

# Shire

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

No. 627 - April 2024 [www.shire.org.uk](http://www.shire.org.uk) 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL TRADESPEOPLE section on pages 18-19 to find a local business who can help.



## 'Football Focus!'

Welcome to this month's Shire, which is brought to you with Sport, particularly Football and its involvement in our community, in mind.

### Sports & Activities Editor

Shirehampton is blessed to have many brilliant sports clubs. My aim, as new Sports & Activities Editor, is to help Shirehamptonians make the most of the wonderful opportunities they provide.

If you have a club or have a friend or family member attending a club that you think others should know about and enjoy, please get in touch with me, with an article or a report that can be worked up by our editorial staff.

Born and living most of my life in Shirehampton, I hope all who live here and come to live in our community, will feel welcome and comfortable taking part in our village life and activities of any kind are a great way to get to know people and feel at home.

Whether it's playing, coaching, supporting or just passing some time watching live sport with a local interest, the *Shire's sports pages* are for you!

Contact me on: [sports@shire.org.uk](mailto:sports@shire.org.uk)  
or 07981 927787.

John Rohde



**"Football is more than just a game. It can bring hope and joy to people's lives."**

**(Didier Drogba)**

This quote from former Ivory Coast and Chelsea footballer Didier Drogba, well known for his outstanding charity work, sums up the impact that our "beautiful game" can have on the lives of the people who play it. In 2010 the Football Association undertook their Review of Youth Football aiming to increase the numbers of children playing and since then there has been a boom in participation, with a big increase in the number of clubs and organisations offering coaching and organised games for our children. The F.A. philosophy states that:

"Everybody should get to play, enjoy the game, have fun with their friends and grow their love of the sport". The F.A. Respect Campaign "champions positive values and behaviours such as fairness, integrity, inclusion and leadership."

*Continues on page 20.*

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# Shire

Official address: The Library, Public Hall, Station Road, Shirehampton, Bristol BS11 9TU.

Please note the Shire contact number is: 0117 938 1709

## 'SHIRE' Contact Details

Web address: [www.shire.org.uk](http://www.shire.org.uk)

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Finances: [treasurer@shire.org.uk](mailto:treasurer@shire.org.uk)

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Mrs. Sarah Matthews, Mrs. Lucy Bradley,

Ms. Vanessa Evans, Mrs. Renée Slater,

Mr. John Rohde (Sport & Activities)

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## EDITORIAL POLICY

We welcome contributions for publication in 'SHIRE' but reserve the right to edit any copy received. Articles should not exceed 500 words. Any material published is at the editor's discretion and may also be included on our website [www.shire.org.uk](http://www.shire.org.uk) unless the copy is clearly marked 'not to be included on the world wide web'.

Contributions submitted to: [editor@shire.org.uk](mailto:editor@shire.org.uk)

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# REGULAR EVENTS IN SHIREHAMPTON

## Events in our library



## Guest Author Talk Amber Cotterell Weds 17th April at 7pm in Shire Library

We are delighted to announce that we have local author Amber Cotterell coming to give a talk about her fantastic Trilogy of books - *The Coffee Shop Collective*. They focus on 3 main characters and their struggles with mental health. Tom suffers with OCD, Maddie suffers from Anxiety, and Sophie suffers with PTSD. All incredibly serious mental health disorders. Each character has their own battle to face, all while working together in the same coffee shop.

The Coffee Shop Collective is all about encouraging people to talk about mental health as well as learning to be kinder to those around us, as we never know who may be struggling.

Tea/coffee and biscuits

**FREE ENTRY BY DONATION**

All donations to local Mental Health Charity

Contact: email [friendsofshire@gmail.com](mailto:friendsofshire@gmail.com)

or phone/text 07943-401575



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

## Coming Soon at the

### Cotswold Community Centre, Dursley Road

Sat 30th Mar	Special Easter Coffee Morning	10-11.30am
	Wonka Film Night & Food	7pm
	(tickets £6 from Committee Members)	
Tues 2nd April	Film Night	7.30pm
Sat 13th April	Coffee Morning	10-11.30am
	Bingo	7.30pm
Fri 19th April	Memory Café	2-4pm
Sat 20th April	Quiz	7.30pm
Sat 4th May	Magic, Music & Food Night	6pm
	(tickets £7.50 from Committee Members)	
Tues 7th May	Film Night	7.30pm
Sat 11th May	Coffee Morning	10-11.30am
	Bingo	7.30pm
Tues 21st May	Film Night	7.30pm
Every Thursday	Welcome Space	10am- midday

## COME ALONG AND SUPPORT YOUR LOCAL COMMUNITY CENTRE

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

## SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

DAY	ACTIVITY	TIME	LOCATION
MONDAY	Twyford Art Club (except August) Yoga	10am - 12noon	Hall
		6pm - 7:30pm	Hall
TUESDAY	Music with Mummy (term time only - pre-book)	10am - 12noon	Bradley Room
	Extraordinary Links Parents Group (every 3rd Tuesday)	10am - 12noon	Hall
	Line Dancing	2pm - 3pm	Hall
	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 - pre-book)	9:30am - 10:30pm	Hall
	Over 75s Exercise Class	2pm - 3pm	Hall
	Extraordinary Links	3.30pm - 5:30pm	Hall
	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) Tai Chi Model Railway Club	10am - 12noon	Hall
		2pm - 3:30pm	Hall
		7pm - 10pm	Club Room
FRIDAY	Shire Stitchers (1st Friday of the month)	10am - 12noon	Bradley Room
	Music with Mummy (term time only - pre-book)	10am - 12noon	Hall
	Shire News (last Friday of the month)	2:30 - 4:30pm	Hall
	Create to Elevate Youth Group	7pm - 10pm	Penpole
SUNDAY	Church of Grace	11am - 5pm	Hall

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

## SHIREHAMPTON COMMUNITY ACTION FORUM (SCAF) SHIRE COMMUNITY LITTER PICKS 2024

Meet at 10.30am at Shire Public Hall, Station Road, BS11 9TU

Pick up equipment & we'll go to different areas of Shire and tidy up for 1-1.5 hours

**Saturday 20 April**

**Thursday 16 May**

**Thursday 20 June**

**Thursday 18 July**

**Saturday 17 August**

**Thursday 26 September**

**Thursday 17 October**

**Thursday 21 November**

**Thursday 19 December**

Please come along and help us clean up Shire! All litter picking kit will be provided




**Contact: Ash Bearman at SCAF on 0117 982 9963  
or email [ash@shirecaf.org.uk](mailto:ash@shirecaf.org.uk)**

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# The *Shire* Community Pages

## Seed Swap

On the afternoon of Saturday 17th February, the Cotswold Community Centre opened its doors for a community seed swap. Sprouted out of an idea at short notice, it was none-the-less a success, with around thirty people dropping in during the hour, and over 150 packets of seeds swapped.

