

Shire

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

No. 616 - May 2023 www.shire.org.uk 5,000 copies monthly

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



Cotswold Community Centre "Welcome Space"

Despite the end of the cold weather, we're continuing with the 'Warm Hub' now called 'Welcome Space' as stated in last month's Shire; it's been such a huge success and continues to draw the local community with crafting sessions, board games, friendly chats with copious cups of tea or coffee served by our committee members, who are always on duty.



You will see that **Bob Pitchford** was available with his camera to take photos of big preparations for **King Charles' Coronation**. With great enthusiasm, Chief Crafter **Penny Holloway**, her 'assistant' **Pat Beecroft** and very willing helpers have been making gold crowns, jewelled boxes and all things regal

Continues on page 12.

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Upcoming Events May 2023

MAY

MAY DAY - BANK HOLIDAY
Monday 1st May - open till late (kitchen closes at 9pm)

QUIZ NIGHT
Thursday 4th May at 7.00pm

CORONATION OF KING CHARLES III
Saturday 6th May

CORONATION BANK HOLIDAY
Monday 8th May - Open till late (Kitchen closes at 9pm)

CURRY CLUB
Thursday 11th May - From 6.30pm

WORLD COCKTAIL DAY - 2 4 £10
Saturday 13th May - from 5.30pm

GREEK SUPPER CLUB
Thursday 25th May - from 6.30pm

ALL YOU CAN EAT RIBS
Saturday 27th May - from 6.30pm

SPRING BANK HOLIDAY
Monday 29th May - Open till late (Kitchen closes at 9pm)

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Shire

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Submit articles editor@shire.org.uk

Advertising adverts@shire.org.uk

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Mr. Robin Matthews, Mrs. Jackie Hares,

Ms. Vanessa Evans

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Photographers: Kathryn Courtney, Bob Pitchford

N.B. To meet the deadline with our typesetters, all written copy should be submitted by email or to the Library by the 10th of the month before it appears in print, or it may not be included in the next edition. While advertisements in this paper are accepted in good faith, readers are advised to make their own enquiries and assessment. We request that all adverts are supplied in the correct format and size or there may be a charge should you require artwork to be created. Price on application. Unless otherwise stated, all material appearing in SHIRE is the copyright of SHIRE Publications. Please ensure photographs submitted with articles are cleared for use and permission sought especially when featuring individuals including children. The Shire cannot accept responsibility if photos are published in error where permission for use has been not sought. The views and opinions expressed in these articles are those of the individual authors and do not necessarily reflect the official policy or position of Shire. All information correct at time of going to press to the best of Shire's knowledge.

EDITORIAL POLICY

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

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

Contributions submitted to: editor@shire.org.uk

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PUBLIC INFORMATION FOR MAY

FREE CITY-WIDE EVENTS IN MAY

Events taking place in the city centre or on one of Bristol's priority high streets.

- **Better Sundays Broadmead** - first Sunday of the month (www.betterevents.org.uk/our-markets/better-sundays).
- **Shirehampton Community Action Forum (SCAF) Market** - first Thursday of the month (www.facebook.com/shirehamptonmarkets).
- **East Street Market** - first Saturday of the month, from 1 April. (www.betterevents.org.uk/our-markets/east-st).
- **St Nick's Night Market** - Friday from 5 May, between 5 and 10pm (<http://lovefoodfestival.com/events/st-nicks-night-market>).
- **Picturing High Streets - Historic England's** new outdoor exhibition in Broadmead celebrates our high streets, captures familiar scenes, and invites audiences to consider the value and role of their local high street (<https://historicengland.org.uk/images-books/archive/collections/photographs/picturing-high-streets/>).
- **Bristol Photo Festival - The Council** have commissioned new photography in our nine priority high streets, from April to August 2023, through a series of collaborative photographic projects, workshops and exhibitions to build a portrait of the high streets and the communities who use them (<https://bristolphotofestival.org/>).
- **Bristol Comedy History Walk - Bristol Improv Theatre** will deliver the walk from May to August. Improv-performers and stand-up comedians will lead people on a humorous and engaging walking tour of Bristol's hidden historical arcana (<https://improvtheatre.co.uk/upcoming-show/the-bristol-comedy-history-walk/2023-05-13/>).
- **Weekends of Wonder (WOW) - Invisible Circus** throughout May and June. The street theatre festival in Broadmead will include circus and theatrical 'Covent Garden style' performances in circle shows and interactive walkabout acts designed to entertain and wow with unexpected happenings, larger than life costumes and awe-inspiring skills (<https://www.unit15bristol.com/wow-bristol>).
- **Sparks** - an inclusive arts and sustainability hub bringing together arts, sustainability and education in Broadmead, run by local charities **ArtSpace LifeSpace** and **Global Goals** (<https://artspace.uk/venue/sparks/>).
- **Bristol's Summer Film Takeover** - presented by **Bristol UNESCO City of Film** and partners. Nine public events will take place between June and September, celebrating unique aspects of Bristol's culture and identity via a range of screen-based experiences (<http://bristolcityoffilm.co.uk/summerfilmtakeover/>).



SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

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

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



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The *Shire* Community Pages

Shirehampton Public Hall URGENT APPEAL FOR TRUSTEES! (3 year voluntary role)

(Current Trustees must hand over their tasks in 2025)

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.

Even if you are simply good at finance (Treasurer role) or like to organise (Chair role), or you simply enjoy volunteering for an excellent community asset, please do make an enquiry.

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.

Befriending Young People In Care In Bristol

In Bristol, there are over 750 Children in Care. These children depend on the Local Authority and the community of Bristol to give them “love and care, teach them resilience, and provide an equal playing field with others to develop their gifts for a happy and successful life”.

Reconstruct's Independent Visitor Service provides volunteer befrienders to children and young people living in care in Bristol (www.reconstruct.co.uk/). Independent Visitors (IVs) are positive adult role models who make a commitment to establish a supportive and long-term relationship with a young person built on trust.

There are over 50 volunteer independent visitors visiting children and young people across the city, and beyond. However, male volunteers and people from minority ethnic backgrounds are currently under-represented in our independent visitor community.

We need more volunteers to come forward to match with children and young people who are waiting to build a connection with a trusted adult. If you feel you could offer a young person in care two-to-three hours of your time, each month, to play sports, explore their interests, culture, future goals, and aspirations, we are keen to hear from you.

