

Shire

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

No. 589 - February 2021 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL EXPERTS section on pages 21-23 to find a local business who can help.

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VILLAGE LIGHT TRAIL

This year has been of a tough year for us all. No Christmas Markets or events, no Santa's Grotto and even Father Christmas had to self isolate before going out on his special sleigh to deliver all the presents whilst staying Covid-19 safe.



©Kathryn Courtney

With that in mind **Severn Net Ride and Stride** have pulled together a simple and magical self-led community event to celebrate Christmas together in Sea Mills, Shirehampton, Lawrence Weston and Avonmouth. With over 80 homes taking part, people lit up their homes with Christmas cheer from 12th – 27th December. Fun for everyone to explore on your own or with family and friends. There was also a fun 'light bingo' game you could play and have the chance to win a prize.

"I took part in the trail for the children. This year, there was no real build up to Christmas. My

granddaughter really looked forward to it too. With my display no design was involved, I just looked in my box of decorations to see what I could use. I was rather pleased how my display looked". said **Katherine Birth**.

Victoria Crane was busy with her decorations. "I took part to support our community, to bring people together in doing something that is cheerful. My favourite thing is seeing all the lights and decorations in everyone's windows. Shirehampton always has a lot of cheerful displays."

"I found the creative process quite therapeutic, especially as we are so restricted in our social lives at the moment. I decided to take part in this event to add a little cheery brightness to our neighbourhood." said **Juliet Le Feuvre**.

Kim Tudor has had to replace her Christmas train this year for her display. "It's a chance for people to have some 'light' relief after a dark, dismal year and I hope it gave people enjoyment with more houses lit up making the streets brighter. It was also an opportunity for people to get out and about and exercise in a fun way whether walking, running, or cycling."

Continued on page 13.



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Shire

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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'.

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SHIRE PUBLIC INFO FOR FEBRUARY

We are now well into the third national lockdown. It is welcome news that COVID-19 vaccinations have started at Ashton Gate stadium. However, In January case numbers of COVID-19 were increasing across the city and the R rate in the South West was between 1.1 and 1.5 – one of the highest in the country. To keep ourselves and others safe, and protect the NHS, we must all continue to do the most we can to avoid spreading the virus. Please remember, the best action we can all take is to stay at home, only leaving for essential shopping, exercise, or to get a COVID-19 test.

Lockdown Restrictions – Reminder

Under the rules of the national lockdown:

- You must stay at home
- Work from home if you can
- You must not leave your home except where necessary, e.g. to shop for basic necessities, seek medical assistance or get a COVID-19 test
- You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with
- You may exercise on your own, with one other person, or with your household or support bubble. This should be limited to once per day
- Colleges, secondary and primary schools are closed, and open only for vulnerable children and the children of critical workers.

Familiarise yourself with the full restrictions on the government website.

If you have symptoms and need to book a COVID-19 test, visit nhs.uk/coronavirus or call 119.

Shielding Advice for Vulnerable People

- Stay at home as much as possible and limit the time you spend outside your home
- Work from home if you can – you should not attend work, school, college or university
- Avoid going to shops or pharmacies- ask others to collect shopping and medication for you.

If you are in urgent need of food, medicine or other necessities whilst shielding, you can call the free We Are Bristol helpline on: 0800 694 0184. The phone line is open Monday to Friday, 8.30am to 5pm, and Saturday and Sunday, 10am to 2pm.

COVID-19 Testing Sites in Bristol

It's important to get tested if you have COVID-19 symptoms. Symptoms include a new continuous cough, a high temperature or a change to your sense



of smell or taste. **If you have symptoms, self-isolate and book an appointment as soon as possible at nhs.uk/coronavirus or by calling 119.**

We currently have five testing sites in the city for people who have symptoms:

- BAWA Leisure Centre in Filton
- Brislington Park and Ride (2.1m height restriction for vehicles entering the site)
- Hengrove Leisure Park
- Netham Park in Redfield
- Rear of the Victoria Rooms in the city centre.

If you visit one of our testing sites, please:

- Do not use a taxi or public transport
- Wear a face covering at all times, including going to and from the testing site
- Attend the test site alone where possible
- Go straight to the testing site and go straight home after – do not stop anywhere

Use Parks Responsibly

Please only use Bristol parks for exercise once a day and use your nearest park if possible. Parks like Ashton Court Estate, Blaise Castle Estate and Oldbury Court Estate are becoming very busy, particularly at the weekends. Some facilities and services have also been temporarily closed in parks to help stop the spread of COVID-19.

Please visit the parks webpages for further details and links to the latest information

All Bristol Libraries are CLOSED

They are continuing to offer extensive online services, including eBooks, eAudio, eComics and online magazines and newspapers (see www.bristol.gov.uk/libraries).

Community Navigator Service in North Bristol to Close

North Bristol Advice Centre has taken the difficult decision to close their Community Navigators service in north Bristol. The navigators are no longer taking any new referrals and will be winding down the service by the end of March 2021.

For more information contact:

Katherine Tanko

North Bristol Advice Centre

07731 842 763

katherine@northbristoladvice.org.uk



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The *Shire* Community Pages

NHS Blood Donation Appeal



NHS

Blood, plasma and platelet donors in all Tiers are urged by the NHS to keep attending as normal if they are fit and healthy. Giving blood and plasma – including in Tier 3 and Tier 4 – is classed as essential travel and donation sessions will stay open, with appointments remaining as normal.

This important reminder follows a fresh appeal from NHS Blood and Transplant for blood and platelet donors to make an appointment over the New Year if they don't already have one. Donors are also asked to keep to their appointment if they can, to help build blood stocks ahead of a potentially challenging winter period.

An extra 1,500 units of blood is currently needed every week and extra appointments have been added across the country to help meet this need. Each donation can save or improve up to three lives.

Permanent donor centres, such as Southmead Hospital, in major towns and cities generally have the best appointment availability.

Extra safety measures are in place. Donors are triaged with a temperature check on arrival. Hand gels and hand washing facilities are available, donors are spaced apart and staff are doing extra cleaning. Staff and donors wear face coverings.

Donors are reminded to follow all relevant Government transport guidance when making a journey to give blood.

Book appointments and check the latest guidance on Covid-19 and giving blood by calling 0300 123 23 23, downloading the NHS Give Blood app, or visiting the website: www.blood.co.uk.