Best of all, a great range of people came. We had folks from three of the local five allotments, some of whom have been growing for decades, some getting ready for their first season. We had staff from **Nova Primary School** choosing seeds for the kids to plant. We had people wanting to try a few varieties of veg at home, and others bringing fascinating unusual edibles like purple orach.

There were seeds in abundance. People brought seeds they had saved from last year's crops, especially beans which are easily dried and stored. They brought spares from large packets that they won't need this year – after all, who needs 20 courgette plants?! We also made good use of spare seed from the previous year: some varieties stay viable for many years, and you don't need to buy a packet each year.

Across four tables we had tiny packets of potential sweetcorn, carrots, onions, kale, at least five types of beans and peas, squash, tomatoes, leafy salads, radishes, cucumbers, courgettes, herbs, flowers and even some woad.

We talked with the kids about how communities have been saving and swapping seeds for as long as people have been growing plants for food. And over a cup of tea and homemade cake we shared plans for the season and tips for best results.

A huge thank you to the **Cotswold Community Centre** for use of the building, and to all those who made cake and put-up posters. A great thanks

to everyone who brought along spare seed, and especially to those who came simply bringing a hope for a few seeds to plant over the next month or two.

There has been talk of a seedling/plant swap a little later in the Spring, and of running the event again, next year, so do keep any eye out for more chances to share as we move towards the growing season.



### Avonmouth Ladies Club

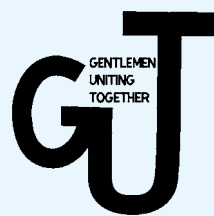
We meet on the first and third Tuesday at the new time of 2.30 – 4.30pm at Avonmouth Community Centre (but not in January and February).

#### Diary of Events 2024

- April 2nd - Chat and Craft - Gail Amphlet
- April 16th - Bring and Buy (Charity Auction)
- May 7th - Dementia Care - by Lisa
- May 21st - Oral Hygiene - by Julie Clayton
- June 4th - Bingo
- June 18th - (To be arranged)

We listen to a variety of speakers, and have an occasional outing. A warm welcome awaits. For any information, please contact Julia on 0117 9829390.

## GUT Walks



Are you feeling a little low? Want a mental lift? Feel like some company?

There is a new walking group starting up with the aim of improving men's mental health by walking in the local area. **Gentlemen Uniting Together** will be meeting at **Kingsweston Estate Penpole Lane Car Park** on **Wednesdays at 5.30 (walking at 6pm)** and **Saturdays at 3.30pm (walking at 4pm)**.

*All men welcome for walks in the fresh air in the local Shirehampton area.*

## Shire NOTICES

### Shire by Post

Unfortunately, due to the huge increase in the cost of postage stamps it has been decided that the price of the annual subscription for posting the Shire newspaper must increase to **£19** as from 1st April.

*Thank you. Sue Husber, Shire by Post*

## Shire Newspaper AGM

Shire Newspaper will hold its Annual General Meeting Friday 7th June 2024 at 5:30 pm at the Cotswold Community Centre, Dursley Road, Shirehampton, BS11 9XH.

The meeting is open to the public and we would urge anyone who might be interested in joining the editorial team or contributing to any part of the production process to come along and find out more.

## Oops - Photo Apology

The Shire editing team wanted to clarify that the photos in the March edition for the *Community Living Room* article were miscredited. They were taken by *Kathryn Courtney* rather than John Hastings. Sorry for any confusion.

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# Get Ready to Vote this May

On the 2nd May Bristol will vote for local councillors and for the Police and Crime Commissioner. The outcome of this election will shape what happens in Bristol over the next years, our social care, libraries, and many other services are led by Bristol City Council.

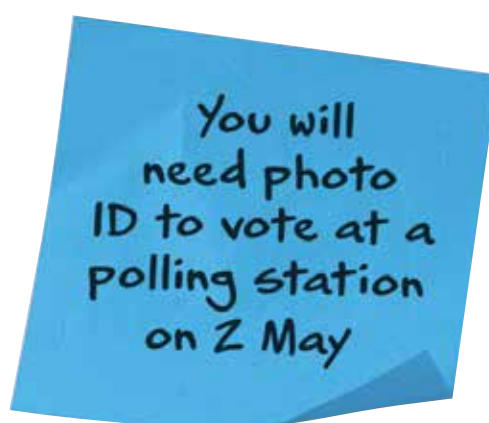
Residents in Bristol will need to show photographic ID to vote in local elections on 2 May and are being urged to make sure they are ready to vote by checking they have an **accepted form of ID, and that they are registered to vote**. Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport or drivers' licence; and some concessionary travel passes, such as an older person's bus pass or an Oyster 60+ card. Voters will be able to use expired ID if they are still recognisable from the photo.

Anyone who does not have one of the accepted forms of ID will be able to apply for free ID online at [www.voter-authority-certificate.service.gov.uk](http://www.voter-authority-certificate.service.gov.uk) or you can call 0117 92 23400 or email [voterid@bristol.gov.uk](mailto:voterid@bristol.gov.uk) - Bristol City Council's Electoral Service to receive a paper application in the post.

Anyone who wants to have their say in the elections this May must also be registered to vote.

It only takes five minutes to register online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote). Voters wishing to apply to their council for free ID should first make sure they are registered to vote.

The requirement to show photo ID at the polling station was introduced by the UK Government's Elections Act and came into effect for the first time in May 2023.




We especially enjoy spreading community news and we love to hear from all our readers.

Please, send in your letters and stories to [editor@shire.org.uk](mailto:editor@shire.org.uk) or deliver to The Library at The Public Hall.

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

*Many thanks.*

## THANK YOU TO MY TWO HEROES!

Dear Editor,

I would like to thank the two ladies who came to my rescue when I fell flat on my face while litter picking in **Lower Shire High Street** on **Saturday, 17th February**. They rushed over to help me up and guided me to the seat by the bus stop, even crossing the road to buy a bottle of water for me at their own expense. They stayed with me for a while to make sure I was alright before disappearing into West Town Road. Thank you so much whoever you were. Thankfully my only injuries were two bruised knees and one bruised hand plus a grazed and swollen cheek.

I will continue litter picking every Saturday afternoon with the rest of the "**Lower Shire Litter Champions**" to keep our area as clean as we possibly can.