Young people tell us having an IV makes a big difference.

To express an interest please contact: recruitment@antser.com or visit our website: <https://info.reconstruct.co.uk/bristolportal>



AVONMOUTH LADIES CLUB

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

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

A warm welcome awaits.

Diary of events May - Aug 2023

Tue 2nd May	– The Wall (Rachel Haig)
Tue 16th May	– Shire Strong (Linda Thorne)
Tue 6th June	– Word Game - Categorically Speaking
Tue 20th June	– Show @ Tell - Bring a Prized Possession
Tue 4th July	– To Be Arranged
Tue 18th July	– Bingo
Tue 1st Aug	– Summer Outing (TBA)

For any information – contact Julia on 0117 982 9390



REGULAR EVENTS

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

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

Avonmouth Sea Cadet Unit Notice of ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of Avonmouth Sea Cadet Unit will be held at TSS Enterprise, Avonmouth Sea Cadet Unit, Station Road, Shirehampton, BS11 9XA at 19:30 on Thursday 18th May 2023, to transact the following business.

AGENDA

1. Apologies for Absence
2. Opening address or comments by the Chair
3. Minutes of the last AGM for adoption
4. Matters arising from those Minutes
5. Unit Chair's Report
6. Commanding Officer's Report
7. Treasurer's Report and adoption of accounts
8. Election/Re-election of the Unit Management Committee (UMC)
9. Any Other Business (will only be considered if sent to secretary@avonmouthseacadets.org 24 hours before the AGM)

NOTES:

- Election of the UMC – Individuals who are seeking election to the UMC must have their nomination proposed and seconded.
- Nominations can only be accepted if they are submitted on the official nomination form which can be obtained from: Terri Booker c/o TSS Enterprise, Avonmouth Sea Cadet Unit, Station Road, Shirehampton, BS11 9XA, or by email (secretary@avonmouthseacadets.org), or can be downloaded here or see the QR code below. Only fully completed forms will be accepted.
- There are criteria laid down in Sea Cadet Regulations (SCR) as to who is eligible to sit on the UMC. Please see SCR or contact The

Secretary, Cee MacDonald (as above) for details. Any waiving of these criteria is at the discretion of the Area Business Manager.

- Fully completed nomination forms need to be received by Cee MacDonald (either via email or handed in at the Unit) by close of play on Thursday 4th May 2023.

All newly elected UMC members will be required to undergo the safe recruitment process, including a check with the Disclosure and Barring Service (DBS), complete a P1 form – application to join Sea Cadets which includes a Trustee Declaration indicating that they know of no reason why they cannot become a charity trustee, and attend an Adult Induction Course within 9 months of joining.

Cee MacDonald



LETTERS TO THE EDITOR

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

Please, send in your letters and stories to editor@shire.org.uk.

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

Many thanks.

SHIRE GREEN ROVERS FC

Dear Editor,

My name is Dan and I am the chairman/manager of Shire Green Rovers FC. We are a **Men's Sunday League Football Team** founded in 2019 that play at Shirehampton FC BS11 0EA.

I am contacting you regarding the potential of including our recent results/club news in your Shire newspaper as I feel it would be great to keep the residents of Shire updated on how a football club, representing their village, is getting on. We also have very close ties with Shirehampton FC who I could put you in touch with if this is something of interest.

Thank you for your time,

Dan Rogers,

Shire Green Rovers FC

Hello Dan and thank you for your letter. We will be delighted to include an article for your club (and Shirehampton FC) along with match times and results. Whereas we cannot guaranteed inclusion each month we always endeavour to include articles of local interest. Please submit before the editorial deadline of the 10th of each month - Editor.

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

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Linda x x

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

- Kettlebells are Monday 5.15 - 6.15pm and 6.30 - 7.30pm, Wednesday from 5.15 - 6.15pm and Thursday from 6.30 - 7.30pm at the Cotswold Community Centre. Message for 1:1 technique session.
- Bootcamps: Monday and Wednesday 6.15-7.00am. Please message for details.

 SHIRE STRONG

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AMD SOLICITORS

Hello, my name is Rachel Dickinson, I am a Solicitor and I have recently joined AMD in the Shirehampton office. I am a Conveyancer, which means I assist my clients in their property transactions including buying, selling and transferring between individuals. I have been conveyancing for over 20 years so bring a varied insight into the intricacies of property transactions. If you need any assistance relating to the ownership of your property, please do not hesitate to contact me for a quote. Sorting out your property affairs could cost less than you think and give you peace of mind.

One of the issues currently in the media is the **risk of property fraud** whereby individuals use various means to obtain money or property using properties at risk. This is often to benefit other criminal activity.

What properties are at high risk?

- ◆ Empty properties
- ◆ Tenanted properties
- ◆ Properties which could become empty
- ◆ Properties not subject to a mortgage
- ◆ Unregistered properties
- ◆ Properties which are not occupied all the time

How can you protect your home?

- ◆ **Register your unregistered property**
- ◆ Add a **Restriction to your property** which sets out certain requirements which need to be met before registration of a transaction takes place.
- ◆ Keeping your contact details up to date with the land registry (free service – complete and send **COG1 form to the Land Registry**)
- ◆ Use the **New Property Alert Service** to notify you of any applications that have been made against your property. (free service: www.gov.uk/property-alert)

There are benefits associated with all these alternatives but there are also some pitfalls. If you wish advice on which option fits your circumstances

or assistance with completing the necessary forms please contact us.

Property Alert

Using the Property Alert service is very simple.

- ◆ Go to the website address above
- ◆ Complete your details including your email address and a safe password and register
- ◆ Add the property(ies) you wish to monitor (maximum 10)
- ◆ Monitor your emails
- ◆ Keep your details up to date

The service notifies you if anyone makes an application to register something against the title. It relies on you to check that the transaction is legitimate. If it is not, you can then contact the **Land Registry fraud line 0300 006 7030** or reportafraud@landregistry.gov.uk It does not prevent transactions being registered but it enables you to be warned and take action.

If you find you are notified and don't know what to do next, first contact the Land Registry.

