was held in St. Bernard's School Hall which was done by Twyford Art Group and the students from St. Bernard's School which drew a lot of interest. There was also a craft table being run by Sally, where you could make your own crowns and not forgetting the D.I.Y face painting which children in particular enjoyed.

The barbeque was extremely popular and provided by Ruby Jeans, whilst the Market Kitchen remained extremely busy throughout the day with 5 people constantly present. Huge thank you's have to go out to Kelly Warren from In The Mouth Catering for providing the wonderful jubilee cupcakes and Joan Connor and Shirehampton Co-op for the selection of scones they provided for us. They stepped in at the last minute as our lovely cake lady Sherralee contracted covid. This just goes to prove community spirit is very much alive and kicking. (A little behind the scenes moment).

The second event was the Jubilee High Street Market that took place on 2nd June at the Tithe Barn. Everyone was in a red, white and blue mood to celebrate with a choice of 17 stalls on offer. Once again, the Market Kitchen was extremely busy and the cream teas and trifle were extremely popular.



BBC Radio Bristol's Clare Cavanaugh came along to the event to soak up the community spirit There was a craft table to try out your artistic skills, the D.I.Y face painting made a popular return and that was plenty of colouring in to do as well, not only for the children but the adults too. There was also the royal celebrations photo display showing casing photos from the Queen's Coronation in 1953 to the diamond jubilee in 2012. It was fascinating to see and got people talking. Thank you to everyone who contributed to this display.



This is just one of many feedback comments we received all saying what a great day it was: "What a wonderful Jubilee event you organised. We loved it, the variety of stalls, the children's activities, food offerings and the fire service visit went down well with our children. Lovely to hear the singing too. Thanks very much. - Emma Sutterby"

Katherine, Ash and I would also like to thank: St. Bernard's Primary School & PTA, Doug Jennings, St. Monica Trust, SCAF, Ocean Estate Agents, Tandem Arts (Anelise and Juliet) Kelly Warren, Joan Connor, Co-op, Sally Ann Knowlson, Grant Tooze, Lee Carleton, Liv Garriock, Trevor Gibbs, Andy, Colin and Teresa Momber, Ruth Morris, Jim Birth, Amanda Parsons, George Lloyd, Lou Loyd, Sarah McGuire, Allan Nelson-Case, Kim Tudor, George Ralph, Karen Sullivan, Sherralee Parton, Tracy Zehtabi, Colin Godfrey, Marilyn Gorry, John Hastings and everyone who took part in both events plus everyone who attended and gave their support. Without you all the events would not have been possible.

The next High Street Market takes place on Thursday 7th July followed by subsequent markets the first Thursday of each month at the Tithe Barn, High Street, Shirehampton. For more information go to: [www.facebook.com/shirehamptonmarkets](http://www.facebook.com/shirehamptonmarkets) or email: [shirehamptonmarkets@outlook.com](mailto:shirehamptonmarkets@outlook.com)



© Grant Tooze

Kathryn Courtney

# Churches in the Shirehampton Area

## SHIREHAMPTON BAPTIST CHURCH

We will remember June 2022. We trust you all enjoyed the Jubilee Celebrations. June has been a busy but happy month in Shire Baptist.

Our **Life Cafe** is getting known and all are welcome to come. We are open on the **last Thursday of the month** and our next one will be on **July 28th**.

During the half term holiday, we held the **Rock-Solid Holiday Club** for primary aged children. Each morning the children enjoyed games, drama, music and art and craft and face painting. On the evening of our final session parents and friends came to enjoy a play and songs about **Daniel and the Lions** followed by drinks and a delicious cake made by **Zhgan**. We have started a weekly club for **Primary School children** every **Thursday 3:30pm to 4:30pm** If you have children of this age or know of any, we encourage you to come along

You will have seen **Lyn Morton's** article (June News story) and photos of our **Songs of Praise Café** held in the **Cotswold Community Hall, Dursley Road** every **second Sunday** of each month at **4:45pm**. This is an informal get together of people from various churches. There is always a welcome and the next one is on **July 10th**.

Our Church building is open for private prayer **every third Thursday** from **10am to 12noon**. We can also pray with you if you desire but no pressure. We are there to help and all are welcome. We meet on **Sundays at 10:30** and on **zoom at 4:30pm** except on the **second Sunday of the month**.



Author: Bobbi Jones Jones used under Public Domain License

Our hearts go out to any reader experiencing sickness, grief, trouble or loneliness and if we can be of help, please use the contact below.