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

REGULAR EVENTS

MONDAY

Pilates 9:30-10:30am

Personal Fitness 6:30-7:30pm

TUESDAY (1st & 3rd of each month)

Film Night 7:30pm*

WEDNESDAY

Keep Fit 10:30-11:30am

Personal Fitness 5:15-6:15pm

Pilates 6:30-7:30pm

THURSDAY

Bingo 2:30pm

Personal Fitness 7-8pm

Table Tennis 8pm

FRIDAY

Keep Fit 10:30-11:30am

SATURDAY (2nd of each month)

Coffee Morning 10am

*Booking must be made, either by email:

cotswoldca@gmail.com

or leave a message on 07943 401575

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

Bristol Women's Voice

Covid Keep in Contact Project – can you help us connect with women across Bristol?

It's a difficult time for so many at the moment as we are locked down in more wintry conditions but as the evenings start to get lighter and the vaccine is rolled out there are glimpses of a brighter future ahead. To help reduce women's isolation during the third lockdown, Bristol Women's Voice is launching a new project to keep us connected.

With the Covid Keep in Contact Project, we hope to create safe virtual spaces for women to communicate, share health and well-being information, articulate their needs and facilitate access to support where this is possible.

We are looking for Volunteers to help us connect women across the city.

We want to recruit 'Bubble Coordinators' to set up and administer WhatsApp (or similar) contact bubbles of between three to 12 women. Bubble Coordinators will need to attend a two-hour online training session with Bristol Women's Voice and monthly check-in meetings. We will also be in regular contact to offer support throughout the project



period. Bubble Coordinators will need to be able to commit to between one and three hours a week.

If you don't want to be a Bubble Coordinator but feel you could benefit from being part of a bubble, please contact us for a registration form to complete with your details and stating you want to take part only.

To find out more information please contact info@bristolwomensvoice.org.uk or go to www.bristolwomensvoice.org.uk

We hope to hear from you soon!

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Letters to the Editor

We enjoy spreading community news especially in these strange times. We love to hear from all our readers of both the online and printed versions. Send in your stories to editor@shire.org.uk. Although, if requested, we will not print the name of a letter written to the Editor, we cannot accept an anonymous letter. *Many thanks.*

MORE WARTIME MEMORIES

Dear Editor,

Hello, I have just read the excellent article by David Elkington in January's Shire News. Having done a lot of research into those from Shirehampton who lost their lives during both World Wars (Shirehampton Book of Remembrance website and book in St Mary's church) I was interested to see the name of William Domaille mentioned. Please see further information about William Domaille and his wartime service which people may find equally interesting.

Steve Fell

William Edward George Domaille

- Son of William & Ada Annie Domaille of Shirehampton
- Pilot Officer (Air Bomber) Royal Air Force Volunteer Reserve
- Service number 110638
- Age 27
- Date of death 10/09/1942

William Domaille was born in Bristol on 11th June 1915, he received his commission on 17th October 1941 to the rank of P/O on probation (emergency). His death was registered in the Bulmer district of Yorkshire in which East Moor and Linton on Ouse airfields fell. He served with 158 Squadron flying Halifax Mk II bombers from RAF East Moor (Yorks). He was the sole casualty, the aircraft, W1253, having been hit by anti-

aircraft fire in the nose north of Neuss (Germany), the operation being to bomb the Italian port of Genoa. The rest of the crew were able to return to Yorkshire and land though the location of the landing is not yet confirmed. East Moor would be expected however the bomb aimer's death was recorded as being at Linton on Ouse which does lend weight to this being where the aircraft was put down. The damaged aircraft was soon repaired and resumed flying.

William was buried in Cheddar (St. Andrew) Churchyard and is listed on the Bomber Command Memorial, Green Park, London & on the Lissett Memorial, Nth Yorkshire, (left panel, line 16).

The Halifax W1253 aircraft was built to contract B982938/39 by E.E.C. Ltd at Salmsbury and delivered directly to 158 Squadron at East Moor on 9th August 1942 but it was not used operationally until 22nd August 1942. On the 10th September 1942, whilst on a raid to Dusseldorf the aircraft, W1253, (NP-M), was hit in the nose by flak. The bomb aimer was killed by the blast. The aircraft was lost on a raid to Genoa, 8 November 1942.

Dear Editor,

I did enjoy the article "Other Wartime Memories" by David Elkington in the January "Shire". One point for correction is that the NHS was founded in 1948 (not 1947).

I wish all of the 'staff' of "Shire" a hopeful New Year.

M Patten

ILLEGAL FLY TIPPING

Dear Editor,

I am writing to you as I think we have exhausted every other option. We are desperate for help/advice on the continuous problem of fly tipping in Penpole Lane. For the last eighteen months, my husband has repeatedly contacted the Council, the local MP, and Marvin Rees, only for nothing to be done.

Myself and neighbours have also sent photos and voiced our concerns, only to be ignored. We walk through this way most days, and I feel disgusted and embarrassed to see it. We would be grateful to anyone who can offer help or advice.

RP – contact details supplied

Editor: Sounds like a difficult situation of anti-social behaviour - if anyone can help please get in touch.



ALWAYS IN THE DARK

Dear Editor,

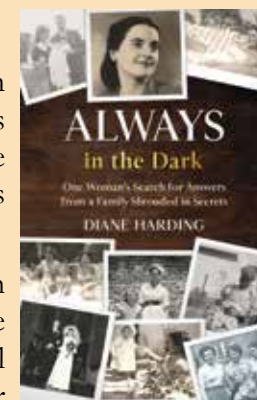
During the 60s I lived in The Crescent in Sea Mills where my father owned the Post Office/Newsagents on the square.

My family life was far from normal and I tell my bizarre story of secrets, scandal and survival in my memoir 'Always in the Dark' which has just been published by BLKDOG Publishing. My story is the search for answers from a family shrouded in secrets.

Perhaps local people may remember me weighing out their sweets in the shop at weekends or watching my husband, Chris, play cricket for Hampset Cricket Club against Shirehampton at Penpole Lane. We were also married at St Edyth's Church in 1971 so this year will be our 50th Wedding Anniversary.

So many memories.