*Christine Chamberlain*

## SHIRE ADVICE SERVICE

*Free Advice Sessions*

*Shirehampton Health Centre, Pembroke Road,  
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## Personal Announcements

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

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Prices Start from £7.50

## Easter Topper

Many thanks to the person who created this lovely Easter-themed cover for the Shirehampton Post Box. A Happy Easter to one and all!




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:

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- Improve muscle tone and bone density
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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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# A Spring Walk with Stoke Lodge Ramblers

A hidden Cotswold valley, a former Tudor hunting lodge and a Norman church. Only just over 20 miles from Bristol, the Ozleworth Valley and Newark Park feel worlds and centuries away from modern life. With no major roads nearby and no through road along the valley, this is a peaceful area best explored on foot along quiet country lanes, tracks and way-marked paths.

The Cotswold Way runs nearby. Newark Park and its estate, in the care of the National Trust, stand high on the Cotswold escarpment, looking down over the Ozleworth valley. The house is a former Tudor hunting lodge, built around 1550 for the Tudor courtier Sir Nicholas Poyntz. Much enlarged over the centuries, it has an interesting but rather chequered history. In modern times, it was saved by American benefactor, Robert Parsons, who lived and worked at Newark Park for 30 years from the 1970's onwards, with major restoration undertaken during his time there. On a clear day, unspoilt views reach as far as the Mendips, with barely a sign of modern life to be seen. The estate opens in February for visitors to enjoy snowdrops and other early spring flowers along its woodland walks.

Our group from Stoke Lodge Ramblers enjoyed an unexpectedly spring-like day in mid-February for our short amble from Newark Park to Ozleworth and back. From Newark Park, our route took us gently downhill via peaceful country lanes to Ozleworth Park. On nearing the house via a public right of way (through a gate labelled "to the church"), we were treated to a wonderful display of early daffodils alongside the path. As we followed the signed path, the secluded little gem of an estate church came into view, set in its circular churchyard, alongside the house and stable yard (both private). The Norman church, dedicated to St. Nicholas of Myra, is in the care of the Churches Conservation Trust and is open to visitors. Particularly of note are the unusual hexagonal tower, Norman carvings and some mediaeval stained glass. Robert Parsons is buried in the churchyard. A spot to linger and take in history and atmosphere.

We returned uphill to Newark Park for simple refreshments in the NT tent, being entertained during lunch by displays from the estate peacocks. The afternoon held the possibility of a visit to the house or a wander along the estate paths (muddy in parts) to enjoy more snowdrops and views across the valley and lake.

All of us agreed that it had been a good day out away from it all.....helped by the weather, of course.

Margaret Ruse



© Stoke Lodge Ramblers



© Stoke Lodge Ramblers

Our recent visit to the Warhorse sculpture on the Daisy Field in Shirehampton.

## STOKE LODGE RAMBLERS

*Spring is in the air! Now is the time to shake off the winter gloom. Maybe you would like to be fitter, feel more positive, or make new friends. Walking is recognised as an easily accessible way to get fit. Being outside in natural surroundings is a good way to improve feelings of wellbeing. This friendly local walking club welcomes new members.*

We have regular walks on **Thursdays** and **Saturdays/Sundays**. Shorter walks are **3 to 6 miles**, longer ones up to **10 miles**. All walks are led by members of the club and are around **Bristol, Mendips, Cotswolds and Forest of Dean**. Those wishing to walk meet locally to arrange car sharing or lifts to minimise car journeys and parking spaces.



© George Evans / Crook Peak towards Compton Hill



© Iain Chaffey / Wotton Hill

If you want to find out more do take a look at our website: [stokelodgeramblers.com](http://stokelodgeramblers.com)

This gives details of upcoming walks and contact information if you want to get in touch.

J Thomas: 0117 982 2941

## FLOOD AWARENESS MORNING

**SATURDAY 27<sup>TH</sup> APRIL**  
**Shirehampton Public Hall**  
**10:00 - 12:00**



Flood Risk in Shirehampton with Bristol City Council

**Flood Projections and Adaptation Pathways**

**Prof. Daniela Schmidt**

**University of Bristol School of Earth Sciences**

**Facilitated Interactive Workshop**  
**What WE can do to build Resilience**

**ALL WELCOME • FREE Coffee and Cake**



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[slimmingworld.co.uk](http://slimmingworld.co.uk)



touching hearts, changing lives

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for recycling\*

**BRISTOL**  
waste

Last year,  
we collected



**71,000 tonnes**  
of recycling and garden waste  
saving the city £5.2 million  
in disposal costs.

We saved

**52,000 items**



from going to waste via our  
three reuse shops, including  
410 mobility aids and  
3.3 tonnes of paint.

**2,000**

homes were  
powered by  
biogas produced  
from the recycled  
food waste we  
collected.



**4,000** bags  
of litter collected through  
community litter picks  
we supported.



Gave back over

**£30 million**

in social value.\*\*



**Thank you for recycling!**

Read the full 2023 Bristol Waste impact report  
[bristolwastecompany.co.uk/impact-report](http://bristolwastecompany.co.uk/impact-report)

\*Number 1 core English city for recycling rates according to DEFRA stats 2022-23

\*\*Calculated using the independent National Social Value Portal value added metrics

# An Update from Darren Jones MP, Bristol North West

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

Some things are worth the wait. Like the taste of your first chocolate egg when you've been good and waited until Easter Sunday to crack it open.

Many will say (and I would strongly agree) that the restoration of the **Iron Bridge** has taken far too long. However, on a recent visit to the warehouse where work is underway on the bridge for a progress report from the engineers, I was pleased to see that traditional techniques and original components are being used, wherever possible, to faithfully restore the bridge to its former glory. Sadly, though, when the truck crashed into the bridge, it damaged three of the four arches across the bottom of the bridge, and only one remains intact.

To prevent this from ever happening again, the restoration works include raising the bridge with heightened walls. I am also contacting Google to ask for a warning to be added to **Google Maps** to advise HGV drivers to use an alternative route. The bridge height issue aside, the road is not suitable for HGVs.

In other road safety news, plans to get a new zebra crossing installed on the **Long Cross** have taken a big step forward. Parents at **Oasis Academy Bank Leaze Primary School in Lawrence Weston** have long wanted a zebra crossing to be installed on the Long Cross. There's already traffic calming measures and a pedestrian crossing, but it is strongly

felt that a zebra crossing is needed. It sounds like a simple ask, but you'd be surprised how much one zebra crossing costs when you factor in replacing paving slabs with tarmac, dropping curbs, and adding tactile paving at the crossing for visually impaired and blind people. I've held several discussions with the housing association **Curo** to secure funding for this new crossing. Indeed, I had hoped that the zebra crossing might be installed as part of its ongoing redevelopment works in the area, but I've been told that this work has progressed too far to change the plans. Instead, Curo has committed to include funding for the new zebra crossing in its upcoming planning application for the redevelopment of the former **Holly House Care Home**, which they will be submitting for approval in late spring.

