

Shire

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

No. 572 - September 2019 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to LOCAL EXPERT SECTION from page 22 to find a local expert who can help

FREE COURSES
Autumn 2019
For your local community
See page 7 for more details

Climate Change - What Can We Do?

The Shirehampton Climate Emergency Group is hosting a **Climate Event from 10am - 12noon on Saturday 7th September in the Methodist Church, Penpole Lane**. The event will be an opportunity for us to learn about the global warming that is causing climate change, about the effects this change will have on us in Britain, and about the effect it is already having in many parts of the world. The Government and more than 100 Councils, including Bristol City Council, have declared a Climate Emergency to make us all aware of how serious the situation is. Here is a description of how some of us joined in direct action to raise awareness about Climate Change.

Shirehampton's Climate Change Protesters

In July, a dozen members of Shirehampton's Climate Emergency Group helped with the big XR (Extinction Rebellion) action in Bristol. Many of us attended non-violent direct action training, which helped us make sure we were signing up to something we truly believed in and prepared us for many situations, including the possibility of being arrested.

Continued on Page 6.



SHIREHAMPTON CLIMATE EMERGENCY GROUP
UNDERSTANDING CLIMATE CHANGE
WHAT CAN I DO?
SAT 7TH SEPT
10AM - 1PM
FREE COMMUNITY EVENT
SHIREHAMPTON METHODIST CHURCH HALL
(opposite Lloyds on the High Street)
Find out the facts about the climate and environmental emergency and discover what you can do about it
Talks starting at 10:15
Plus
Paul Williams - Natural History TV Producer
Nikki Jones - Researcher/Writer, Energy and Climate Change
TBC - Extinction Rebellion
Information and films
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Shire

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N.B. To meet the deadline with our typesetters, all written copy should be submitted by email or to the Library by the 10th of the month before it appears in print, or it may not be included in the next edition.

While advertisements in this paper are accepted in good faith, readers are advised to make their own enquiries and assessment. We request that all adverts are supplied in the correct format and size or there may be a charge should you require artwork to be created. Price on application.

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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'.

Contributions submitted to: editor@shire.org.uk

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WHAT'S ON IN SEPTEMBER

@ THE PUBLIC HALL

MONDAY

- Twyford Art Club. 10am–12noon
- Yoga. 6.15–7.30pm

TUESDAY

- Line Dancing. 2–3pm
- Tile Making. 12th & 19th 2–4pm
- Hula Hooping. 4:30–5:30pm £3.50
- Puppy Training. 6.30–8.30pm
- Coffee Morning. 1st Tuesday

WEDNESDAY

- Twyford Art Club. 9.30–11.30am
- Model Railway Club. 7.30pm onwards
- Shire Stitchers (every 3rd Wednesday). 7.15–9.15pm
- Womens' Fellowship (2nd and 4th Wednesday). 7.30–9.30pm

THURSDAY

- Sea Mills Art Club. 10am–12noon
- Tai Chi. 2pm–3.30pm
- Grainger Players. 7.30–9.30pm

FRIDAY

- Playtots. 10–11.30am
- Evergreens. 2–4pm
- Shire News (Last Fri of month). 4pm
- Bingo. 6.30–8.30pm
- Pillow Lace Club. 7–9pm

SUNDAY

- Church of Grace. 9.30am–2pm. Hall & Springfield
- Learn to Meditate 8.15pm Portway Room from 7 January

@ THE TITHE BARN

MONDAY

- S.T.O.M.P Dance Club (Term Time) 4–4:30pm age 4-6, 4:30-5:30pm age 7-11, 6-7pm age 11-16
- Totstop. 1:15-2:45pm under 5's

TUESDAY

- Chair Aerobics. 10-11am £4
- Youth @ The Barn 7-8:30pm (Term time) age 10-16. 50p & bring change for tuck