Diane Harding



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

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Linda x x

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- **Bootcamps: Monday and Wednesday 6.15-7.00am. Please message for details.**



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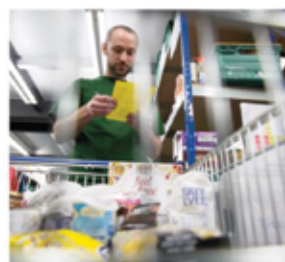
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Can Do Bristol & Lockdown

During each of the COVID lockdowns volunteers, from across Bristol, have given their time freely to support local communities, including many from Shirehampton. Hundreds of people have come to volunteering through "Can Do Bristol".

Before the COVID lockdown 1600 people had signed up to Can Do, in December

2020 there were 9750 people using the platform.

Volunteers in communities have taken on various tasks. Tasks like: writing shopping lists over the phone and making note of the types of tea bags or beans that people want, driving to the shops and dropping shopping to the door. Collecting prescriptions from local pharmacies. Taking dogs for a walk and collecting donated food parcels to deliver, whatever the weather, to families or individuals who are trying to stay safe and shield from COVID 19.

If like many other people in Bristol you are someone who would like to be involved in supporting people during this COVID lockdown and beyond, then visit Can Do Bristol www.candobristol.co.uk

CENSUS JOBS

With the next census due to take place on the 21st March 2021 there are a number of jobs currently being advertised. The engagement team are really keen to receive applications from a diverse range of people across the city.

Application windows are currently open for the following roles:

- Census area manager
- Communal establishments team leader & officer
- Census officer
- Census mobile officer

There will be other application opportunities open throughout January and February so if you are interested remember to check the website regularly. You'll find all of the current openings, application information and FAQs on censusjobs.co.uk



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Coronavirus Travel Update

GWR has announced that it will continue to operate a reduced timetable and will further review service provision in light of the Government's latest national lockdown announcement.

The train operator introduced an amended timetable in late December to respond to higher than usual levels of staff absent or self-isolating due to COVID, and lower demand from changes to the tier system.

From Monday 11 January this temporary timetable will continue with some further alterations, providing approximately 80% of the usual, planned timetable. This will enable those who do need to travel to do so safely and with confidence and give customers some surety about services so they can plan ahead.

Services on regional branch lines, including the Severn Beach line, will operate to a revised timetable.

GWR Managing Director Mark Hopwood said; "We have taken some sensible measures to make sure that we are able to run a service that can be relied upon at this time, and that means reducing our timetable a little to shore up the large number of services we continue to operate. This is vital to helping key workers to get to work so they can continue to provide services critical to the day-to-day running of the country."

Those who have already purchased tickets, but who are now not able to travel because of the latest changes in government travel advice are able to claim a refund.

GWR has been providing rail services throughout the pandemic and has worked to ensure that these are as safe as possible. This includes increased cleaning regimes and the use of a virucidal spray; extra staff at key stations to offer help and guidance; and processes in place to help customers maintain a safe distance where possible, such as restricting the number of reservations available.

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COMMUNITY LEARNING WEST

Despite the current lockdown, Community Learning West continues to offer a range wide of FREE courses to people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment. Most of the courses have now moved online and with this in mind, they have a few short workshops for people who lack confidence learning online.



Upcoming Courses:

Going on a Bear Hunt - Family First Aid Made Fun

Join in the fun and learn how to deal with accidents that could happen along the way! Get the book free too! 10am to 12 noon, Mondays from 18/01/21. Contact Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk

Making Parenting Easier

Help with home-schooling issues, behaviour management and getting the best out of your child. 9:30am to 11:30am, Fridays. Contact Richard Davies on 07788 353420 or email richard.davies@bristol.gov.uk

Introduction to Playing Outdoors

Planned for March 2021 this course will give you loads of ideas to play outdoors safely with your child. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Feel Good Outdoors Winter

Explore how being outdoors helps with your wellbeing. A mix of using your senses outdoors, craft sessions and exploring volunteering. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Fun Basic Sign Language

10am to 11.30am, Tuesdays from 02/02/21 for 7 weeks. Contact JP Evans on 07795 390 667 or email julie.evans@n-somerset.gov.uk

Digital Independence

For people who want to improve their digital skills and feel more confident using computers, other digital devices, and the internet. For courses starting in February, ring 0117 973 9744 or email jenny@youtheducationservice.org.uk

Healthy Cooking on a Budget

Budget for and cook tasty, healthy recipes using everyday items available from Food Banks and the FoodStock project. 12.15pm -2.15pm, Tuesdays from 19/01/21. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk or 10am to 12noon, Thursdays from 21/01/21. Contact Helen Richards on 07760990855 or email helen.richards@bristol.gov.uk

Find Your Strengths

Boost your confidence and discover your motivation with this NEW interactive course. It will help you to improve your self-esteem and resilience and prepare you to take life into your own hands through proven techniques! 9.30am to 11.30am, Tuesdays from 23/02/21 for 8 weeks. Contact Edwina Provansal on 07825315820 or email edwina.provansal@bristol.gov.uk

Functional Skills Maths

An opportunity for adults to gain a recognised Functional Skills qualification in Maths up to Level 1. 9.30am to 11.30am on Mondays. Phone 0117 9739744 or email jenny@youtheducationservice.org.uk. This will be online then face to face when lockdown restrictions end.

Functional Skills English

An opportunity for adults to gain a recognised Functional Skills qualification in English up to Level 1. 10am to 12noon on Thursdays. Phone 0117 9739744 or email sarah@youtheducationservice.org.uk. This will be online then face to face when lockdown restrictions end.

Digital Skills Workshops

Learn how to use Zoom, set up an email account with a password and stay safe online. 10am to 12noon, Tuesdays for 4 weeks. Contact Suzanne Gaffney on 07887451776 or email suzanne.gaffney@bristol.gov.uk

Introduction to Remote Learning

3-hour workshop will help you use Zoom and stay safe online. Contact Kim Payne on 07917848757 or email kim.payne@cmtservices.co.uk

Intro to Office Skills/IT for Employment

10am to 12noon, Tuesdays. Will suit learners at Entry level 3 and above. Contact Suzanne on 07887451776 or email suzanne.gaffney@bristol.gov.uk

For more information please visit the website below or contact us by email or phone.