Finally, one thing that I think we can all agree that we're tired of waiting for is buses! Therefore, I was thrilled when I saw the headlines about **First Bus** introducing a new service from **7th April**, the **number 41**, which will connect **Kingswood and East Bristol with Sea Mills, Shirehampton and Avonmouth**. But the news came alongside an announcement that the **number 3 will no longer go to Avonmouth**. Many constituents have already



© Darren Jones/Houses of Parliament

contacted me about how this will impact kids who rely on the service to get to school; people who work at **Cribbs Causeway**, and night workers more generally; and how it could prevent people from being able to access the food bank. The concerns are many, valid and serious. I am therefore writing an urgent letter to First Bus about this route change, and I'll update you on the response in my next column.

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

**CONTACTING YOUR LOCAL COUNCILLOR**  
Shirehampton is in the Avonmouth and Lawrence Weston Ward

Your Councillors are:

Donald Alexander – Labour: [cll.donald.alexander@bristol.gov.uk](mailto:cll.donald.alexander@bristol.gov.uk)

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

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

Conservative Members' Services Office: 0117 922 2746

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## Join Us - Community Notice Board Exhibition!

We are two graphic design students studying at UWE Bristol. Over the last few months, we have been completing ongoing research on the past and present of Shirehampton and have been incredibly inspired by the community spirit of the area.

We invite all members of **Shirehampton** to join us at our community notice board exhibition which will be displayed around the neighbourhood. Taking a wander through the people and places that make up Shirehampton's past and present, from key landmarks such as the **Lamplighters and Gunpowder house**, to tales from the Prefabs and locations since gone, recounts childhood memories, the Shirehampton carnivals, to showcasing things the current community are proud of.

Using photographs kindly shown to us by members of the community, this exhibition acts as a starting point, encouraging residents of Shirehampton to share and exchange stories of living in the Shire.

Taking place from the 18th - 25th April, Accompanying publications and maps will be available from the Public Hall and Cotswold community centre. *Hope to see you there!*

*Jakub and Jemimah*

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# Flooded Again!

Tuesday 12 March

Trains from Clifton Down to Severn Beach were cancelled this morning because of flooding at Sea Mills. Eye witnesses report Station is inaccessible because of flooding beneath the viaduct.

We have just come through the wettest February ever. The ground has been squelching for days. And this morning **Shirehampton** is cut off by flooding along the train line. So, it seems appropriate that the **Climate Emergency Group** is planning a Saturday morning talk and workshop on the **Risk of Flooding in Shirehampton** and what we should do about it. We know some parts of Shire are at risk of flood from the river and the tide, but nowhere in Shirehampton, indeed nowhere in Britain, is safe from groundwater flooding.

We've invited speakers from **Bristol City Council's Flood Risk Management team** to come on **Saturday 27th April** to explain what we in Shire can expect from local flooding and what the Council is doing, or wants us to do, to minimize the danger and disruption we might face.

The **Flood Awareness morning** will be held in the **Public Hall** from 10:00 to 12:30 on **Saturday 27th April** (see our advert on page 6). There will be time for questions after the talks, and then we will ask all of you who come to take part in a workshop where you can explore what YOU think we can all do to prepare for such events. I know it's frightening to think about these possibilities, but facing them

together knowing we will be helping one another will make us all more resilient. So I hope many of you will come on the 27th. There will be posters and social media reminders nearer the time and free coffee and cake on the day.

I have to say how sorry we are that there was no Climate Fashion Café in March! Microsoft in its wisdom put all my requests to book the Hall for March 16th into junk!! By the time we had sorted it all out all available days before Easter had been booked! The **Climate Fashion Café** will be back on **Saturday May 18th** and we hope to see you and all your Easter finery then.



Pictures from March 12th 2020.

## Bristol Energy Network Top Tips

Our vision is a city where green, clean, affordable energy is delivered to the community, by the community.

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# Spring has Sprung in Shire's New Community Garden!

Thank You to Everyone who helped plant the wonderful bulbs, last October, they are now showing beautiful spring colours and providing food for our hungry bumblebees.

Thanks to a grant from WECA's Community Pollinator Fund, this is just the first of a full year's programme of Planting Events – a Mini Meadow in March, three Seasonal Flowerbeds - Spring, Summer and Autumn, in April.

Keep an eye on our Facebook page for invitations to Join In this amazing Pollinator Park project: [www.facebook.com/groups/564573427747094/](https://www.facebook.com/groups/564573427747094/)



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# Triple Birthday Celebration at The Cotswold!

The 29th February session at The Cotswold Warm Hub saw us celebrating three birthdays. Starting with Fiona Grinham on Wednesday and carrying on over the weekend, three esteemed and long term residents marked their **EIGHTY THIRD** birthdays with cake, a rousing cheer and a hearty rendition of **Happy Birthday**.



© Cotswold Warm Hub

Fiona celebrated along with **Pauline Curtis** and with **Ken Clark**, who supplied the delicious and enormous cake. I am sure that all of our readers will join those at **The Cotswold** in wishing these stalwarts of Shirehampton their very best wishes and many happy returns.

*Cotswold Warm Hub*



© Cotswold Warm Hub

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# Anne Celebrates Her Milestone Birthday

**Anne Parsons** has been a resident of Shirehampton for over 70 years. She moved to Bristol from the Lake District when she was about 20 years old and met her husband at a local YWCA dance. They moved to Shirehampton where they lived happily raising three sons and two daughters. Anne's husband was a keen gardener growing plenty of vegetables for their growing family.

Anne was the middle child of three sisters and celebrated her **100th birthday** on the **7th March** with a party surrounded by family and friends. By the time I met Anne she was still celebrating with a get together and birthday cake at the **Cotswold Community Centre** on the **14th March**. Reaching her 100th birthday had to be celebrated in style and a week is a good start.

Anne was enjoying the company of friends, her son **Dave** and daughter-in-law **Debbie**, loving every minute and I really enjoyed chatting to her about her memories. I had to ask Anne what the secret was with longevity of life "A good and happy life. I had a good husband and I think of him every day. I have no regrets. Five children kept me very busy and healthy living also helped. And today being here and being fussed over has made it special for me. I was amazed to get a birthday card from **King Charles** and **Queen Camilla**," said Anne.