WEDNESDAY

- Mother's Union 2nd Wednesday 2:30pm

FRIDAY

- Chair Aerobics. 10-11am £4

@ SHIREHAMPTON HEALTH CENTRE

TUESDAY

- Shire Advice Service. 10am–12 By appointment: 951 5751

WEDNESDAY

- NHS Baby Clinic -12:30–2pm

@ COTSWOLD COMMUNITY CENTRE, Dursley Road

MONDAY

- Pilates. 9.30-10.30am
- Personal Fitness Training 7-8pm

WEDNESDAY

- Keep Fit. 10:30–11:30am
- Pilates 6:30 to 7:30pm

THURSDAY

- Bingo. 2:30-4pm
- Personal Fitness Training 7-8pm

FRIDAY

- Keep Fit. 10:30–11:30am

MONTHLY

- 1st Sunday of month - Breakfast Club - 9:30 to 11am (Bingo the evening before at 7:30pm).
- 2nd Sunday of the month - Baptist and Methodist Church Service 4:45pm
- 2nd Saturday of the month - Coffee Morning 10:30am-12 noon
- 1st & 3rd Tues - Film Night 7:30pm
- Saturday (6 weekly from 11th Jan) Quiz Night 7:30pm

@ AVONMOUTH COMMUNITY CENTRE

MONDAY

- Zumba Gold 12:15pm £4
- Keep Fit 50+. 7:30–8:30pm £4.50

TUESDAY

- Genealogy. 4th Tuesday 7pm

Wednesday

- Happy Reading Cafe 2nd Wednesday 1:30pm

Thursday

- Circle Dancing. 3pm £3

FRIDAY

- Weightwatchers. 9:30am www.avonmouthcca.org.uk Tel 0117 907 1524

@ COTSWOLD COMMUNITY CENTRE

TUESDAY

- 1st & 3rd Tues – Film Night – 7:30
- 2nd & 4th Tues – Climate Emergency Group 7:30-9:30

@ St ANDREWS CHURCH HALL, Avonmouth

- St Andrew's Ladies Club. 1st and 3rd Tuesday, 7:30-9:15 pm
- Dancercise every Wednesday 10am. Free to unemployed and those on low income. FB @dancercise.bristol or Anna on 07852988895

@ SHIREHAMPTON CHURCHES

@ ST MARY'S

- Kids Klub - Sunday. 8:30am
- Craft Group. Tuesdays 2-3:30pm
- Golden Oldies Sing-Along 1st Wednesday. 10:30-11:30am. Voluntary donation £2

@ SHIREHAMPTON BAPTIST CHURCH

- Services - Sundays. 10:30am 2nd Sunday Cotswold Community Centre 4:40pm
- Mainly Music Carers & Toddlers - Tuesdays (term time). 9-11am
- Gospel Generation Community Choir - Wednesdays in term time 7pm-8:15 pm. Free. All welcome.
- Scrapbooking Workshop - 3rd Saturday 10:30am-16:30pm

@ SHIREHAMPTON METHODIST CHURCH

- Service - Sunday 11am
- Monday Movies and Afternoon Tea - Mondays 2:00 –4:00 pm. Tel (0117) 382 3694 for details
- Weight Watchers - Tuesdays 10am AND 5:30pm Church Hall (Contact Roma 01454 613222)
- Bacon Butties, Coffee and Cakes - 1st Sat 10-11:30am