*Love and prayers from all at Shirehampton Baptist Church, Station Road.*

Contact 07743 683684

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

Mair Blandford

## First Holy Communion Celebration at St Bernard's

Lovely photos from the First Holy Communion celebration at St Bernard's on 11.6.22.



© St Bernard's Catholic Church, Shirehampton



© St Bernard's Catholic Church, Shirehampton



© St Bernard's Catholic Church, Shirehampton

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

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

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



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# St Mary's News

Hi Folks!

Here we are well and truly into Summer with the School Summer Holidays just around the corner, and a lot of children looking more relaxed now that the exams are all out of the way. Now they have the anxious wait for the results in August! I don't envy them after having the last two years of their education disrupted by the Covid19 virus.

I can confirm that the **West Bristol Concert Band** will definitely be holding a summer concert in the church at **7.30pm on Monday, 4th July**. Tickets are available at the door - £5 adults or £2 concessions and the concert will feature The **Fly-By Choir**, conducted by **David Ogden**. This is always a very lively programme with a good variety of music to suit all tastes. This is a performance I try not to miss especially as this is their first visit back since the Covid19 outbreak.

**Goldies Singing Session** is on **Wednesday 6th July from 10.30am** and is always enjoyed by the regular attendees, who welcome newcomers to their ranks. It is a real treat to hear their singing and seeing them enjoying themselves. If you enjoy songs from the Fifties, Sixties and Seventies then this is definitely for you!

**Messy Church** this month is **Tuesday, 19th July from 3.30pm until 5.00pm**, with the usual request to let someone know at the church if you require Refreshments by the previous Friday. This advance

notice is always required to avoid purchasing food which otherwise might be wasted.

**Bishop Lee, Bishop of Swindon**, came to **St Mary's on Sunday 15th May** and joined our young families for energetic worship at our **Rise & Shine service**. He then presided and preached at our **10.30am Holy Communion Service**. Normally, our congregation has only been receiving the Bread at the time of Communion and not the Wine since Covid19, but on this occasion Bishop Lee dipped the Bread into the Chalice of Wine before handing it to each communicant, making Communion more familiar to all. After the service, we held our **Annual Parochial Church Meeting**, with little change among the elected members. It was an opportunity for the church wardens, treasurer and other officers of the church to update everyone about what has been happening at church over the past year, what repairs have taken place, what the finances look like and how we are reaching out to all ages in the community. It was also an opportunity for anyone to ask questions and we are glad that so many were able to attend.



Finally, I am pleased to inform you that our **Coffee Mornings** are now back to normal, and Tea and Coffee are once more available on **Mondays, Tuesdays, Wednesdays, Fridays and Saturdays - 10am to midday**. There is no Coffee & Tea on a Thursday morning as this is the day of our regular **weekly Communion Service**. There may be occasions when we aren't able to hold our Coffee Mornings, or need to finish early, generally when we have a Funeral or Wedding Service, or when required maintenance means it is unsafe to open. We will strive to give as much notice as we can if there are times we cannot open. Thanks go to all our lovely volunteers for giving their time and ensuring we can provide a safe space for so many of our community.

Well, now for that monthly joke - This is the best mathematical equation you will ever see: 1 cross + 3 nails = 4 given!

*'Bye for now!*

C.M.E.

## Hello from Shire Methodist

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

We plan to continue holding Morning Worship each Sunday in our church building from 11am. The first Sunday is planned to be led by members of our congregation, the second is All-Age Worship, the third is Holy Communion led by Reverend Emma Langley, the fourth will be a more informal event with coffee and conversation. Please note we will probably not hold Morning Worship in our building on the fifth Sunday, giving us an opportunity to visit other churches. We plan to continue having a cautious Covid-19 risk management plan in place in our church building to help people feel safe and cared for.

Our minister, Reverend Patrick Stonehewer, is still on sabbatical: on a walking pilgrimage from the most northwesterly point to the most southeasterly point of the UK mainland. Reverend Emma Langley, who is the vicar and ecumenical minister for Westbury Park and St Alban's churches, is kindly supporting our church.

Despite the lockdown being lifted, the world is experiencing so much suffering: war, political unrest, climate crisis, cost of living crisis, long waiting lists for health care and so much more. Here is a prayer that you might like to pray, which is taken from this

year's **Methodist Prayer Handbook** and is written by **Rob Russell**.