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Coastguard On Watch

The Portishead Coastguard Search & Rescue Team may be a familiar sight in Shirehampton, particularly on the Portway or down by the water at the Lamplighters, but what do they do? In 2020 the team was called 12 times to incidents on the River Avon between Avonmouth and Bristol.

The clue is in the name: the team's primary role is to provide search and rescue on the coast. However, what is coast and what is inland becomes somewhat blurred in the River Avon where the massive tidal

range, the speed of the currents and the deep mud present some very specific problems. Hence the Coastguard's expertise in working around tidal waters is often called upon.

Given the particular conditions of the Bristol Channel and River Avon, it's hardly a surprise that the local Coastguard Rescue Team are specialists in mud rescue. This is acknowledged as the most physical and most challenging of rescues, as rescuers have to cross the same terrain that has already trapped the casualty. Special equipment, training and practice ensure that this can be achieved. In recent times around Shirehampton the team have recovered



©Portishead Search & Rescue



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casualties trapped up to their knees, up to their waist and even up to the neck in mud. On other occasions rescuers have crossed the mud to assist the occupants of boats that have gone aground.

In one form or another search makes up over 50% of a Coastguard team's taskings. Typically, missing person searches will be coordinated primarily by the police,

who will in turn request Coastguards to cover the part of a search area close to the sea or estuary. If a missing person is found in that sort of area, the incident may well turn into a mud or water rescue that demands the skills and equipment of the Coastguard. At times when the search is for a casualty who may have gone into the River Avon on an outgoing tide, there will often be a sub-team of Coastguards covering the water between Shirehampton and Pill to act as "goalkeepers" while colleagues carry out more intensive searching upstream.

While the Portishead team are the Coastguard's "boots on the ground", the Operations Room can also call upon the Portishead lifeboat and the Coastguard helicopter Rescue 187 from St Athan when the need arises. Readers can keep up-to-date with the team's activities through the Facebook page: www.facebook.com/PortisheadCoastguard.

Her Majesty's Coastguard is the only nationally-organised Category 1 emergency service. In the event of any emergency on or near the water, call 999 and ask for "Coastguard".

Quieter & Greener Deliveries

You may have noticed Amazon deliveries seem to be arriving in Shirehampton a lot more quietly in recent weeks. This is due to the Amazon delivery station in Avonmouth having deployed more than 30 fully electric Mercedes Benz delivery vans to fulfil customer orders in the region.

This is part of Amazon's order of more than 1,800 electric vehicles for its EU fleet this year to reduce

their carbon emissions. As part of **The Climate Pledge**, the company is investing in renewable energy as a critical step toward addressing our carbon footprint globally and has **pledged to run on 100% renewable energy by 2025**.

At the Bristol delivery station, small independent logistics companies have access to the vehicles to make deliveries to Amazon customers, helping to save tens of thousands of metric tons of carbon.

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Darren Jones
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Website: www.darren-jones.co.uk

OUR Green Spaces in Lockdown

Just now, we need our green spaces as never before. And I think we also appreciate them more than ever.

The Council is telling us that “Major parks such as The Downs, Ashton Court Estate, Blaise Castle Estate and Oldbury Court Estate, are becoming very busy at the weekends” They ask us “to avoid travelling to The Downs and estate parks by car and to use the park or green space nearest to your home for exercise”

Here in Shirehampton we are blessed with fine green spaces offering a variety of habitats and views. **The Yellow Brick Road** through **Lamplighters Marsh** has been very well used lately. Wet January weather meant many walks were just too muddy and the YBR is a dry, paved path. On a sunny Sunday you'll meet people from all over Shire and even some tourists from as far afield as Redland. But because it is in a local nature reserve and not a 'destination', it hasn't been crowded like The Downs or Blaise. Everyone



you meet seems happy to be there and you're sure to see a friend or acquaintance to greet.

The Yellow Brick Road takes us close to the river with views across to Pill and North Somerset, downstream to Avonmouth and across the Severn to the Welsh hills.

Kingsweston is on the ridge above Shirehampton Village. It offers the landscaped grounds of a fine stately home, a viewing terrace looking over the Severn and to the south fine views across Bristol and the Avon Gorge. Residents of Shirehampton can reach both places on foot, and both places have adequate parking for those of us who are elderly or perhaps a little infirm.



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Wreathe, Breathe and Set Sail

Now that spring may begin to make itself felt, it may seem odd to glance back to December. However, I cherish the memory of coming out on bright and not so bright days whilst daylight was still shortening and meet with over twenty people who wanted to make a wreath.

Due to some wet and windy weather in the lead up to Christmas, not everyone could make use of the opportunity but those who did came up with one off, beautiful wreaths and took home with them the skills to make many more in future. Reflecting on it now, the activity seemed to embody the **'Five Ways to Wellbeing'**, which is what Tandem Arts would like to promote and facilitate whenever given

an opportunity. Leaving our homes and going for a local walk meant we were **'Keeping Active'**. We were encouraged to **'Take Notice'** of midwinter, contrasting colours, evergreens, textures, the tides, sky and busy birdlife! **'Keep Learning'** was about natural materials: how to work with them; about the richness of nature on our doorsteps. **'Connect'** with others, yourself, your locality and nature. How about **'Give'**? Give yourself permission, once in a while, to do all of these things in a friendly and supportive environment. Some participants gave their wreath to someone else. I was able to give my time for free; any donations I received were given to the Shirehampton Public Hall, where I rent a studio space and from where, under normal circumstances, I am running creative sessions. www.facebook.com/theportwayroom



©Tandem Arts



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Most of the wreath making sessions took place outside **The Shirehampton Sailing Club** hut by the riverbank. The club members were so welcoming and friendly, even offering us cups of tea! I learnt with interest of their plans to expand into other water sports such as canoeing, rowing, kayaking, and the plan to build an extension to the club hut with changing rooms and showers. This is a fantastic club we have in the locality which I hope will do well, as it moves forward to diversify. Just think what a multitude of ways to wellbeing they have on offer! Their website is www.shiresc.uk

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Charity Hair Donation



Over the Christmas break Zara Tissier who is in Year 7 at Oasis Brightstowe donated 45cms of her beautiful long hair to The Little Princess Trust to help make wigs for children who have lost their hair to cancer. Zara has high-functioning Autism and sensory processing issues so hadn't had her hair cut for years due to not wanting people to touch her hair. This was a very selfless act on her behalf and was all her own idea after reading about the charity.