@ PBA CLUB, Nibley Road

MONDAY

- Line Dancing 8-10:30pm £4.50

TUESDAY

- Zumba 7-8pm £5
- 3rd Tuesday – Retired Employees Association. 12 noon

THURSDAY

- Stroke Support 1:30-4pm

@ SCOUTS HUT, St Mary's Road

191stbristolscouts@gmail.com

MONDAY

- Cubs 5:45–7:15pm boys/girls 8-10

TUESDAY

- Beaver Scouts 5-6:15pm boys & girls 6-8

THURSDAYS

- Cub Scouts 6-7:30pm boys & girls 8-10+
- Scouts 7:30-9pm boys/girls 10+ -14

@ NSC BOXING CLUB, Smelters Gym, Barracks Lane

MON, WEDS & FRIDAY

- 7-8:30pm. Head Coach Garry Cave. 07876 233621

@ T.S.ENTERPRISE, T.S.Enterprise, Station Road

MONDAY & THURSDAY

- Sea Cadets 12-18 years 6:45-8:45pm

FRIDAY

- Shirehampton Amateur Radio Club. 7:30-10pm

@ KYOTO SHOTOKAN KARATE CLUB

THURS @ AVONMOUTH RFC

- 6:30-8:30pm

@ OTHER VENUES

@ AVONMOUTH RUGBY CLUB

- Ladies Rugby Under 13s 6:00-7:00pm under 15's and under 18's 7:00 – 8:00 pm

CLAIRE'S LADIES 18+- 6:30 –8:00 pm

PENPOLE LUNCH CLUB - TUES

- 11:30am-2pm (Details: Sandra 0117 938 1236)

@ SHIREHAMPTON LIBRARY - FRIDAY

- Code Club 3:45-4:45pm Age 9-11

@ ST BEDE'S COLLEGE - TUES

- Cricket. 5-6pm Age 11-16
- Community Football Fridays 6-7pm. Ages 11-15 Pitch1; 16-21 Pitch 2
- Girls Football, ages 8-16– Saturdays 11am-12noon
- Archery Club. Saturdays 1:30 -3:30pm £2
- Pay and Play Football. Saturdays 1:30-4:30pm £1

@ JIM O'NEILL HOUSE

THURSDAY

- Slimming World. 9.30am, 11:30am, 5.15pm and 7:15pm. Information: 01275 844825

SATURDAY

- Slimming World: 9.30am. 01275 844825

@ SEA MILLS

ST EDYTH'S CHURCH

- Pilates. Mondays 7:15pm and 8:15pm 07905 364256
- Dancercise every Thursday 1.30pm. Free to unemployed and those on low income. FB @dancercise.bristol or Anna on 07852 988 895

SEA MILLS COMMUNITY CENTRE

- Yoga. Thursdays 6:30-7:30pm, Fridays 10-11:30am

(SCAF) SHIREHAMPTON COMMUNITY ACTION FORUM MEETINGS 2019

- Shirehampton Public Hall
- Weds 2 October AGM 7-9pm
- Weds 11 December 2-4pm

Please send all updates for the What's On section to editor@shire.org.uk by the 10th of the month before publication

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Shirehampton Public Hall Newsletter

Huge thanks to everyone who attended our AGM on Tuesday 16th July. It was a tremendous success, and the Hall is proud to announce it is under new governance!

Welcome to our new Trustees, pictured right. From left to right: Esther Giles, Edyta Lang, Norman Routledge and Gail Amphlett. Big thanks must also be extended to all our outgoing Trustees and current volunteers, without whom the Hall simply would not exist. Special thanks, of course, are extended to Janet Thomas, who stepped into the breach to look after our accounts this year after the sudden resignation of the Treasurer last September.

At our AGM the Public Hall was presented with a defibrillator, hopefully to be located on the front of our building for public use. As a grade II listed building we will need specific permission, however it is hoped this will be granted. Huge thanks

to William Durman, Peter Kirsan and all their colleagues at GMCA for this hugely appreciated donation.

At our first meeting of the new board of Trustees on 6th August the following officers were appointed: Chair of Trustees: Norman Routledge, Honorary Secretary: Edyta Lang, Honorary Treasurer: Esther Giles.

All of the above may be contacted through the Hall's email, or individually on chair@shirepubhall.org.uk or treasurer@shirepubhall.org.uk.

The Hall has a great future ahead of it!