*"Lord, today I remember the situations across the world where persecution and discrimination of all kinds are occurring. Although I am one person, and although my voice is a small quiet sound in the vastness of your universe, I believe in your power to change the world in which I live. Challenge me, Lord, and help me to have the inspiration, the courage, the confidence and the strength to speak out about injustice. Let your light shine and bring hope to all who are in need. Amen."*



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

Everyone at Shire Methodist

# The Jobs Training and Enterprise Hub at Shirehampton Methodist Church

Why are we called a JTE Hub? This is because we want to help people at whatever stage of life and work they are at - Jobs, Training and Enterprise. This includes assisting well-being, training and skills and job related changes or searches, applications and interviews, it is also a place for IT, Broadband and quiet space if you want to set up a business as a sole trader/ start-up small business. Send us your ideas and requests too!

Darren Moore is our Project Coordinator and is available for appointments Tuesday to Thursday inclusive, if you are struggling with job searches or anything related to progressing into a job or as a sole trader. Call Darren on 07305 066478 or email - see contact details below.

The Hub is aiming to offer a selection of courses, drop-in sessions, one-one appointments and other opportunities, including space, support and networking for new businesses. We would love to help more people and we also need volunteers to

assist set up or serve hot drinks at the weekly Hub's Cups Job Club on Tuesdays, the film events and other activities. Your time and skills, even just an hour or two per month and you would be welcomed! These hours of volunteering could also help to demonstrate your skills and readiness for work and add to your CV too.

Our big Jobs Fair is next week as I write this, so I shall report on that next month! As it stands we have 22 stallholders with training and jobs available, and over 130 people coming according to the DWP!

## Other Dates and Events:

- Our Hub's Cups Job Club - pop in on Tuesdays 11am-12.30pm including free tea and coffee
- Digital Skills - is back! We started back on June 14th (9.30 - 11.30) for 4 - 6 weeks - contact Suzanne Gaffney Tel. 07887 451776 - This is for adults with no/ few qualifications.
- ESOL Conversation Club is ongoing, every Thursday 10-11am - this has been a great success, do come along if you need to brush up your spoken English.
- Film Club on two Tuesdays each month - in July it's on 5th and 19th at 7.30 for 8pm start - see announcements on our Social Media
- A new Men's Support Group - each Monday 7.30 to 8.30pm - come and chat with one another - start that conversation!
- Subject to volunteers to help we will also be running more film afternoons and other activities for kids and families in the summer school holidays. Watch out for more info on our Social Media.



Keep an eye our Social Media for other events and dates - Twitter and Facebook - @shirejtehub and Instagram - Shire JTE

Email: [projectcoordinator@jtehubshire.org](mailto:projectcoordinator@jtehubshire.org) to register interest in any of the above, or for a one-one appointment to discuss your needs. Also Tel. 07305 066478 or check the Website - <https://jtehubshire.org/>

## Plant Sale

The Cotswold Community Association held its Annual Plant Sale on Saturday 28 May. The event was a great success and many people went home with smiles on their faces and plenty of planting up to do.

Dave Parsons, Chair, commented "the quality of the plants from our new supplier, Blaise Nursery, was excellent. It was a great pleasure to welcome some new faces of people who have recently moved into the area, in addition to those who have supported us for many years."

"People could also enjoy tea/coffee and a bacon or egg roll which made it a real community event."

The CCA holds regular events and everyone is welcome. Please email us at [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com) if you would like to be added to the mailing list, or if you require more information.



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# Shirehampton Conservation Area Meeting

## Friday 8th July

Bristol City Council Conservation team will be holding a Question and Answer session on the proposed amendments to the Shirehampton Conservation Area, at Shirehampton Public Hall between 2pm and 6pm on Friday July 8th. In 2020 the local community was consulted on a refreshed Conservation Area document, with new boundaries aimed at protecting significant historic buildings and areas of important character. However, the pandemic meant that holding a public event wasn't possible and the adoption of the new area had been postponed.

The draft appraisal is the first detailed study of the special character of the area for some time and brings some fascinating new insights into its past. From the medieval village layout, through its establishment as a picturesque Georgian retreat, to its Edwardian aspirations as a Garden City, the history of 'Shire' is still written into its streets, greenspaces, and buildings.

New areas are proposed for protection including the **Bristol Garden Suburb**, a model garden village set up in 1910 by a socially progressive company directed largely by women, **The Bradleys**, Victorian streets developed within the tight narrow confines of old medieval strip fields, and **Station Road**, where the eccentric architect **Frederick Bligh Bond**, who once owned a pet lemur, set out an extravagant metropolitan boulevard. Each of these areas, and the historic **Green, High Street, and Lamplighters Marsh** have been exhaustively researched and characterised in the well-illustrated and engaging draft **Character Appraisal**.