Zara had a Just Giving page and through sharing on social media Zara raised £395. The hair has now been posted off and will go on to make wigs for possibly two children as there was so much of it.

Zara was as cool as a cucumber having it done and has not mentioned it since, has just accepted it is now short, which is a big change for her.

Mandy Tissier

Editor: Great job Zara!



©Mandy Tissier

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Teresa Cox Adam Lenik Jess Duncan

Continued from page 1.

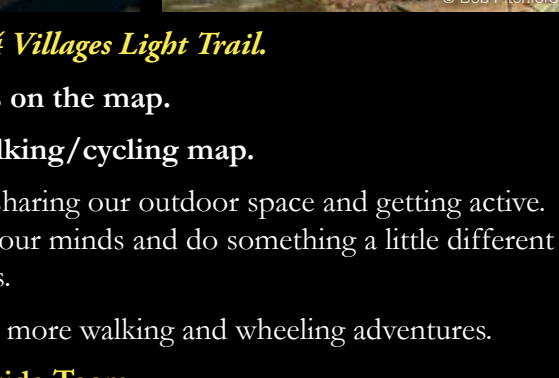
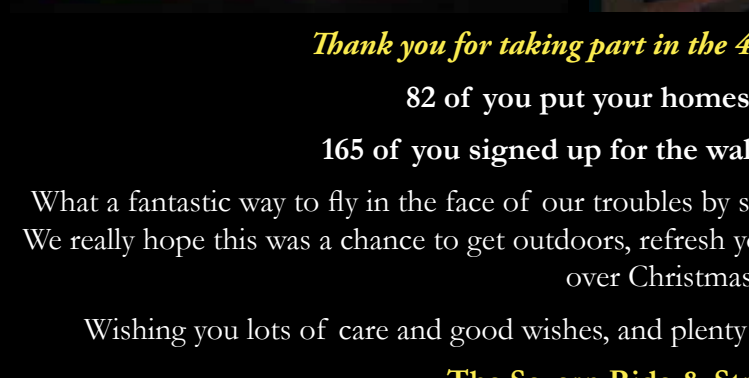
“We put our display together very quickly, it had to be simple because we didn’t have much spare time. We spent an evening cutting out shapes and adding them to our window. Lots of our neighbours have taken part and the street looked really amazing every evening” said **Mary Milton**. “I hope it got people out and about and talking to each other and celebrating Christmas in our community in a COVID safe way. Most importantly I hope it gave us all a lift mentally, we certainly need it and the only way to get through this is to stick together as communities”.

Meanwhile **John Hastings** left the creative side of their display to his wife. “**Leonie** had been planning for some time. Some white snowy hills and village and starry frosty sky was the aim. It was another great opportunity to get folks working as a community, great for whole families to be involved together, and an opportunity for them to be out together in the dark, safely, and enjoying the wonders of Christmas. It will be another opportunity to build on last **February’s Window Wanderland**, and a prelude to another in February 2021.”

As for me I have had a lovely time following the lights trail. Family and friends have been doing the same and of course we were safely self-distancing. It was also a good way to swap notes on where to find some imaginative displays that I may have missed along the way.

Kathryn Courtney

All photos (except where noted) © Kathryn Courtney



Thank you for taking part in the 4 Villages Light Trail.

82 of you put your homes on the map.

165 of you signed up for the walking/cycling map.

What a fantastic way to fly in the face of our troubles by sharing our outdoor space and getting active. We really hope this was a chance to get outdoors, refresh your minds and do something a little different over Christmas.

Wishing you lots of care and good wishes, and plenty more walking and wheeling adventures.

The Severn Ride & Stride Team



THE GREEN PAGES

Soggy Morning in the Daisy Field

Back in mid-December Bristol City Council's tree expert, Jack McCrickard, supervised a team from Friends of Lamplighters Marsh and the Shirehampton Climate Emergency Group as they planted fifteen new fruit trees in the community orchard. It was a very wet morning for digging and six inches down we hit hardcore aggregate. We needed super waterproofs and still some were soaked to the skin by lunchtime. But we got all the fruit trees in.

Volunteers from One Tree Per Child worked alongside planting over a hundred native species forest trees along the bank beside the railway line.



We were due to plant three specimen oaks and another forest copse on the upper end of the Field on the 5th and 6th of January, but lockdown began at midnight on the 5th and volunteers were not allowed to work. Nevertheless, Jack and his team from Bristol Parks have put the oak trees in and the copse is taking shape as planned. And by the way, One Tree Per Child want you to know that all materials used – mulch mats and tree guards – are fully biodegradable!

We know that deforestation is a major cause of climate warming, and that planting trees will help to recapture the carbon released by burning or cutting down forests for agriculture. So all of us are delighted to see the new trees taking root in the Daisy Field.



The UN COP26 Summit

2021 will be an important year for our Climate. The UK will host the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow November 1 - 12.

The COP26 summit will bring parties together to accelerate action towards the goals of the Paris Agreement and the UN Framework Convention on Climate Change.

The UK is committed to working with all countries and joining forces with civil society, companies and people on the frontline of climate change to inspire climate action ahead of COP26.



You can learn more about COP26 and about the government's plans for reducing Carbon to net zero at www.ukcop26.org



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Nature Notes

Well! Like an alarm has suddenly sounded, we get an extra hour and the birds return in their droves!!

My seed feeders are popular once more, (having had a very good clean-up!), and we are now seeing sparrows, a solitary jackdaw, wood and feral pigeons, magpie! (soon shot off when I flapped my wings), all visiting in the back garden, and along with my goldfinches outside the front garden, we saw a flock of long tailed tits jostling for a perch on the Niger seed.

The robin in the photo was singing merrily in next doors garden, and luckily in full view, so I was able to creep slowly towards him across our grass without scaring him off!

He is also appearing in the back garden most days, preferring to do most of his hunting down amongst the flowers and shrubs. We have just erected a nice little nest box on the garden shed, so fingers crossed we might tempt a new neighbour in for a few weeks in Spring!