©Bob Pitchford



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AUTUMN CAR BOOT SALE!!!!
SHIRE

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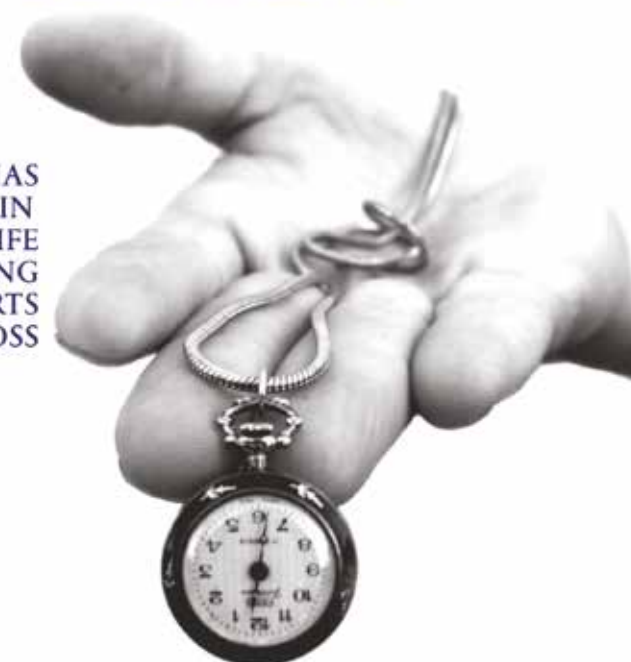
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Letters to the Editor



MYSTERY BUILDING CASE SOLVED!

Dear Editor

With reference to Greg Spink's letter (last month) concerning the mystery building adjacent to the M5 Motorway, Lawrence Weston, if my memory serves me correctly this is Saltmarsh Pumping Station. Many years ago, when I was a serving Police Officer, I attended because of serious Criminal Damage. Nearly all the windows had been broken and there was also some graffiti on the walls. It came under the control of the Waterworks (Sewage Treatment Works). Access in those days was along a trackway from the Waterworks premises via a tunnel under the M5. Whether it is still there is unknown to me.

Also, I have no knowledge of whether it is still a Pumping Station or has been converted for some other use. Over the years the trees have encroached around the building which at one time was clearly visible.

I hope this answers Greg Spink's curiosity on the building.

Christopher M. Eynon.

CAROLE AND MICHAEL ANTILL

Dear Editor,

Thank you so much for putting the 60th anniversary congratulations to Carole and Michael Antill in the April edition so quickly.

It was given in rather late and I was so pleasantly surprised when someone must have worked with some thought to arrange it for the right month of the great day. Again I thank you for a great paper very carefully planned out.

Jane Flook (Thank you for your donation. The Editor.)

PBA FUN DAY

Dear Editor,

I would just like to drop a note to say thanks for the wonderful edition of the Shire and for the inclusion of the news on the PBA Fun Day.

Much appreciated,

Emma Baldwin

EXTRA PENHILL PHOTOGRAPHS ON THE WEB

Dear Editor,

I refer to the article written by Fiona Grinham in the July issue, covering the party held on 8th June at Penhill. This event was held to celebrate this wonderful Residential Home being deservedly recognized with one of the top 20 Recommended Awards given to the South West.

There was one photograph attached to the article, with the promise of more to follow in the August edition of Shire. My Mum is one of the lucky residents at Penhill, and eagerly looked forward to her copy in August. I am sure she is not the only one to be disappointed not to see any of the promised photographs. May I request that they are published in the September issue of Shire?

Shirehampton is fortunate to have such a prestigious establishment within its boundaries, and should be acknowledged, as such, at every opportunity.

Yours faithfully,

Elaine Amos

(The manager for the SHIRE Website (eShire) is Les Harrold and he often includes additional Photos on the Web site due to space limitations in the printed version. The extra Penhill photographs are now available at www.shire.org.uk - Ed)



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

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- Improve muscle tone and bone density
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Linda x x

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Cotswold Community Centre.
- **Boot Camps: All levels**
Early morning Mon & Weds 6.15am and Sat 10am. Message for details.