If we can be of any assistance please do not hesitate to contact us. AMD Solicitors 2 Station Road Shirehampton Bristol BS11 9TT 0117 923 5562 Email: racheldickinson@amdsolicitors.com; Website: www.amdsolicitors.com

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We Need To Talk About Climate

Over the last month the Climate Action group has started an informal survey asking people in Shirehampton what they think about Climate Change and what we should do about it. Asking these questions I'm struck by two things: how difficult I find it to start this conversation and yet how much people want to say. It feels like there is a great silence on the subject, a kind of "don't mention the Climate" taboo. Yet as soon as you DO mention the Climate people are eager to have a say. Everyone is thinking about it all the time.

People describe what they are doing to reduce carbon emissions. From big investments like installing a heat pump or solar panels or buying an electric car, to simple everyday domestic changes like eating less meat, re-using and recycling, using less plastic, capturing rain water, everyone is doing what they can.

BUT, everyone sees that Government is **NOT** doing enough! Where are the grants to help people

insulate their homes? Where are the incentives to reduce plastic packaging? Where are the taxes on petrol and aviation fuel that would reduce unnecessary flying and driving? Those are the questions people are asking. And some of us went to the national weekend of climate action in London to put those questions directly to Government.

We at the **Shirehampton Climate Group** want to support everyone in our community in their personal efforts to live more sustainably. We had a presence at our local Coronation celebrations and we are looking for other opportunities to open Climate conversations. It was too late to report on the action in London in this edition but we'll describe it next month. At the moment we're working on a **Repair Café/Swap Shop** event that could bring people who have concerns about climate change together. We should be able to say more in the next issue.

Meantime, if any of you would like to know more about what we do, or have skills you'd like to volunteer, you can find us on Facebook or write to m.renee.slater@outlook.com

Renee Slater

Flood Defence Project (ASEA)

Welcome to the latest newsletter from the Avonmouth Severnside Enterprise Area (ASEA) Ecology Mitigation and Flood Defence Project. We bring you the latest updates on the project's impressive progress, and exciting news on new flood gates, thriving wildlife, community activity, team accolades and plenty of other stories.

When completed in 2026-2027, the project will reduce flood risk to 2,500 homes and businesses and help to unlock 12,000 new jobs for the **West of England**. It will also create a minimum of 80 hectares of new wetland habitat for birds along the internationally important **Severn Estuary**.

Lamplighter's Marsh

We have successfully installed the flood gate at the entrance to Lamplighter's Marsh and completed the placing of fill material to the flood embankment. We started placing some of the precast flood defence units. We halted the installation of the precast units while we refurbished existing pipelines which pass beneath the flood defence works.

We were pleased to be able to re-open a temporary footpath access into Lamplighter's Marsh at the **Avonmouth** end before Christmas. We recognise this is an important green space for the local community.

What's Next

Now that the pipeline refurbishment is complete, we will complete the remaining section of the precast wall at Lamplighter's Marsh. We will be installing precast concrete planks to protect the pipelines. Construction of a maintenance access track and reinstatement of the footpath should begin. In the spring we will start the landscaping works including seeding of the flood embankment and planting area.?

Footpath News

Following recent flood defence works, we have reopened part of the **Lamplighter's Marsh Public Right of Way (PRoW)**. We recognise the need for the community to access the full PRoW, enjoying all that the **Lamplighter's Nature Reserve** has to offer. We are pleased to have been able to work in



partnership with the community in reopening the Avonmouth end of the PRoW.

Engaging With You

We are looking forward to welcoming a local community group for a tour of the project site next month. If your community group would like a visit too, then please get in touch at aseaproject@jbp.co.uk

We have continued to meet regularly with local community groups through our **Community Forum**. We are planning our next **Economic Development and Environment Forum for the Spring**.

Nature Notes

Just one of our lovely saplings coming into leaf near the whips which will grow into a wonderful mini forest in the years to come!



© Bobbie Perkins

It has been so nice to watch these trees develop over the last, not so many, years. And also a challenge once or twice. I have come to the rescue with two of them when they had quite sturdy branches partially broken away from a main branch. With **Jeff's** help on one, and recently a solo effort on another, and after googling the best way to get the damage to reseal, it looks as though using nylon ties attached to higher branches as tightly as possible is working! The first one has certainly got viable buds developing, so fingers crossed for number two!

Exciting news regarding our nest box in the tree outside the front garden. After placing brushed out dog hair from a friend's husky, and some from my collie **Russ** into our hedge, a great tit was spotted stuffing as much as possible into its beak and flying up to said box. Homemaking has begun!!

I hope that the same will happen in our box in the back garden. It would be great to get another shot of a great tit emerging from that one!

Further afield, we heard the lovely hoot of the tawny owl a few nights ago as we made our way home. And there have been several fly pasts of Canada geese honking away too!

We are so lucky living where we do, with so much of nature to enjoy, in all its different guises.

Happy nature watching folks,

Bobbie

Bristol in Successful Bid for Innovative New Innovative Climate Action Project

Bristol has been awarded £1.3million following a successful bid for a new innovative climate action project through the Net Zero Cities Pilot Cities Programme from the European Union Cities Mission.

Together with 52 fellow Pilot Cities across Europe, **Bristol – the only UK city to be awarded funding** will use the grant to further accelerate climate action and rapidly decarbonise the city. The successful Bristol consortium partners are **Bristol City Council, Bristol and Bath Regional Capital, Bristol Green Capital Partnership and Abundance Investment.**

The **EU's NetZeroCities Pilot Cities Programme** has announced £1.3 million of support for the creation of a **Net Zero Investment Co-innovation Lab** in Bristol to test new climate finance mechanisms to accelerate investment in climate action. This will help Bristol residents, businesses and organisations to both invest in, and benefit from, climate action.

The **Bristol One City Climate Strategy** identified the need for innovative finance mechanisms to achieve our climate goals. With this Pilot Cities Programme the partners will create a Net Zero Investment Co-innovation Lab in Bristol. This initiative will test a suite of new climate finance mechanisms to accelerate investment in climate action including the potential for community-based investment.

The Bristol Net Zero Investment Co-Innovation Lab, will research, pilot, deliver and evaluate several financial mechanisms, including:

- A **Citizen Community Climate Investment Scheme** enabling citizens, business, and communities to invest in their projects to reduce emissions and to generate a return. This will complement the existing community initiatives and those being developed by **Bristol City Leap.**
- A **Net Zero Venture Fund** to enable outcome driven finance, environmental, social and

governance (ESG) funds and philanthropists to invest in projects that address climate challenges and opportunities and generate a financial return and other community benefits.