©Bobbie Perkins

The musical thrush that I spoke of last month kept up his wonderful arias until Christmas time, and then was gone from his favourite tree. I had it on the most definitive authority that the song was that of a song thrush. How can I be so confident you may ask! Well, a good friend and neighbour who just happens to work at the Natural History Unit, (you know the one!), had recorded the little beauty on her phone. After I had mentioned to said friend that I wasn't certain which thrush it could be, she kindly offered to contact a colleague who was CERTAIN to know, and, although this expert was at the time studying penguins in the Southern Hemisphere, she took time out to confirm the beautiful melodies myself and all my fellow riverside walkers had been enjoying were, indeed, the songs of a song thrush.

I really hope we get to hear more of the same, together with all the other Spring songs very very soon!

Happy nature watching folks!

Bobbie Perkins

Postscript: At time of signing off, a pied wagtail graced us with a visit! Nice to see it leave the car park for a while!!

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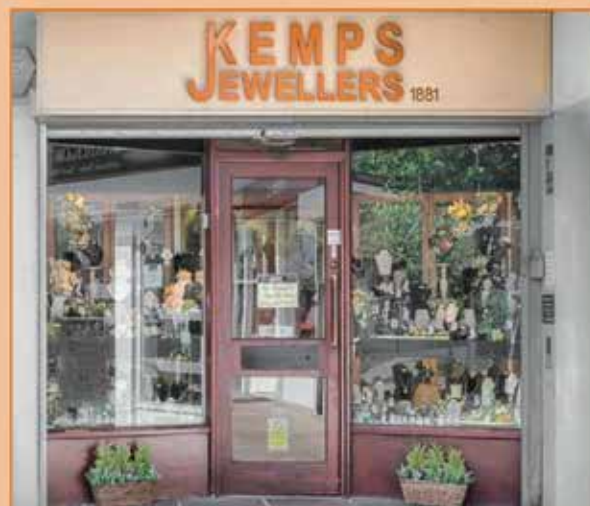
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Churches in the Shirehampton Area

Shirehampton Baptist Church News

I discovered that the 2017 Asterix Comic, Asterix and the Chariot Race, had a villain called Coronavirus. Until recently very few of us had heard the word yet unfortunately now across the World it's the most talked about virus. It is no respecter of persons, rich and poor, famous and unknown, turning upside down our security and our lives.

Thankfully we have at our disposal digital tools that can enable us to keep in touch with relations and friends. Churches and organizations world-wide have provided excellent talks and services online and many meet on Zoom. **Every Sunday at 11am we in Shire Baptist meet on Zoom for our Morning Worship and at 4:30pm** when we seek to learn more of what the Bible is about. We meet on Zoom during the week to pray for our village and our Nation. **Our Church at Station Road is open every Thursday from 10am to 12pm** and we welcome anyone to come inside if you wish to sit and pray alone or to chat and maybe ask for prayer for yourself or anything that is on your mind. **The Alpha course started on January 11th** and will let you know more about it next time.

Our thoughts and prayers go out to all in the village who have been bereaved during this difficult year. Losing a loved one is bad enough but there are those including some in our Church who during the Lock Downs having to isolate have been bereft of the close comfort of relatives and friends.

Many of us will have received the vaccine but we will still have to be careful for a long time. It is not surprising that this Pandemic has caused fear in our hearts. The Book of psalms found in the Bible thou written centuries ago expresses many of the emotions we feel. Psalm 46 says, *God is our refuge and strength, a very present help in time of trouble.*

You can find it online and may it help you to know Gods love, and care for every one of us.



© Bob Pitchford

Shirehampton Baptist wish you a safe and hopeful February.

Hello from Shire Methodist

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

We continue to try to be creative in how we stay connected with one another and with serving our community. Morning Worship takes place via Zoom with our brothers and sisters in Christ from Horfield Methodist Church. Anyone with the internet, a mobile phone or a landline can join. Please contact us if you would like to receive an invitation.

We support each other by keeping in touch by phone, letter, email and WhatsApp. **Revd Patrick Stonehewer** continues to share weekly reflections that can be accessed via his YouTube channel or our facebook page. We continue to pray for each other, our local community and our world. We are progressing with the development of a **Jobs, Training and Enterprise Hub**. We are currently seeking grants to be able to employ two people to run the scheme to help local people find work, develop their skills and start up their own businesses.

All the churches in Shirehampton are holding our community in prayer and will do our best to respond to any concerns and needs. Please don't hesitate to contact us on the numbers below:

St Mary's Church 0117 9077026

Shire Methodist 0117 924 8407

Shire Baptist 0117 982 8238

St Bernard's Roman Catholic 0117 982 3380

May God's peace be with you all during February

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St Mary's News

Hi Folks!

As I write these notes, we have just been placed into Lockdown No.3 due to the very rapid spread of the Corona Virus amongst the population and the increasing number of deaths. The poor old NHS is now on the point of being totally overwhelmed which is a very dangerous position for all of us. We are thankful that we now have a couple of vaccinations approved so that we can fight back against this virus and return to a more normal way of life - hopefully, the roll-out will be speedy for everyone. I have been fortunate in receiving my First Vaccine, even though the second one has been cancelled until somewhere around the middle of April!

This current Lockdown introduced by the Government allows churches throughout the country to be one of the few places able to remain open to the public, if it is considered safe to do so. However, **Revd Helen and the Parochial Church Council**, with heavy hearts, have decided that, in order to reduce the risk of spreading the Covid19 virus, **the wisest and safest thing to do was to close St Mary's for the foreseeable future.**

Our online offerings will recommence in the same format as previously. We are resuming **zoom prayers at 11:00am on Thursdays, Coffee Zoom on Sunday mornings at 10:00am and Zoom Prayers on Monday mornings at 9:30am.** In the meantime, our weekly newsletters will recommence, and Revd Helen will do her best to keep you informed of any changes, as and when they occur.

She will also upload Sermons onto our website and Facebook page as before.

Nevertheless, we do have some cheery information in these rather dark days, and it is this:

St. Mary's Church receives a grant from the Government's Culture Recovery Fund (administered by Historic England).

St Mary's Shirehampton has been awarded £14,000 towards the essential construction work to repair the stone mullions and metalwork in the windows in both Vestries. The vestries are sited in the flat-roofed parts of the building facing Pembroke Road and the Lane between Pembroke Road and the High Street.