Local groups and residents have already contributed helping to inform and mould the document, and now the **Conservation Team** are keen to answer your questions on what it might mean to you, your environment, and the village as a whole.

Anyone keen to find out more should come along and meet Bristol City Council's Conservation team at this event, or get in touch with them at [Conservation@bristol.gov.uk](mailto:Conservation@bristol.gov.uk)

The draft document is available on the Council's website <https://www.bristol.gov.uk/planning-and-building-regulations/conservation-area-character-appraisals>



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\*Conditions apply

# The Strange

*An original story by Gil Osman*

*(Previously: introduction to and description of The Strange and the fear of them by the other villagers)*

**I**n the same year that The Strange were born, a couple belonging to one of the most affluent families in the village gave birth to a son (affluent not in terms of money, for there was none; trading took place by the exchange of goods or services, so the family was affluent in terms of possessions).

At a young age the boy began to show signs of remarkable abilities. He was extremely strong for his age and easily won wrestling contests with his peers and even with much older boys. His parents were very proud of him and spoilt him, and he grew up to be a conceited young man and a braggart. By the time he reached his late teens he was the tallest and strongest person in the village. He could lift the heaviest rock, throw a wooden spear further, run faster, and was the best hunter.

He derided and ridiculed the older villagers, who believed that there were evil spirits in the woods.

One day, he set off to hunt in the woods and came across a huge and magnificent stag. He excitedly gave chase. The stag tired before the hunter did and he was able to fell it with one powerful throw of his spear. Withdrawing the spear, he killed the animal with one further thrust and, heaving the huge beast onto his powerful shoulders, set off in triumph back to the village.

He then realised that he had gone much further than ever before and he was lost in the deep, dark wood. It was then that he heard the whispering. It seemed to come from all sides as the woods appeared to close in on him. So there were evil spirits in the woods!

He began to walk faster in the direction of where he thought the village was. The whispering grew louder. Faster! The branches of the trees seemed to be reaching for him. He began to run. Faster! He was afraid. Faster! He was about to discard his prize, when sunlight broke through the tree-tops and he recognised where he was. After regaining his composure, he was able to walk proudly through the village with his prey. He told no one of his encounter with the evil spirits!

The news travelled fast and soon a large, admiring crowd was gathered outside his parents' house to greet him. Nobody had ever seen such a huge animal. There was a great feast that night for all the adults in the village.

The village had never had a chief, for people could not agree on a suitable person. But that night the young hunter was made the first Village Chieftain by acclamation.

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## SHIREHAMPTON PUBLIC HALL ANNUAL GENERAL MEETING

**WEDNESDAY 6TH JULY 2022 AT 7PM • ALL WELCOME**

If you wish to have voting rights at the AGM please use the form below to apply for membership of the Association and donate £3 via bacs transfer. You can always become a member at the AGM, too, but payment will need to be in cash on the night, or by popping into the Hall office.

### Shirehampton Public Hall Community Association - Individual Membership Application Form

Name	
Email Address	
Phone Number	
Address	
How do you use the Hall?	<input type="checkbox"/> Room Hire <input type="checkbox"/> Attending events <input type="checkbox"/> Member of a User Group <input type="checkbox"/> Community involvement <input type="checkbox"/> Other
How would you like to be contacted by the Hall?	<input type="checkbox"/> Email <input type="checkbox"/> Post <input type="checkbox"/> Phone

Your membership will be confirmed in writing on receipt of your membership fee (£3)

**Bank Transfer Details: Sort Code: 30-99-38 Account No.03194848**

The Hall Association is obliged to keep the details above for all members. The Hall Association will use your contact details to send you information about the news, events activities and policies of the Hall and to provide information for you to make the most of your membership of the Hall Association. The Hall Association will only use your details for this purpose and will not share or pass on your information to any other party.

**Shirehampton Public Hall Community Association**  
**The Public Hall, Station Rd, Shirehampton, Bristol BS11 9TX**

**Tel: 0117 982 9963**

**Email: [bookings@shirepubhall.org.uk](mailto:bookings@shirepubhall.org.uk)**

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# SPOTLIGHT ON GROUPS AT THE PUBLIC HALL:

## Shirehampton Model Railway Club

At the recent User Group meeting on Friday 27th May (thank you to those who attended), a suggestion was made that a small article be written about regular groups that meet at the Hall. It was hoped that by introducing Shire Paper readers to what we have to offer they would feel part of the Hall community, and maybe even take part in a few activities (if they don't already!). First to feature is our Model Railway Club, celebrating their 30th Anniversary this year! Run by a group of very keen amateurs this group meets every Thursday at 7.30pm at the Public Hall. Here's what they have to say about themselves.