- A **Carbon Multiplier Fund** to invest funding from the new development paid by developers when they are unable to achieve the carbon standards for new development on site.

The Pilot Cities Programme will bring a further opportunity to share learnings with other cities, building on each other's experiences, replicating and scaling solutions that work in similar contexts. This will ultimately lead to an accelerated transition towards climate neutrality across Europe. This new funding complements that awarded to Bristol recently by **Innovate UK** to develop innovative ways to overcome barriers to net zero and will enable us to accelerate progress on the finance barriers: funding secured to overcome barriers to net zero.

Lizzi Testani, Chief Operating Officer, Bristol Green Capital Partnership said: "Bristol Green Capital Partnership is delighted to be working with partners on this project to support the development of Bristol's Net Zero Investment Co-innovation Lab. Whilst in many cases we know what needs to be done to reach net zero, how to finance these changes is a looming question for cities across the world. This lab will explore many routes to financing a just transition and we're looking forward to integrating the Community Climate Action Project into the finance hub's activities and promoting opportunities to be involved to our wider membership of over 1,100 local organisations."

SHIRE COMMUNITY LITTER PICKS

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

Next Meeting: Thursday 18th May

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

SCAF's Lego Serious Play Strategy Day: Building a Better Community Brick by Brick!

On the 25th of March, the Shirehampton Community Action Forum (SCAF) hosted a strategy day at the Shirehampton Public Hall. The event aimed to bring together community members and volunteers to discuss a renewed purpose for SCAF, an organisation with 20+ years history in the village, and develop a plan of action to achieve their shared vision.



One of the most innovative aspects of the day, facilitated by **Jess Woodsford**, was the use of **Lego Serious Play**, a methodology that uses **Lego bricks** to facilitate creative thinking and problem-solving. Participants used the Lego bricks to build models that represented their vision for the future of Shirehampton. This unique approach created an engaging and fun environment, which allowed everyone to participate and share their ideas.

Throughout the day, volunteers shared their pride for the village and discussed their vision for the future. People were particularly proud of the community spirit in Shire, and how people pull together and

look out for each other. Many were also proud of the green spaces we have, and the community buildings and public spaces that are accessible to all.

Looking to the future, the key themes that emerged from the discussions were improving the high street, and improving health and wellbeing. Everyone discussed the importance of being inclusive of the diverse communities and people in Shire, particularly around boosting intergenerational links and welcoming new residents to Shire, including many young families. Participants also shared a sustainable vision for Shirehampton particularly around greener transport options.

At the end of the day, **SCAF** collected all the ideas and suggestions and is now writing an action plan on the back of the vision. The plan will outline the specific aspects that SCAF can influence and contribute to, and the steps that need to be taken to achieve the vision.

Overall, the community strategy day was a huge success. The use of Lego Serious Play made the day fun and engaging, and the discussion of key themes created a shared vision for the future of Shirehampton. The resulting action plan will provide a roadmap for how SCAF will contribute



to Shirehampton, and the community can work together to achieve their shared vision.

The event was catered by **Ruby Jeans**.

SCAF is a local organisation that works to improve the area of Shirehampton and the quality of life for the people who live and work here. If you'd like to volunteer or find out more please get in touch with Ash Bearman ash@shirecaf.org.uk





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King Charles' Coronation Celebration Preparations

Continued from page 1.

for the Coronation Celebration on Saturday, 29th April 2023.

Annelies Egli from Tandem Arts has been on hand to show us how to make bamboo bird feeders, prepare dried flowers for pressing and laminating and tie-dyeing materials for purses and bags. Two of our regular gentlemen at the Welcome Space are playing their usual dominos and, in the kitchen, the committee doing the washing up!

We will continue this Welcome Space throughout the summer months until winter again, having learned how to craft, make new friends and feel part of a very happy community.

Fi G.



Tynnings Field Community News

As the spring has started wet and rainy at the beginning of the growing season, we are catching up with our planting.

All plots are taken care of now, but we are still look for ad hoc volunteers who wish to do an hour here or there on grass cutting, and building raised beds, which they can later use.

Caroline Penny



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Shire Jobs, Training and Enterprise Hub at the Methodist Church

Lots of activities have been happening since I last wrote about the Hub. New courses, continuing courses, afternoon games, time to talk and evening films alternate Tuesdays continue. Hub's Cups the drop-in Jobs club is on Mondays, you are welcome to pop in after 11am, till 12.30pm. Darren is also available for a chat around cost-of-living issues or job seeking and readiness by appointment, call him on 07305 066478.

We have had a very successful extended period of **Welcome 'warm' Spaces** on **Mondays and Thursdays**. However this will likely be ending by the time this article is published at the end of April. We thank **Quartet, BCC and Bristol Churches City Fund** for the funding and **Nisbets** for equipment.

Our **Community Fridge and Pet Food Bank** is continuing and is now a very regular feature **Monday to Thursday** inc. Thank you to the **Co-op** here in Shire and the bakery for help with this venture! If you need food please pop-in **Mondays to Thursdays, Penpole Avenue (white doors) at Shirehampton Methodist Church**. Likewise, if you have spare in-date fresh, or sealed tinned/packet food or Pet food, please bring it along or call on the number below! **Darren** usually posts a photo of what's available each day. The aim is not to waste food but ensure it is used.

Community Learning (BCC) has more courses starting very soon, designed to help folks with finding

jobs and up-skilling. Keep an eye out for these on social media. **Hot Desking Space** is also available on two days for those otherwise having to work at home, but who may prefer to work alongside others! A **Memory Café** is also starting on the **third Friday afternoon at 2pm (19th May)**, for those living with dementia and their carers.

Please look out for posters, banners on the High St/ Penpole Ave and Social media for up-to-date information on all our activities. Twitter and Facebook - @shirejtehub and Instagram - Shire JTE

Email: projectcoordinator@jtehubshire.org to register interest in any of the above, or for a one-one appointment to discuss your needs.

Also Tel. 07305066478 or check the Website - <https://jtehubshire.org/>

Revd Pearl Luxon



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Wednesday's 9am - 3pm
Thursday's 9am - 3pm

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Shirehampton JTE Hub

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FREE ENTRY

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@jtehubshire
07305 066478

NEW Memory Café in Shirehampton Needs Your Help

The JTE Hub which is situated in The Methodist Church on Shirehampton High Street is hosting a **NEW** monthly Memory Café on Friday the 19th of May.