The grant comes at a crucial point as, if left much longer, damage to our much-loved Church would



increase. We hope the work can begin sometime in Spring 2021.

Rev Helen said - "We are delighted to receive this funding from the Culture Recovery Fund (via Historic England). It will make a significant difference to the work we need to carry out by the skilled craftspeople who help to keep historic places maintained. In this case, so that St Mary's Church can continue to play an important part in the life of the community".

Now, after that little piece of brightness, can I find another yarn or joke to boost up your morale in this Lockdown period? Here goes....

A Priest buys a Lawn Mower at a Yard Sale. Back home, he pulls on the starter rope a few times with no results. He storms back to the Yard and tells the previous owner, "I can't get the mower to start!" "That's because you have to curse to get it started," says the man. "I'm a man of the cloth. I don't even remember how to curse". "You keep pulling on that rope, and it'll come back to you!" replied the man.

Bye for now - C.M.E.

News from St Bernard's

Thankfully Mass continues on Sundays & Thursdays, at 9am. Do come and join us, it's lovely to remain in touch with the parish community.

We all took down the Christmas decorations today, and whilst the church now looks a bit bare, we celebrated the baptism of Jesus, and contemplated the new beginnings and fresh resolutions that this can mean in our lives.

Lend a helping hand to older people, and if you want to look at ways of doing this, go to: www.ageuk.org.uk/discover/2020/03/ways-to-help-older-people-coronavirus/

The UK will be hosting the **UN 'COP26' climate talks in Glasgow in November 2021.** Between now & then we will be asked to help campaign. You can sign up to being an efficient campaigner, go to: www.cafod.org.uk/Campaign/Action-news

Or if you want to choose to fly less, (haha! Yes those days will return again) because it's an easy way to reduce our carbon emissions, create change and help our beautiful world. Then head to: www.greenchristian.org.uk/make-a-flight-free-pledge/

Happy 2021 to everyone, may the year be filled with hope.



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Shire published this article in the May 2020 on-line edition, but we thought we would reprint it as it once again becomes useful. (Ed.)

Top Tips for Parents Home-schooling their Children from UWE Bristol

With all UK schools closed until further notice thousands of parents will have to introduce some form of learning in the home. To help parents navigate this challenging time, Senior Lecturer in Education at the University of the West of England (UWE Bristol) Ben Wiggins has shared some of his top tips for implementing a successful home-schooling programme and also highlights some potential pitfalls to avoid.

Mr Wiggins is self-isolating due to an underlying health condition and is using these techniques himself as he currently home-schools his eight-year-old daughter. He has nearly 20 years' experience as a Primary School Teacher and is the current leader of the Primary PGCE Teacher Training Programme at UWE Bristol

Top tips for home-schooling your primary school aged children:

- **Preparation.** Even if your school sends you a learning pack try to know what it is you are going to be doing the next day. That way your day will flow better and you won't look like you are just making it up. Share the timetable with your child so they know what they are going to be doing and when
- **Structure.** Establish a definitive start and end time to the day. Try to get your children to view this as 'school time'. Plan in breaks just like in school and remember, the younger the child the shorter your teaching sessions need to be
- **Play.** If you have very young children remember to play with them too. You can also incorporate activities such as cooking, DIY projects and gardening into your schooling as they also provide learning

Pitfalls to avoid:

- **Don't try to do too much.** Remember to get the difficult things out of the way early and leave afternoons for more fun activities
- **Try not to get cross if your child doesn't understand.** It is difficult to educate your own children because you are so invested in their progress. However, learning takes time and is a messy process so don't worry too much if they don't 'get it' first time
- **If your child doesn't understand what you're saying, don't just repeat the same explanation louder and more slowly,** try to think of another way of explaining it
- **Try not to criticise the way your child does something.** Parents can get very defensive



about the way they learned to do something but teaching may have changed since then so try to be open minded. Who knows, you might learn something too

"It's important to remember that you're not going to get this right straight away so whatever happens, reflect on it and try something different the next day if things didn't work. If you really don't understand something, email your child's teacher. Things will have changed a lot since you went to school so you shouldn't be embarrassed about asking for help. For example, the teaching of detailed grammar and phonics is fairly new and something most parents will not have been taught themselves," says Mr Wiggins.

"Teachers are industrious and creative so I'm sure it won't be long before your child's school shares some interesting and engaging ways for you to educate your child over the coming weeks. In the meantime, try your best, ask for help if you need it and try to enjoy yourself."



Rest now, e Papatūānuku

A poem for Papatūānuku – Mother Earth by Ngāti Hine/Ngāpuhi writer Nadine Anne Hura, and recently shared by Jacinda Ardern, Prime Minister of New Zealand.

Rest now, e Papatūānuku
 Breathe easy and settle
 Right here where you are
 We'll not move upon you
 For awhile
 We'll stop, we'll cease
 We'll slow down and stay home
 Draw each other close and be kind
 Kinder than we've ever been.
 I wish we could say we were doing it for you
 as much as ourselves
 But hei aha
 We're doing it anyway
 It's right. It's time.
 Time to return
 Time to remember
 Time to listen and forgive
 Time to withhold judgment
 Time to cry
 Time to think
 About others
 Remove our shoes
 Press hands to soil
 Sift grains between fingers
 Gentle palms
 Time to plant
 Time to wait
 Time to notice
 To whom we belong
 For now it's just you
 And the wind
 And the forests and the oceans and
 the sky full of rain
 Finally, it's raining!
 Ka turuturu te wai kamo o Rangi ki runga i a koe
 Embrace it
 This sacrifice of solitude we have
 carved out for you
 He iti noaiho – a small offering
 People always said it wasn't possible
 To ground flights and stay home and stop our
 habits of consumption
 But it was
 It always was.
 We were just afraid of how much it was
 going to hurt
 – and it IS hurting and it will hurt and
 continue to hurt
 But not as much as you have been hurt.
 So be still now
 Wrap your hills around our absence
 Loosen the concrete belt cinched
 tight at your waist
 Rest.
 Breathe.
 Recover.
 Heal –
 And we will do the same.



Taking Care of Your Mental Wellbeing

With the country in lockdown whilst we try to minimise the impact of Coronavirus, you may find the isolation rules not only affect your physical well-being but also your mental health.