Shirehampton Model Railway Club has been established since 1992 and have had continual use of their space in the Public Hall ever since. In our 30th anniversary year, we have around twenty regular members and we meet on a **Thursday evening from 19:30 hrs.**

Of course, a lot has changed over the last three decades, but several of the original founding members are still with us and our return to the Hall following the pandemic has seen some new, younger members join which supports the diversity of our friendly and inclusive group. The club ethos has always been to promote interest in modelling,

support each other and, of course, have fun, but the social aspect is equally important, and all skill levels and areas of interest are welcomed.

While most members do have their own model railway at home, we have an extensive test track in our room at the Hall to enable members to run their models, and the club has built an extensive exhibition layout based on the station at **Brimscombe on the Golden Valley line in Gloucestershire.**

Historically, we have organised our own **annual exhibition and club open day** at the Public Hall featuring Brimscombe, but we've also taken it to other shows and exhibitions all over the country including the prestigious **Warley national show.**

There's so much more to model railways than simply playing trains, with carpentry, electronics and miniature engineering skills to think about, and we have some real expertise if you need help or advice or just want to chat.

**Why not take a look at our website: [www.shirehamptonmrc.com](http://www.shirehamptonmrc.com), or join us in the Public Hall on a Thursday evening**

*Our thanks to Andrew Bird for this article.*

## More News from the Public Hall

Also to feature this month is our lovely Penpole Room. Located on the first floor of the Hall with fabulous panoramic views across Shirehampton and beyond, this wonderful space would suit a keen business as an office base, or a therapist as a therapy room for example. It is currently underused, and this is unfortunate as the space would make a great base for someone's ambitions! If you would like to view the room or rent the space for regular or one-off meetings please contact the Hall manager on the number below.

## Upcoming Community Events at the Hall:

30th July at 7.30pm – Songs and Audience Participation Entertainment by Sophie Silva

September (date to be announced) – Hall Quiz Night

22nd October 5-7pm, Halloween Disco for 11 years and under

17th December (time to be announced), Hall Children's Christmas Celebration

The Gardening Volunteers Group which meets in the Hall garden from 10am on the first Saturday of the month have started meeting once again now that things are growing once more! Everyone is welcome, and bring tools if you can! Contact the Hall for more information if necessary.

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

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



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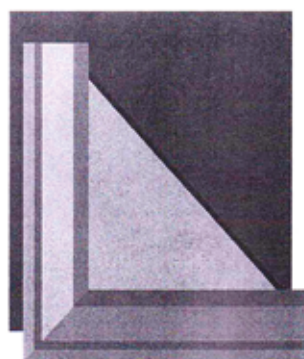
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# SPORT IN SHIREHAMPTON



## News from ShireStrong Kettlebell Club

We are a small club of enthusiastic members who get together 3 times a week to work our endurance and strength using kettlebells. Membership is open to all ages and abilities. Kettlebells are easy to use once you have had some instruction and have enormous benefits.

### But why bother?

Well, let me tell you the benefits of kettlebells and weight training.

As we age (and this starts at around 30) our muscle strength starts to deteriorate and our bones become weaker or less dense. This can lead to issues such as poor posture, difficulties doing everyday tasks, and in more severe cases, osteoporosis. The only way to maintain muscle and to protect bone density is to weight train.

### Why ShireStrong?

We are a friendly club, mixed ages and abilities, who get together to train and have fun. Training with weights is about working, resting and moving up the weights when you feel able. I believe that some sort of weight training is essential for everyday life and will help you in the following ways:

1. You will be able to lift your shopping much easier and open jars and bottles.
2. Your balance will improve making it less likely you will fall and if you are unfortunate enough to have a fall you will find it easier to get up.
3. If you are a runner, your running will improve.
4. You will find it easier to lift your children or grandchildren without hurting your back.
5. Your mobility will improve..
6. You will have better core strength and improve your posture.
7. It's a great calorie burner.

Finally, our **Member of the Month for May is Danielle Thomas**. Danielle has been training with us since January and since joining has lost 2 stone and managed to run her first 5k. Danielle said that



© Linda Thorne

Member of the Month for May is  
Danielle Thomas.