A **Memory Café** is a social activity for people living with dementia and their carers, friends, and family. It provides respite for those who are caring for people living with dementia as well as an opportunity to have fun and meet other people who understand the journey they are on.

It had been recognised that there were no activities for people living with dementia in the area as discussions began on the project between partners in **Shirehampton and Bristol Dementia Action Alliance** who are working towards making Shirehampton the **First Dementia Aware Village in Bristol**.

The JTE Hub and partners of the project need volunteers to make the Memory Café a success. No experience is required as full support and training will be provided. If you can make a good cup of tea, love meeting new people or have other skills and would like to find out more about how you can be involved, please contact Darren Moore at: projectcoordinator@jtehubshire.org



Join Us

Memory Café

For people living with dementia and their carers, family and friends

Friday 19th May
2pm - 4pm

Shirehampton Methodist Church
Bristol BS11 ODY

projectcoordinator@jtehubshire.org
07305 066478

BDAA

Churches in the Shirehampton Area

St Mary's News

Hi Folks!

Well, I hope you all had a lovely Easter. It is a very important date in our Christian calendar and during Holy Week (the week leading up to Easter), inside St Mary's on the first 3 days we had our "Time Machine" where you could walk freely through a Maze and experience the Biblical world of Jesus, and also explore this world on a more reflective level. It was a resounding success and on the Wednesday afternoon, designed for younger children and much livelier, we had 107 children and a goodly number of adults too resulting in a total of 175 visitors. All of this was the idea of Amy Boucher, our Children and Youth Minister, who spent many a long hour setting up the Maze, Tunnels and twists and turns etc. We are extremely grateful to her for her hard work, ideas, and input to other church activities suitable for younger people.. We also thank the volunteers who helped create some of the content, put up the maze and put it down again, especially the Youth volunteers.

Now for our plans for the merry month of May!

Monday, 1st May, the May Day Bank Holiday, in the Churchyard (weather permitting otherwise it will be inside the church) in conjunction with "The Noise" and led by Amy, there will be **Games, Lego, Stomp Dance Group, Crafts, Face Painting, Hair Braiding, Food and more.** Now, I hear you say - "Who is 'The Noise'?" Well, they are a charity that facilitates events to encourage and equip Christians and Churches to "show God's love in practical ways" to their communities. **The Noise Project** is an annual event over the Bank Holiday in various locations. Why not bring your kids along and join in the fun because it is all **FREE!**

Please note the "Goldies" singing session from **10:30am to 11:30am on Wednesday, 3rd May** is likely to be back in St Mary's as we anticipate the weather to be much warmer by then, when Coffee and Tea can be served back in the church once more. We will notify you of any changes on our noticeboards.

On **Saturday, 6th May, King Charles** will be attending **Westminster Abbey** for his Coronation, which will no doubt be a very colourful event. I expect many of you will witness this ceremony on your television sets. In church on **Sunday, 7th May**, we will be holding a **Celebration Bring and Share Lunch** in the Churchyard, or inside the church should the weather decide to be unkind to us!

Monday 8th May is an **additional Bank Holiday** this year and, as part of the **Big Help Out**, we will open the **church from 4 to 6pm** to share life and creative skills. So if you have any gifts and passions you are able to share, please come along. Likewise, come along and see what is on offer as you may learn something you have always wanted to know, be it learning how to knit, crochet, draw, or make models, for example. All are welcome.

Our **Annual Parochial Church Meeting** is scheduled for **Sunday 21st May** after our morning service, when we look into our Annual Finances, receive a report from the **Churchwardens** on the



overall condition of the church building, a report regarding the overall success or not of the Coffee Mornings and events held at St Mary's throughout the year, to name but a few for discussion. It is also when we elect members to serve on the **Parochial Church Council** for the forthcoming 12 months and an opportunity for you to ask questions on any church business and how the church is currently running. To be elected as a **Church Councillor**, you have to be on the **Electoral Roll** and qualifications for that are - you must be over the age of 16 years and a regular worshipper at St Mary's. If you are on the Electoral Roll of another parish church you may only vote in one church **not both**.

On **Sunday, 28th May** it is **Pentecost**, also known as **Whit Sunday**, a **Christian Festival** celebrating the gift of the **Holy Spirit**. It is also a time to celebrate the birth of the Christian faith and its churches. At **9:45am** we will hold an **All Age Pentecostal service**, followed after the service at around **11:15am** by a **Bring & Share Birthday Buffet** with lots of refreshments and party fun for all! **The Dress Code is - wear bright colours!**

Well, that is for this month, so now for the silly bit! How do we know the Apostles drove a Honda? Answer: When the day of Pentecost came, they were all together in one accord!!!

'Bye for now.

C.M.E.

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

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

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

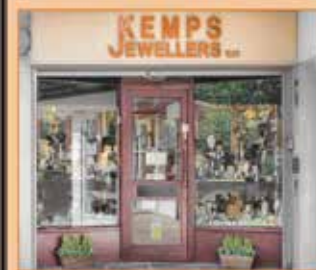


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Shirehampton Baptist Church News

On May 6th, many around the World will witness the Coronation of Charles III on our television screens. We pray he will have a good, long reign and know God's guidance as did his mother Elizabeth II.

On May 7th, Shirehampton Baptist will be looking at **climate change**. Our guest speaker, **Sally Hunter** is a **Lay Reader** and a member of the **Green Party**. As Christians we have a responsibility towards the environment and a duty to do what we can for the sake of future generations. This service will take place at **10:30am** in our building on **Station Road**.

On May 14th, the **Cotswold Christian Community** invite all to our **Songs of Praise Cafe 4:45 - 6pm** at the **Cotswold Community Hall, Dursley Road**. This month, the **Reverend Patrick Stonehewer**, a

Methodist minister will talk about his pilgrimage last year, walking from **Cape Wrath, North West Scotland to Dover**.

On **May 25th**, our **Life Café** will open from **10:30 to 11.30am**. We welcome all to our building on **Station Road**.

The **Rock Steady Club** for children in **Primary School** meets in the **School term time every Thursday from 3:30 to 4:30pm**. Children enjoy drama, often using puppets, music, craft and games. For more details see contacts below. Parents are welcome to stay.