Anne's 100th Birthday Card from King Charles and Queen Camilla was tastefully framed to take pride of place in her bedroom, but she brought it along to show friends with a beaming smile as she spoke about it.

On display was a special blanket, a gift, showcasing many highlights of Anne's 100 years of life and it was certainly a great mix of old photographs with plenty of memories intertwined.

Reaching 100 years old is certainly a great achievement and huge milestone. Happy birthday Anne! Here's to many more.

*Kathryn Courtney*



© Kathryn Courtney



© Kathryn Courtney

# Happy 100th Birthday Gladys

**Penhill Residential Home Celebrates Centenarian Gladys Watkins' Remarkable Journey with the Girl Guides.**



In the heart of **Penhill Residential Home**, amidst the comforting embrace of friends and family, **Gladys Watkins** recently marked a significant milestone, her **100th birthday**. Surrounded by loved ones, Gladys's centenary celebration was a testament to a life richly lived, dedicated in large part to the principles and community of the **Girl Guides**.

Gladys's journey with the Girl Guides began in the picturesque coastal town of **Barry Island**, where she first embraced the ethos of service and camaraderie that would shape her life's path. With steadfast dedication, she nurtured the values instilled in her through guiding, fostering a spirit of leadership and compassion.

Upon relocating to Bristol to be with her husband, Gladys seamlessly continued her guiding work

at the **Sea Mills Methodist Church**, becoming a cherished mentor to countless young girls in the community. Her commitment to the Girl Guides exemplifies a lifelong dedication to empowering the next generation.

As a poignant surprise for Gladys on her special day, a reunion was arranged with two members of the **South Wales Barry Island Girl Guides, Lisa, and Millie**. The joy that radiated from Gladys upon their visit was palpable, a testament to the enduring bonds forged through shared experiences and common values. Gladys was also visited by **Imogen Slee, Susie Wood** and **Emmie Corner** from the **Shirehampton Girl Guides**.

Adding to the day's delight, Gladys was graced with a visit from her big brother **Peter**, a rare and cherished

occasion as he, too, celebrated a remarkable milestone, reaching the age of **102**. The reunion between siblings, separated by time and distance, served as a poignant reminder of the enduring strength of familial bonds. Peter commented: "it was like a family party at home" whilst travelling home from Penhill Residential Home.

The celebration unfolded seamlessly, filled with laughter, reminiscence, and the sharing of cherished memories. In a touching nod to her lifelong dedication to the Girl Guides, Gladys donned her uniform once more, symbolizing a bridge between generations and a passing of the torch to the new wave of guides.

As Gladys Watkins reflects on a century of life's journey, her legacy shines brightly through the lives she has touched and the values she has imparted. Her dedication to the Girl Guides stands as a testament to the enduring power of community, service, and the indomitable spirit of those who dare to make a difference.

In honouring Gladys Watkins' remarkable journey, we not only celebrate a century of life well-lived but also pay tribute to the countless lives she has enriched along the way. Here's to Gladys, a beacon of inspiration and a guiding light for generations to come.

*Nate Corfield*



## Youth Editor Wanted!

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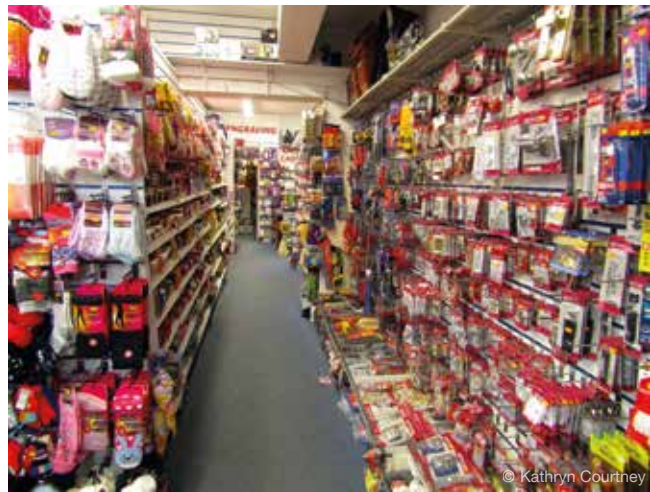
We want to recruit a Volunteer Youth Editor to act as a hub for youth news and views in and around Shire. If you are a young person, 18 or over, or somebody involved in youth work as a parent, teacher, youth leader etc. and you want to help give young people and children a voice in your community please contact Paul on 07742 804737 or via [adverts@shire.org.uk](mailto:adverts@shire.org.uk) (See also the article on page 6 of February's Shire).



© Image by freepik: friends-spending-time-together

# Nightingales Merge Two Shops Into One

The Nightingale family have been on our local High Street for over 22 years, having two shops serving the community. However, many will have noticed that Nightingales Electricals is closing but is merging with their other shop A.N Discount Ltd so all is not lost.



"Our shop lease came up for renewal which meant we would be tied in for another 6 years. There would also be an increase in the rent by the landlord. Having the two shops we decided that we could operate from one shop, being the discount store", said Vicky.

"We decided that what we offer and what is needed in the village is key cutting, shoe repairs, watch batteries and a vast range of DIY and hardware products. It

made sense to amalgamate both businesses together and make everything available under one roof. This includes stock from our electrical shop which has now been discounted to make prices more affordable as a discount store. We will continue with our electrical contractual services too".

"We value our staff and the important role they have within our business. It is business as usual and Darren who works in the electrical shop will be another added support in our new shop, supporting the existing staff," said Vicky.

"The name of the shop and the shop front will be changing in the future to **Nightingales Discount Store** with a new colourful design, but we hope that everyone continues to support us being an independent shop and business that provides a necessity to the village".

**You will find Nightingales Discount Store at 21 High Street, Shirehampton, Bristol, BS11 0DT.**

*Kathryn Courtney*

## Busy Times at Shirehampton Primary

The children at Shirehampton Primary School have been exploring a history topic all about the Ancient Egyptians. Year Three have loved learning all about this period of history. They made their own papyrus copying the Ancient Egyptians method. Then following learning about Ancient Egyptians Hieroglyphic writing wrote their names on the papyrus using these ancient symbols.

Now they are busy preparing for their end of term production with Year Four 'Sherlock and Cinders'. They have lots of lines and songs to learn and are enjoying getting ready to show it to their parents and families.