Here are some tips on how to take care of your mental wellbeing.

1. Connect with People without Meeting Them

It's recommended to stay at home and avoid physical contact with other people as much as possible. Larger groups shouldn't meet at all. Luckily, we can easily connect with others online, over the phone or even by mail. Stay in touch with family and friends, even a short chat on the phone or letter through the post can cheer people up and make them feel less alone.

2. Set up a Routine

It does feel hard to stay at home for a long period. It may help to set up a routine and stick to it to prevent yourself from becoming lazy and depressed. Devise a plan and write it down, and then try to stick to it on a daily basis, include things like mealtimes, activities (walking, housework, reading), & connecting with others.



© Bob Pitchford

3. Physical Activity is Key

Try to stay as active as you can. You can exercise at home, even without equipment. Try to follow online videos, there is a lot of different options for that online. Additionally, now you will have time to clean your home and do your chores, which is a good form of activity. Go for walks in nature and try to sit less.

4. Go Out into Nature and Get Some Fresh Air

Get as much sunlight as you can, especially if you live in an area where there's an opportunity to go out into nature. Go for walks, grab some fresh air, and expose yourself to sunlight. Getting enough vitamins not just during the COVID-19 outbreak, but at all times, is crucial for a stronger immune system and mental wellbeing.

5. Work or Study from Home

Make sure you prepare your work or study area properly if you need to work from home. Make a working environment where you'll be able to focus on your work and try to find some way to separate work from home life – pack your laptop away each evening or set up a desk in a spare room. Speak to your employer for any equipment or alterations you need to be able to do your job well.

It might be especially hard if you have children to care for. Try to keep them as busy as possible – involve them in tasks, help them with schoolwork as much as you can, and find ways that they can be in touch with their friends without physically meeting.



6. Keep Yourself Busy

Now that we will have more time to spend, make sure you keep yourself busy. Do activities, clean your home, have a clear out, sort your computer files & photos, or start a new hobby.

7. Keep Your Brain Challenged

Read books, magazines, articles, online material, solve puzzles or crosswords, watch shows or films, listen to podcasts. Anything that will keep your mind busy and your thoughts free of the coronavirus will help improve your mood.

8. Limit Your Media Diet

Being informed about the coronavirus spread is helpful, although excessive worrying about it doesn't help your mental health. This is especially true if you watch the news or listen to the radio, where almost the only thing that is talked about is the COVID-19 spread. Keep a balance between being informed and excessively following the news. Too much information every day can become stressful.

Plus, limit the time you spend on social media platforms such as Facebook or Twitter, getting out in nature, or speaking to friends or family will give you a more balanced perspective.

Join the Shirehampton Climate Emergency Group

We are local Shirehampton residents who came together over a year ago because of our deep concerns about Climate Change. We wanted to know what we could do to raise awareness about Climate Change and its effects on our lives. We organized a series of free Public Talks over the winter at different venues in Shirehampton to spread information and offer opportunities for discussion. The last talk, on Flood Risk, was held at the Public Hall on March 7th just before the first lockdown was declared. We were meeting twice a month to talk and plan. Now Corona has knocked Climate Change off the agenda and reduced us to safe distancing and Zoom.

And yet... Because we recognize that Corona Virus is a deadly threat we have taken extraordinary measures to keep ourselves safe. We have stopped travelling, stopped unnecessary shopping, worked from home – all things that are necessary if we are to mitigate Climate Change. There must be

No Going Back from these measures; there will be **No Going Back** from changes to our climate.

And so...we invite you to join us. If you'd like to be in touch with others in Shirehampton who are concerned about Climate Change and have a place to share ideas about how to combat this threat?



© Bob Pitchford

Contact us at: ShireClimate@gmail.com
We look forward to meeting you.

Renee Slater,

Shirehampton Climate Emergency Group

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SPORT IN SHIREHAMPTON

City and Port of Bristol Bowling Club

Having looked at some wonderful and memorable days out in recent editions of Shire it should also be remembered that some very special and enjoyable days have taken place at the green in Shirehampton since the green was first played on in 1974.

Bowling is a unique sport, played by people of all ages and from all backgrounds. It can be played as serious competition, friendly competition and very occasionally - just for fun. We are going to look at two afternoons of bowling that took place in recent years - both were played according to the Laws of the Sport of Bowls but that is where similarities end - they were two very different games.

The club has a tradition of fancy dress going back to the last nights of **Summer Tours** many seasons ago and fancy dress was the order of the day for the fun day on **September 14th 2014** - just about anything goes was the theme for an afternoon of bowling that had nothing whatsoever to do with dress code. From Jimmy the Bowler to someone looking like Andy Pandy to an Arab and someone resembling a Bishop plus many more wonderful outfits - all great fun and very memorable.



Fancy Dress 2014



Contrast that with the afternoon that bowlers from **Gloucestershire and Somerset** arrived at the green to do battle for the **Small Cup** - that was the name rather than the size of the trophy! **Monday July 25th 2016** was the day that six rinks of county standard bowlers competed for the trophy - all very keen competition on a very warm afternoon and it was Somerset who came out in front by twenty shots at the end of 21 ends play. The afternoon started



Three Presidents together before the Gloucestershire v Somerset game on Monday 25th July 2016

and finished with ceremony. At the beginning Host **President David Hinksman**, formally handed the green over to **Gloucestershire President Roy Walker** for the afternoon's game - it was returned at the end of the game!

At the end of the game City and Port provided a two-course meal, every one enjoyed a drink in the main club ballroom and presentations were made not only between the two counties but also by Gloucestershire to the hosts. It was certainly a prestigious occasion, but it did require a lot of hard work by ladies and gentlemen of the City and Port Club to make it the success it was.



The arrival of the Portacabin at the green in May 2015

In **May 2015** a Portacabin was delivered to the green on an Alan Coward Lorry equipped with all the latest lifting equipment of which the driver was quite proud. It was lowered onto pillars that stood where the old wooden Men's Hut had stood for many years before becoming unusable in 2014. The Portacabin is now in need of extensive repair and the supplier ReeceR Space Ltd will be working on it during the Winter Months so that it will be back in good order and ready for the 2021 season which is planned to start in April.


For further information about the club, how to have a free trial session and how to join, please call David Hinksman on 0117 9082713.


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