© Shirehampton Baptist Church

We meet every **Sunday at 10:30am** and there is a **Bible Study on Zoom at 4:30pm** on the same day.

We send our love and prayers for our village.

Shirehampton Baptist Church, Station Road

Contacts: 07743 683684 or rhodespaul360@gmail.com

ST BEDES



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St. Bede's were delighted to be invited to represent English schools at a roundtable discussion about **Applied Learning in Parliament** at the end of January. St. Bede's has been a long-term advocate of **Young Enterprise (YE)** and many of the students have participated in **YE Company Programme** over the years.

In the programme students face a real-life simulation of running their own business for a year and compete with other **YE businesses** in our area. YE is a powerful example of **Applied Learning**, where students exemplify their studies in wider contexts.

Young Enterprise has partnered with **The Entrepreneurs Network**, a think tank, and the secretariat of the **All-party Parliamentary Group (APPG)** for Entrepreneurship, to produce the report 'What Applied Learning Really Looks Like.' Arête Sixth Form students **Aleena Thomas** and **Chris Mathew** along with **Mrs Jade Hicks**,

Head of Business Studies, were asked to explain to MPs, businesses, and charities how impactful applied learning can be in schools.

The discussion explored the challenges of implementing applied learning more widely, so that all young people can benefit, along with the ways that policymakers can support it being scaled-up.

Both Chris and Aleena spoke about their experiences in front of **Seema Malhotra MP (Shadow Business Secretary)**, **Anna Firth MP (Parliamentary Education Committee)**, **Justine Greening (Ex-Secretary of State for Education)**, **Sharon Davies (CEO of YE)**, and many other CEOs and



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representatives of businesses, government and charities involved in the report.

Jade Hicks was also able to discuss Applied Learning from a teacher's perspective, as well as wider educational topics.

The progress of the report will be released in the near future to the **Parliamentary Education Committee** for further discussion and **St. Bede's** are thrilled to have been a part of such powerful and important discussions.

Vicky Johnson

Office Manager, St. Bede's Catholic College

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191st Scouts Group News

At the beginning of March, both our Cub pack leader Andy Pickford (Rama) and Scout troop leader Dave Hill (Hawkeye) were awarded The Chief Scout's 5 year Length of Service Award for their service and dedication to the Scouting movement. The awards were presented by District Commissioner Maddie Jenkins.

CONGRATULATIONS to Andy and Dave and thank you for all you do.

Without the hard work of our volunteer leaders and assistant leaders we would not be able to run the groups we do. If you are interested in joining our team of volunteers, either at one of our groups or on our executive committee, please email: GSL191stbristolscouts@gmail.com



The Strange

An original story by Gil Osman

(Previously: Girl and Boy make friends with the animals, after first patiently earning their trust - and the villagers learning of this)

Chapter 10

The day after The Hunter had been acclaimed as the new Chieftain by the villagers both he and they wondered what sort of Chieftain he would be. The tribe had never had a Chieftain since it settled from hunter-gatherers into a village; no suitable person could be agreed upon.

The Hunter still lived with his parents and extended family, as did most other villagers, and after the midday meal on the day after becoming Chieftain, he asked his father for advice on a matter. His father was overjoyed: firstly, his eldest son (the best hunter in the village) had become the first Chieftain of the settlement and now his son was asking his advice - something he had never done before!

His son suggested that they take a tour around the perimeter of the village, so that they should not be overheard. When they were passing the isolated house of The Strange and, as his son was slow in broaching the topic he wished to discuss, his father thought he would 'break the ice'. He confided in his son something only he and his wife knew about concerning the Chieftain when he was a baby.

At that time there were several childhood diseases plaguing the village, from which several children had already died. His son was in danger of suffering the same fate and getting weaker; unable to keep his food

down. Desperate times require desperate measures and the father decided to seek secret help from the village herbalist (the mother of The Strange). As the baby was teething, she gave the father a powder of ground herbs and told him to mix it with some breast-milk and tell his wife to administer the resultant paste to the baby to suck from her finger. The baby eventually recovered and the father fully believed that, without the intervention of the herbalist, his son, The Chieftain, would never have survived. Upon hearing this, the Chief himself was utterly astounded.

The story had the desired effect and the Chieftain was able to seek the advice he wanted from his father. He told him, in confidence, that earlier that day two men had come to see him, being in dispute about the ownership of some land between their houses. The Chieftain had told them to give him a little time to think about the matter (in reality, he had no idea what to do or say).

His father was a wise man (except in regard to spoiling his son when he was a child) and had thought about such village matters constantly, but had been in no position to speak out and kept his ideas to himself. Now he was in such a position, as adviser to the Chieftain! He advised his son to issue a proclamation or edict (there were no such words in the tribal language, but words were invented) stating that all land in the greater village area was to be considered, henceforth, as common land belonging to the community (the villagers) and no decisions were to be made about such land without the agreement of the majority of villagers. This, of course, excluded all land already built on. Only the Chieftain could contravene this law.

The Chieftain's esteem for his father rose tremendously. He was greatly taken by his father's suggestion and relieved to have the answer to his dilemma. He summoned the two men and told them of his decision; they were satisfied with this. He then sent family members to inform every household in the village (his father and he never mentioned to anyone that it was really his father's idea). Soon the whole village was buzzing.

The new Chieftain had made an impressive start.

To be continued...

An Update from Darren Jones MP, Bristol North West

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

Royal events are grand affairs of national importance, but they are also wonderful occasions for bringing communities together to celebrate with street parties, village fairs – and, of course, lots of bunting! It's quintessentially British.

I'm delighted that Shire is marking the **Coronation of King Charles** with a **Community Fair on 29th April**. Thank you to **Shirehampton Markets** for your hard work in organising the event – I'm looking forward to attending.

In other news, a constituent raised concerns at a recent **Café Politics** that signage for the **Clean Air Zone** is inadequate, so people are sometimes unaware they are entering the fee-charging area. In addition to improving physical signage, it'll make sense for companies like **Apple Maps** and **Google Maps** to update their warnings. I'm going to write to them to try and make that happen, and to see whether more can be done to redirect large lorries away from the small roads under the **Iron Bridge**.

I am also continuing my fight to **improve access to NHS dentistry**. Finding an NHS dentist is a problem across the country, but it seems to be a particularly painful experience for people in Bristol.