*As always a busy time at Shirehampton Primary School!*

*Michele Daniels*



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# Churches in the Shirehampton Area

## Songs of Praise

The Cotswold Christian Community invited two speakers on Climate Change to their March Songs of Praise meeting. The Community welcomes people of faith of all ages from all churches to what is a warm and joyful gathering on a Sunday afternoon once a month.

At the March meeting **Sally Hunter** spoke of the damage Climate Change is doing to the natural world. She reminded us of our responsibility to respect and protect our natural environment which is God's creation and gift to humanity. **Renée Slater** spoke of the grief and fear we must all feel as we see the ongoing destruction of the natural world and begin to experience the consequences of

that devastation, especially as we locally face ever increasing risks of extreme weather events.

Both speakers emphasized the importance of Community as a psychological and emotional resource as we face the challenges ahead.

RS

## Greetings from Shirehampton Baptist Church

Due to Easter Weekend being early this year news of our Easter events will appear in the next Shire news.

During the last two months we have started an **All Age Service** with the children taking part. Singing, drama and Bible reading. In our last service we saw a video of Jonah and the Whale.

**Rock Steady Club** now has 17 members who are preparing for their **Passion Play** on **Maundy Thursday**. Rock Steady, for children of primary school age meets every Thursday, Station Road. Parents and carers are able to stay.

The next **Life Café** will open on **April 24th** at our building, Station Road, 10:30-11:30am. Come and enjoy the delicious cakes, freshly made by **Zhyan**.

The **Cotswold Christian Community Songs of Praise Café** will have met on **Sunday March 10th** (see article above) when we will have had two people speaking about Climate Change. Renée Slater is the leader of our local **Climate Action Group** and **Sally Hunter** is a member of the

**Green Party** and a Lay Reader. On **April 14th** we will have the **Christian Motorcyclist Group**. There will be favourite hymns, plus refreshments. We meet on the second Sunday of the month at the Community Hall, Dursley Road, 4:45-6pm.

We extend a warm invite to our **Sunday Morning Service** held in our church building Station Road. There is also a **Zoom Bible Study** on the same day at 4:30pm.

We trust many will have read the **Good News paper**, delivered to all the houses in Shire Village. This well-produced paper helps us to see how relevant the Bible is in 2024 for people from all walks of life.

Enjoy this beautiful month of April, love and prayers from Shirehampton Baptist.

Contact: 07749 683684 or  
rhodespaul360@gmail.com

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

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

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



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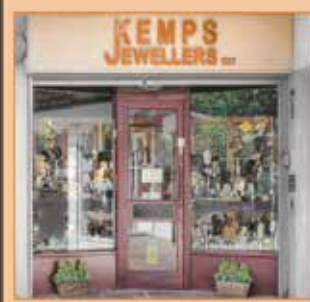
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# Shirehampton Hub at the Methodist Church

The great news is that our Community Fridge activity is now doing much better, in that waste food from several more outlets are available through the week due to us signing up with Fareshare. We now have regular food from Tesco, Aldi, Sainsbury's, KFC and Nandos, to name a few. This is in addition to our previous sources, Avonmouth Coop and Redland Bakery. Plus some occasional M&S supplies the Foodbank couldn't quickly distribute. We also had that phenomenon with the eggs, earlier in February with 20,000 eggs distributed!

In the first two weeks of the new scheme the **Community Fridge** distributed 174kg of food which saves 423kg of CO<sub>2</sub> in wasted food. There's a new **WhatsApp group** for information as to food available each day – **Shire Hub Food Group**. Please note that you need to come to the Hub for this.

Special events coming up: **Darren** is developing an **Open Day for Wellbeing Groups**, and **Bristol City Council** has booked for a themed jobs and careers fair – for roles in Social Care and Parks & Green Spaces.

This is a truly welcoming space for all the community and regular activities include:

- **Hub's Cups**, Drop-in on Mondays 11-12.30pm and **Job Club** on Tuesdays 10-12pm.

- **Support for Start-ups, Sole Traders and Hot-desking** – drop in on a Wednesday morning or call for an appointment.
- **Cost-of-living Advice or Benefit Checks** – Monday or Wednesday mornings.
- **ESOL Conversation Group** Thursdays 12-1pm provided by Community Learning
- **Welcome (warm) Spaces** – these are running Mondays and Tuesdays 3.30-7pm until 8th April – all are welcome. We have refreshments, phone charging, films and activities as advertised on Facebook, or just pop in for a chat.
- **Community Fridge** – most weekdays Monday to Thursday usually 9.30-4pm – check on Facebook. If you have excess food stocks, or Pet food, drop them in please.



Please look out for posters, banners on the High St/ Penpole Ave BS11 0DY and social media for up-to-date information on all our activities. Twitter and Facebook - @shirejtehub or 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/>

Revd Pearl Luxo

## St Mary's News

Hi Folks!

April is here and hopefully we shall all be enjoying warmer and drier weather to enjoy outside activities once more. Now that Easter has passed, we are entering into a quieter period in the church calendar.

**Monday 1st April** is not only April Fools Day but is also **Easter Monday**. As it is a Bank Holiday, the church will be closed for Tea and Coffee.

**Wednesday, 3rd April** is when the **Goldies** singing session takes place at 10.30am in church. Last month it was good to see additional folk join in the merriment. This is most important if the group is to continue to meet. **Shelley Cox**, the group leader, will be delighted to welcome you into the fold!

**The Bereavement Journey** returns this April and is a course led by **Rev Alison**. This time it will take place on Wednesday afternoons from 2pm to 4pm from April 24th at **St Edyth's Church, Sea Mills**. This is a 6-week course with an optional 7th week added on at the end. The course is free to attend and is for anyone who has been bereaved at any time and in any way. If you would like to find out more or to book your place, please contact the church office

on 0117 907 7026 - you can leave a phone message or email [office@stmarysshire.org](mailto:office@stmarysshire.org). If you feel this would be helpful to someone you know, please pass on our details to them. Topics include: impact and pain in bereavement; anger and guilt; coping with others' reactions; delayed and suppressed grief; adjusting to change.

Now onto some advance news on what is occurring in May. On **Monday May 6th**, the **May Day** Bank Holiday, the church will be closed for Tea and Coffee, however between 2pm and 4pm an event will be taking place in the churchyard. We are again taking part in **'The Noise'** and will have lots of activities in the churchyard. Last year's event was a great success and we hope this year's will be too. This is an event coordinated by **Bristol Noise**, a charity that facilitates events and produces resources to equip Christians and churches to 'show God's



ST MARY'S  
SHIREHAMPTON

love in practical ways' to their communities. Further details will be included in next month's article.