“It’s great coming to classes knowing that she is going to have fun while getting fit”. She loves what she has managed to achieve so far and she is looking forward to seeing what she can do in the future.

Linda Thorne

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# City and Port of Bristol Bowling Club

There has been plenty going on at the club since the first game of the season on April 17th.



**Bowls Big weekend day —May 29th.**

Mixed Friendly games on Wednesdays and at the weekends; **Club League** on Monday Evenings; **Men's and Ladies Bristol Leagues and Juniors Evenings** when children and young people come to the green to learn the art of bowling.

On **Sunday May 29th** there was a very special event - the club took part for the first time in the **Bowls Big Weekend**. This is a national event, organised and supported by the sport's governing body **Bowls England**. Its purpose is to bring more and more people into bowling by inviting them to their local club where they can try bowling for the first time and have the opportunity to become a bowler.

With a banner, posters, special balloons and much advertising on social media the club was hoping for a good response and just after 2:30 prospective new bowlers appeared, eager to roll that first wood and maybe in doing so take the first step to becoming a bowler. Fifteen club members were on hand to welcome and encourage everyone who came through the gate. Not only adults but also children bowled during the afternoon. The weather was good, the event very enjoyable and successful. Some of those who came to try bowling have since become members.

Another first was **Carol Greens** appearance in the **Ladies Champion of Champions Competition**. Drawn against a very accomplished bowler in **Sue Latham** and playing at **Olveston on May 16th**, Carol started well and won an early end but it was Sue who reached the required twenty one shots to Carols five in thirteen ends to move on to the next round.

The club is affiliated to both **Gloucestershire and to the City and County of Bristol Associations** and enter competitions run by both of them.

**Ken Davies** and **Bill Hatherall** entered this year's **City and County Pairs Competition** and were drawn at home to **Jon Feltham** and **Pete Birmingham** of **Bristol Bowling Club** on **Friday June 3rd**. They lead until almost half way to the twenty-one ends but their opponents came back strongly and eventually forged ahead. The final score was twenty-eight shots to sixteen to the visitors.



**Action from the City and County Pairs match on June 3rd.**

There are two club competitions that are played to a finish on one afternoon. The **Two Wood Pairs** will be played on **Sunday August 14th**. But "**The Jack Ashton Triples**" has already been played and the first silverware of the season won. Four teams



**Big Bowls Open Day – Phill and Adrian – with Graham in the white coat – have now joined the club.**

of three were drawn on the day and each player bowled three woods. Three games of six ends were played each team playing the other teams and the team with the highest overall shot count was declared the winner. **Brian Crawley, Ray Cook** and **Derek Jones** were this year's winners with a total of twenty-four shots. An excellent afternoon which included tea and big cakes, all organised by **Lis Davies**.



**Action from the Jack Ashton Triples Competition - Sunday June 5th.**

For further information about the club and its activities please call David Hinksman on 07932 387217.

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# AVONMOUTH SEA CADETS

Once again it has been a busy month for Cadets and volunteers at TS Enterprise. New Junior and Senior cadets have completed their swim tests and are now looking forward to getting out on the water and gaining some boating qualifications. We have a variety of waterborne activities including Rowing, Kayaking, Sailing and Powerboating. Cadets are able to gain nationally recognised qualifications in each of these activities.

On Saturday 21st May we attended the Shirehampton Jubilee Celebrations at the Public Hall, where Cadets, Lottie, Ruby B, Ruby F, Morgan B and Oliver J gave a First Aid demonstration. The spectators certainly appeared to enjoy it and hopefully took away some important knowledge if they were ever in the position of needing to administer First Aid. First Aid is one of the specialisations that cadets have the opportunity to learn and it is a very useful life skill.

We also had a recruiting table in the Hall which was very busy with so many families at the event. The following Thursday three new Juniors joined the Unit and we have had further enquiries for more potential cadets.

The event had a real community feeling and it was nice once again to meet friends old and new.

Our next event is the Royal Naval Support evening on Thursday 9th June. The Area Officer Commander G Mills RN will visit the Unit and

assess all aspects of the Unit. We look forward to telling you more next month.

Although we have some new recruits, we still have places in our Junior Section 10-12yrs old and Senior Section 12-18yrs. Sea Cadets offer so many opportunities for young people, if you would like to know more, please contact us at [avonmouthseacadets@gmail.com](mailto:avonmouthseacadets@gmail.com)

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