I have already written, repeatedly, to Ministers about the crisis in NHS dentistry, and I held a

debate in **Parliament last January** to encourage the Government to take this issue more seriously. I raised this issue again in the Commons a few weeks ago. I'm now going to host a **dental summit in Bristol** with local commissioners and providers to see what more can be done locally, whilst we wait for the Government in Westminster to finally get round to updating the **NHS dental contract** which is preventing dentists from doing more NHS work.

In my last column, I mentioned that I had planned an urgent meeting with **Stagecoach** to speak up for my constituents about changes to **routes 10 and 11**, and to find out more about the company taking over the **Portway Park & Ride**. If you're unaware, the 10 and 11 will no longer take you from Shire to **UWE, Bristol Parkway or Aztec West** – the services now terminate at **Southmead Hospital**.

Stagecoach has told me the route changes are due to insufficient funding from the **West of England Combined Authority (WECA)** to support the routes. I also learned in this meeting that the ticket



price for the **Portway Park & Ride** (now called **route 9**) is now set by **WECA**. I'll be following up on these issues in the weeks ahead.

Finally, by the time you read this, my **bus campaign** will be entering its final month of data collection. This campaign is about our community coming together and standing up to the bus companies who, for too long, have been failing to deliver an adequate service. Thanks to everyone who has supported the campaign. Please continue to log your journeys at www.darren-jones.co.uk/bus.

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

CONTACTING YOUR LOCAL COUNCILLOR

Shirehampton is in the Avonmouth and Lawrence Weston Ward

Your Councillors are:

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

CONTACTING YOUR MEMBER OF PARLIAMENT

Shirehampton is in the Bristol North West Constituency

Darren Jones Phone: 01179596545
Email: darren.jones.mp@parliament.uk
Website: www.darren-jones.co.uk

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Yoga for Unity and Well-Being



100 days of yoga towards International Day of Yoga 2023

Who hasn't heard about Yoga and its acclaimed benefits for physical and mental health and wellbeing? The physical aspect of Yoga is widely known and no doubt the most popular form of Yoga in the Western world and yet it is just the tip of the iceberg of Yoga as a comprehensive system.

Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. As a way of life, it is rooted in praxis and experience rather than in beliefs. When applied to communities and societies, Yoga offers a path for sustainable living, paving the way to deeper connections and peace.

June 21st was first declared International Day of Yoga in 2014 by the UN. This year, Yoga for Unity will be celebrated as Yoga events and festivals in towns and cities across the world. The intention is to create a ripple across the globe touching every continent and many cultures.

Here in Bristol, we will be holding a free weekend event at the Bristol Steiner School, Redland Hill on 27th/28th May. We would like to invite everyone with an interest to join us in person to experience one or more aspects of Yoga practice.

The Programme for Saturday May 27th:

- 10.00 - 11.00 Yoga with Gaetano
- 11.15 - 12.00 Heartfulness relaxation and meditation
- 12.00 - 12.30 Pilates with Anna (tbc)
- 1.00 - 2.00 Light lunch and open house
- 2.00 - 3.00 Yoga with Eliana
- 3.15 - 4.00 Heartfulness relaxation and meditation

The Programme for Sunday May 27th:

- 10.00 - 11.00 Heartfulness relaxation and meditation

For all your questions please email southwest@heartfulness.org or contact Annelies on 07913 539487. The event will be advertised on Nextdoor and Eventbrite. There are many more ways to benefit and participate through the website www.yoga4unity.com.

Chocolate Path Repairs

A major milestone has been reached in the work to stabilise Cumberland Road, which will enable Bristol's Chocolate Path to reopen by the end of May. The council's contractor, Griffiths, has installed all of the concrete piling to hold the ground in place under Cumberland Road, the Chocolate Path and a section of the Harbour Railway.

This means work can now take place to rebuild the wall along the New Cut and reinstate the Chocolate Path and heritage railway line. In preparation for this, a concrete slab needs to be installed by Griffiths across the piling and a supporting ground beam put in place along the base of the river wall. The most complicated part of the stabilisation project is complete, meaning Griffiths can move onto reinstating the Chocolate Path and Harbour Railway.

We are now on track to reopen the Chocolate Path towards the end of May.



Shire Needs You!

Over the years Shirehampton has lost many of its shops, businesses and amenities so don't let us lose our free local newspaper!

We are looking for new blood to join our dedicated team to ensure we continue to have this valuable asset to the village. All you need is a computer/laptop and the ability to put together an interesting "read" from the many articles/e-mails we receive every month from residents of Shirehampton and the surrounding area.

If you are interested please come along to one of our informal meetings which we hold the first Monday of the month.

Email for more details, contact one of the following with your name and contact number:

chairperson@shire.org.uk or editor@shire.org.uk

Bristol Photo Festival

Picturing Bristol High Streets - A new photography project in Shirehampton Starting in April, Bristol Photo Festival will be commissioning two leading photographers to uncover the stories and characters that make Shirehampton High Street unique. The work created will be showcased through a series of presentations and exhibitions, taking place along Shirehampton High Street in August.

The project has been developed in partnership with **Bristol City Council** and **Historic England** as part of the national **Picturing High Streets** programme. In Shirehampton, the photographer **Chris Hoare** (www.chrisoare.org) will be in residence. He will be documenting the area

by engaging with local businesses, residents and attending community events taking place between April and July. He is also keen to deliver photography workshops with young people locally.

In conversation Chris told **The Shire**, "I've photographed all over the city for the last decade or

so and in the process I have made a record of the city, this will add to this record in an exciting way. I am keen to meet people who have a strong connection to the area and a story to tell, stories which are unique to this part of Bristol." **Festival director Alejandro Acín** added "we've followed Chris's work for several years and have been excited to see him develop an international reputation for making long-term connections with different communities: from allotment holders to young people aspiring to be hip hop artists. We are excited to see what Chris will produce in Shirehampton."



© Chris Hoare

Image from a recent street portrait studio delivered by Chris Hoare in Shirehampton 2023.

Alongside Chris Hoare, the photographer **Clementine Schneidermann** (www.clementineschneider.com) will also be working in the area. **Winner of the 2022 Taylor Wessing Prize**, organised by the **National Portrait Gallery**, Schneidermann will be working with community groups to create collaborative portraits, creating a playful record of Shirehampton today.