Also on **Sunday 12th May**, **Mezzo-Soprano Shelley Cox** will be singing Classical music in a concert in church at 4pm, accompanied by a local pianist. Shelley has appeared in similar concerts which were very popular, so watch for further details next month!

Well, that's it for this month other than one of my silly yarns - so here goes.....

Question: Why couldn't the little flower ride a bike?  
Answer: It didn't have any petals!

Bye for now. C.M.E.

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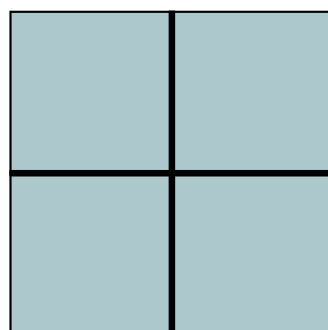


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# Sport and Activities IN SHIREHAMPTON

## Football Focus *Continued from page 1.*

The work done by the F.A. on reform of **youth football** has increased participation greatly but one of the most remarkable statistics, published last year by **The Guardian**, is that in 2023 there were 100,000 more girls playing football than five years previously. The recent success of **The Lionesses** has undoubtedly boosted and helped to maintain participation, but that success was itself built upon 2010 F.A. review.

The benefits for children involved in team sports are well known and include development of fitness, social skills, discipline, competitive spirit, self-esteem and pride as well as learning to be part of a team, learning to cope with pressure and learning to deal with both disappointment and success alike. We can only applaud wholeheartedly those people who are working from day to day in our communities to provide those benefits for our children.

The former **Los Angeles Lakers** basketball player "**Magic**" **Johnson** had this to say about what our children are looking for when they join a football club, "All soccer players and kids need is a little help, a little hope, and somebody who believes in them."

Two of our local clubs who are providing that help, hope and belief are **Port of Bristol Youth** and **Shire Colts**. Both clubs run teams from u7 to u18.

**Port of Bristol Youth**, based at the POB Community Hub, Nibley Rd, Shirehampton.  
[www.portofbristol-youth-football-club.com](http://www.portofbristol-youth-football-club.com)

**Shire Colts** based at Sea Mills Recreation Ground, St. Edyth's Rd.  
[www.pitchero.com/clubs/shire](http://www.pitchero.com/clubs/shire)

One of the great things about the F.A.'s drive to promote positive values and behaviours in our youngsters is that it helps to produce adults who go on to pass those values on to the next generation. Here is a photo of a group of lads who played together at **Shirehampton Park Golf Club** in 2013, proudly displaying a trophy they had won in the **Bristol and District Junior League**. The two



**Dominic White**, third from left, holding the trophy and **Liam Bennett**, third from the right.



The boys of **Shine Saints u9s** who play in the **Bristol Saturday Youth League**.

I want to draw particular attention to are **Dominic White**, the Junior Captain holding the trophy and **Liam Bennett** is third from the right. Both lads lived locally and played football with **Shire Colts** during the period immediately after the F.A. review.

Dom's parents still live in Shirehampton. If you would like to find out what the lads are doing now, read the article on Youth Football in Bristol North on the next page.

*Paul McMillan*

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# Youth Football in Bristol North: Shine Football Squads

If you've read the "Football's more than just a game" article, then you'll be waiting for the answer to a question; just what are those young Shire golfers doing now? (If you haven't read it yet, maybe read it first and come back to this afterwards.) Well, here they are now, along with another colleague, Will Powell. The answer is that they are coaching football and other sports with the current generation of youngsters at Shine, a commercial organisation based in Henleaze offering coaching and competitive games in a range of sports as well as holiday clubs and other activities.

There are several children from, or who have family in Shire, who play in the Shine squads. Ismael, for example, has spent many hours honing his skills and fitness on the playing fields of the PBA on Nibley Rd, and our kids are so lucky to have that fantastic facility on our doorstep with so many dedicated people there doing fantastic work with our youngsters.

To give a flavour of the work that the Shine coaches do, here's an extract of a report done by a parent on one of Shine u9's matches:

"The first half ended 1-1 and the second half was equally competitive both teams having chances; Felix and Schcow both hit the post, as did the opposition. It was the other team who scored again though and then went further ahead to make it 3-1 as the match entered the final third. There was no sense of despondency from the Shine boys as they fought like tigers to bring the match back. Felix was persistently threatening on goal, drawing defenders to him and Schcow took advantage, his "trademark" industry and skill bringing us the second. Then with the match approaching its final minute or two, Ismael produced a goal that I believe only he saw coming. From outside a crowded penalty area, he looked up, saw the keeper slightly off his line and produced a sublime millimetre perfect lob that the goalie could only watch sail over his head and dip under the bar into the top centre of the net. 3-3 at full time. Liam said after the game that you can coach skills like this, but you cannot teach character and this team has that in abundance. Liam also said that at no stage did the lads let their heads drop, which would have been easy to do having undeservedly gone two goals down late on. Dom nominated Charlie for man of the match; nobody shows the enormous character and determination that this team has more than Charlie does. His doggedness, determination and never say die attitude seems to lift everyone around him. Well done Charlie and well done to all the lads when we had the odds stacked against us in this epic match."



Will Powell, Dom White and Liam Bennett of Shine.

Liam is right when he says that you can't teach character, but that underestimates the work that he, Dom and their colleagues do. You can't teach it, but you can recognise it, encourage it, develop it and help it to flower into an unstoppable force. In the words of "Magic" Johnson, Dom, Liam and his colleagues give our kids help, hope and they believe in them. If we believe in them, they will learn to believe in themselves. The future is bright for our "Beautiful Game!"

*Note: This article is not an advertisement or recommendation for Shine, part of Shine Wraparound Care Limited; this article is part of our efforts to showcase "Shire in Sport."*

We would love to hear from any sport and activity groups in our area, or with strong connections to Shirehampton. Contact John on 07981 927787 or email [sports@shire.org.uk](mailto:sports@shire.org.uk)

Paul McMillan



The "Fearsome Foursome"! L to R: Schcow, Charlie, Ismael and Felix.



The boys of Shine U8 and U9 squads after a friendly match between the squads.

# A COMMUNITY CLUB FOR ALL: Spring is here and a new season dawns at Shirehampton Cricket Club



Founded in 1858 and a vibrant hub of Shire life ever since, Shirehampton Cricket Club sits in a beautiful setting at the top of Park Hill, opposite the Golf Club, at the junction with Penpole Lane. We are a family friendly club which encourages use of our excellent facilities in the local area. We provide our clubhouse and ground free of charge to local schools for their Sports Days, P.T.A. events, and for other community projects whenever we can. The club is also available for hire for family occasions.

A key ambition of the club is to promote and encourage junior cricket. Our popular "All Stars" and "Dynamos" programmes, for 5 to 9 year olds, will run again this year. In addition, we are continuing with sessions for a **hardball under 11s team**. These sessions are organised by club members who are DBS checked and have coaching qualifications, which we hope to expand even further. The **new season starts in mid-April** and we welcome new players from all levels to join us.

Our **Senior Teams play every Saturday** throughout the summer in the **Bristol & District Leagues**.

For more information about joining as a junior, senior player, about hiring our facilities, or just becoming a social member or volunteer, please visit our website and club socials.

Website: [pitchero.com/clubs/shirehamptoncc](http://pitchero.com/clubs/shirehamptoncc)

Socials: find us on Facebook, X and Instagram.

Alternatively email us at [shirehamptoncc@gmail.com](mailto:shirehamptoncc@gmail.com)



© Bob Pitchford



© Shirehampton Cricket Club

## News from ShireStrong Kettlebell Club

We are a small club of enthusiastic members who get together three 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.

This month I am going to talk about a competition I recently took part in. You may or may not be aware that I was selected as part of the **British Team for the European Masters Powerlifting Competition**. I have always dreamed of being selected to compete internationally and this was my dream coming true. I trained for the competition four times a week and just hoped that it would be enough to do my selection justice.

The competition was taking place in a hotel in **Torremolinos in Spain** where I was based with the rest of the British Team. The event was quite something, I have never really experienced the excitement and nerves of such a high-profile event in my chosen sport.

I am a Masters 3, under 69kg lifter and my competition was held at 1pm on **Monday 12th February**. I always

find the kit check, weight in, bar height and paperwork check the most nerve-racking because if anything isn't right at this point your competition is over!

Once that was over, I could start warming up with the squat being the first lift. This was followed by the bench press and lastly my favourite the deadlift. All the months of training paid off and I achieved:

**Squat – 82.5kg and a silver medal.**

**Bench press – 52.5kg which was a massive personal best and a bronze medal.**

**Deadlift – 147.5kg and another personal best and another silver medal.**

Overall, I came 2nd to secure a silver medal and, as a team the Masters 3 Category secured a gold medal. I had the best time and met some amazing people and am very proud of my achievements.



© Linda Thorne

In other news, I am delighted to announce our **Member of the Month for February: Sally O'Neill**. Sally's unwavering dedication to both bootcamp and kettlebell sessions has been nothing short of exemplary. With an impressive attendance record of 15 sessions in February alone, Sally embodies the spirit of **ShireStrong**. Her resilience, diligence, and continuous improvement serve as an inspiration to us all. Congratulations, Sally, on this well-deserved recognition!

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

# City and Port of Bristol Bowling Club

The annual Winter Bowling Break has for many years been something for City and Port Bowlers and those invited from other clubs to look forward to and enjoy between the start of the New Year and the start of the new outdoor season in April. Not only being away in a splendid hotel and all the activities on offer there but the chance to catch up with bowling friends not seen since last Autumn.

Sadly, this year's Winter Bowling Break was the last one to be organised by the City and Port of Bristol Bowling Club because the club formally closed at the end of the 2023 season. This year's event went ahead because arrangements for it were already well in hand when the decision to close the club was made.

So it was that on **March 3rd** twenty bowlers and four non bowlers set out, mainly down the M5, but some by train, toward the Toorak Hotel in Torquay for one last time.

Bowling on the hotel complexes four rink indoor arena was for just two hours each day, at various times ranging from 9-11am to 5-7pm. This year's opposition were all visiting clubs or combinations of clubs united for this bowling occasion. Two of



© David Hinksman

Bowling at the hotels four rink arena against Moira Bowlers on March 5th.

the three teams played, **Moira Bowlers** (twice) and **Angel Tonbridge** had been opponents in previous years whilst the opposition on Monday, **King George Field** from Surrey, had not been played before.

All games were challenging because the opposing teams were predominantly indoor bowlers whilst only a few City and Port bowlers play indoors. All others play outside during the season and only indoors when visiting Torquay in March. Bowling indoors is very different to bowling outside on grass.

The only bowling success of the week came on Monday against King George Field when **Kevin Prescott, Tim and Tracy Bartlett** and **Dee**



© David Hinksman

The Ten Pin Bowling night has become a firm favourite with the bowlers at the Winter Bowling Break over the years.



© David Hinksman

There is always time to enjoy a drink and a chat before and after the game.

**Crawley** won a rink by a narrow margin. Very well done to them.

The **Ten Pin Bowling** night has become very much a part of the break, and this year was no exception. It was on Monday evening at the hotels four lane facility and great fun as always. For most people this was a once a year experience, with only one or two having bowled on occasions since last March.

At the end of the ten ups there were winners, **Tim Bartlett** was top man with a score of 100 and **Ray Cook** top lady with 70 scored.

A visit to the **Babbacombe Theatre** to see a very colourful and entertaining variety show called **Fantazy**, starring **Steve Laister**, was on Tuesday evening. It was an excellent show that had everything from dancing to singing to comedy and even a magician who did a card trick with no cards except one at the very end and it matched one of the invisible cards selected by a member of the audience – amazing!

In the next edition of Shire, what bowlers get up to when not bowling and the last ever meeting and presentations when everybody ended up with something.

If you have memories of Winter Bowling Break from way back when please tell David Hinksman on 07932 387217.



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# Spotlight on Families at the parkrun

Following our article last edition about the successful parkrun events being held at the Kings Weston Estate on Sunday Morning we have some family highlights.

If you would like to feature in Shire's "Spotlight on Families at the parkrun" in a future edition, please call John on 07981 927787 or email [sports@shire.org.uk](mailto:sports@shire.org.uk)

**Oliver Instrell**

Oliver is 4 years old and this was his **10th junior parkrun** - he has definitely got the parkrun bug and is looking forward to getting his 'half marathon' wristband even before his 2 older brothers do! He is kept going by all the high-fives ("*speed boosts*") he receives from the wonderful volunteers on the way round!



© Bob Pitchford

**Y.Z. and Gerard Wang**

We heard of park run from a friend. Y.Z. and Gerard joined their first park run last **November** and insisted on taking part every Sunday from then on. After almost three months, they became more and more confident about running and were awarded their half-marathon wrist bands last month. We hope that they continue to enjoy the park run,

turn running into their habit for life and become healthier and more confident.

Thanks a lot!

*Joe Wang*

**The Wang Family:  
(Left to right)  
Joe with Y.Z.,  
Gerard and Kat**



© Paul McMillan



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