Speaking about the ambitions of the project, festival director Alejandro Acín further remarked, "through photography and storytelling, this project is an opportunity to reimagine the role of the high street at the heart of Shirehampton as a community. We hope that as many residents as possible get involved."

If you have a story to share about Shirehampton, a community event, or a group that you would be keen for a photographer to collaborate with, please get in touch via email: info@bristolphotofestival.org. The festival is also asking local residents to contribute old photographs of Shirehampton, to be used within the project. All images submitted will be digitalised for free. Please get in touch for more details.

Alongside Shirehampton, the festival will also be commissioning new projects to take place on Filton Avenue, Two Mile Hill and Stapleton Road. For more information about the project please see: <http://highstreets.bristolphotofestival.org>

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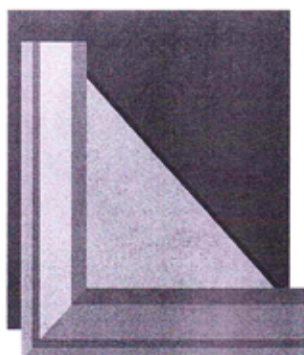


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SPORT IN SHIREHAMPTON



City and Port of Bristol Bowling Club

Sunday March 5th saw 30 bowlers, family and friends heading down the M5 to the splendid Toorak Hotel for the annual Winter Bowling Break. This is a five day break that has not only indoor bowling at the hotel's four rink arena but much more including a Ten Pin Bowling Evening and an evening at the theatre in Babbacombe.



Club Chairman David Hinksman bowling on Green Opening Day – April 10th.

Bowling for two hours each day from Monday until Thursday leaves ample time to make the most of all the hotel has to offer and to explore **Torquay** and the surrounding area. Whether it's a swim in the very large Aztec Pool, or maybe a try at Curling in the Starlight Lounge --- it's all there to do within the hotel group.

Away from the hotel, the sea front is only a short walk away and the town a short bus ride. The **Jungle Journey Adventure Golf** attracted a number of bowlers to try its tricky 18 holes and it was all great fun if a little challenging in places.



Ken Davies nearest in picture who was a rink winner on the first day of the Winter Bowling Break in Torquay.

But it was a bowling week and this year's opponents were not complete strangers; they had been there on a previous visit. **Angel Tonbridge** and the **Moira Bowls Tour** were strong opponents and won all four games played. However, the games were enjoyable and it should be noted that on day one **Ken Davies** was skip on a winning rink.

A favourite part of any **Winter Break** is the **Ten Pin Bowling Night** at the hotels Four Lane facility. Always great fun and, for most, their only try at this game since last year. This years winners were **Dave Chilcott** and **Allison Ash** with an additional prize going to **Carol Maby** who with several others bowled with a bowling aid.

The theatre visit was once again very enjoyable; a very lively and colourful show lead by the excellent **Steve Laister** and great entertainment for around two hours.

Thursday evening was as always the time for presentations and thanks. Everybody received something from organisers **Dee and Gill** but winners at the bowling arena were **Stephen Ash** and **Flo Grimes**. Each captain received a special thank you and a prize. The final presentation was made by **Ray Cook** on behalf of the touring party to Dee and Gill for organising another wonderful week, hopefully to be repeated in 2024.



Phill and Alan carrying out repairs to the green ahead of opening day on April 10th.



The Ten Pin Bowling night - a big favourite at the Winter Bowling Break.



Dee and Gill who once again organised the Winter Bowling Break in Torquay.

Coming up following the **green opening on April 10th** are around 40 friendly games, **Men's and Ladies Bristol and District Leagues** and **Monday Night Club League, Club Competitions** and entries in **County Competition** by individual club members and the men's league team. There is an **open day on May 27th** and a visit from the **Bristol After Stroke Club on June 15th**.

Ahead of the seasonal green opening was a lot of hard work and much of it has been done by volunteers from the club. The club is grateful to all who made a contribution toward everything being ready to start the season.

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

NEWS FROM SHIRESTRONG KETTLEBELL CLUB

We are a small club with enthusiastic members who get together 3 times a week to work on 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.

Over the past 6 weeks, members of **ShireStrong** have been taking part in a **Lifestyle Challenge**. In his book **Atomic Habits**, **James Clear** explains that resolutions like those made on 1st January every year where we commit to make massive lifestyle changes are unsustainable which is why most of us give up less than 3 weeks into the New Year. A commitment to change one thing that can easily fit into your life, and which takes up to 10 minutes a day but no more is much more realistic.

Members of the club chose what habit they wanted to be better at. Examples are walking, increasing daily water and vegetable consumption. Everyone managed to stay on track for most of the challenge and a few managed to achieve their objective every single day. Coming out on top were **Faye Tomlinson** and **Kelley Price**.

Our **Member of the Month for February** is **Anita Werrett**. Anita joined ShireStrong in January

2023. She attends kettlebells twice a week and quietly commits to working hard in every session. Anita concentrates on her form in all exercises and asks questions when she isn't sure. She is a great addition to the club. When she received the award Anita said: "I found the first few classes the hardest, but Linda was there to encourage me and cheer me on! Linda always offers advice to make sure my form is right, which is useful as I forget very easily! I still find the classes challenging, but don't ache as much the next day as I did at the beginning."

The group inspired me with their strength, I much prefer these friendly classes to a gym environment. Linda is very encouraging, sharing stories of how she started her journey and reminding that it takes time to get it! The group who attend are lovely and welcoming. I'm noticing a difference in my strength and seeing some positive changes to my shape. Just goes to show the difference a good teacher/trainer can make!



Member of the Month for February is Anita Werrett.

If you've been watching from afar and you aren't sure if you can...my advice is try it, you can do it!

Lynda Thorne

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Twyford House Cricket Club

Summer is on the way; the nights are getting lighter and Twyford House Cricket Club's Under 15's team members have started their training in preparation for the new season.

On **Friday 24th February**, the team began indoor training at **Oasis Academy Brightstowe, Penpole Lane**, just along the road from our club. This is an opportunity for the team to regroup after the winter and begin Nets training together again. **Outdoor training** is due to commence in

May. If you have a son or daughter that might be interested in coming along to a training session, or to join the team they would be more than welcome.

For more information, please contact coach **John Harvey** on 07906 598 773.



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