SHIRE STRONG



For free initial consultation in your own home - or mine. Telephone: **07875 054 292.**

Email: t.linda1206@gmail.com



NOTICE of AGM

AVON (UNIVERSITY SETTLEMENT) COMMUNITY ASSOCIATION

The Annual General Meeting of A(US) CA, a long running local charity which runs the Shire Advice Service, will take place on
Wednesday 11th September at 7.15pm
in the Tithe Barn, Shirehampton.

We welcome everyone who would like to learn more of the free advice service we offer.

Continued from Page 1.

Between us, we got involved in many ways to support the action. **Stewarding:** giving out information to people on their way to work and having some good conversations. **Wellbeing:** taking snacks and water to protesters marching in very hot conditions, and to protesters sitting at road blocks. **Clowning:** learning and using clown skills (and costumes!) to help draw attention to the protest in a different way. **Swarming:** standing in the road to block traffic for up to 7 minutes (which is legal!). **Back office:** taking calls from legal observers about protesters who were being arrested and making sure they would be supported at the police station when released. **A mass cycle ride** with hundreds of other cyclists. **Court:** waiting outside Bristol Magistrates court to check those who had been arrested were being looked after following their hearings. We met so many lovely people during the week, absolutely loved the community space that was created and learned so much about being kind to each other and our world. We also collected a lot of information to bring back and share with our Shirehampton Community.

Many people criticise the tactics of XR and dislike the disruption that blocking roads causes to individuals. I am sad hearing stories about how some people were affected. Every day of the action ended with a people's assembly, giving time for reflection and planning. Wednesday was arguably the most disruptive day and so the actions on Thursday were intentionally toned down.

Why is disruption being used? That's a good question. Concerned people have been politely trying to look after our world for many decades but their actions have not been taken seriously.



Yes, good changes are slowly happening but the UK continues to make things worse, choosing fracking, more roads and more runways. People take notice when there is disruption and they are forced to act. The UK XR movement is trying to wake up our government to the urgency of the situation. Disruption gets people talking and this is something that needs talking about.

Shirehampton Climate Emergency Group is not a branch of XR. We all have our own individual views about the best way to make a difference. You

- CLIMATE EMERGENCY - WHAT CAN I DO?

**SAVE MONEY £ • IMPROVE YOUR HEALTH ♥
HELP WILDLIFE • FIGHT CLIMATE CHANGE**

- ✓ **TRAVEL LESS BY PLANE AND CAR** – *Holiday in the UK £, walk and cycle more ♥, and use buses and trains more £*
- ✓ **USE LESS HEATING** – *Turn the thermostat down £*
- ✓ **USE LESS ELECTRICITY** – *Line dry clothes outside £, switch off instead of using stand by £, use low energy bulbs £, take shorter showers £*
- ✓ **USE LESS PLASTIC** – *use re-useable bottles for water & keep cups for tea and coffee £, drink tap water ♥, avoid buying food wrapped in plastic – especially un-recyclable black plastic, bring your own bags and containers to the shops £, try alternatives to cling film £, avoid single use plastic – cutlery, straws, plates etc., get milk delivered, try alternatives to wet wipes £*
- ✓ **BUY LESS CLOTHING AND TOYS £** – *and buy ethical clothing rather than fast fashion. Take old clothes and toys to a charity shop, or give to family and friends. Get second hand clothes and toys instead of buying new £. Repair or customise old clothes £.*
- ✓ **EAT LESS MEAT, EAT MORE VEG ♥** – *Try vegan options ♥, grow your own vegetables ♥, make your own compost £*
- ✓ **USE LESS CHEMICALS** – *Buy organic ♥, use low phosphate washing up liquid, washing powder etc (eg. Ecover), give old paint to a local community centre*
- ✓ **RECYCLE** – *Empty and give a quick rinse, screw lids back on, squash plastic bottles, take recyclable plastic film and carrier bags to recycling points at big supermarkets, visit wrap.org.uk 'Recycle Now' pages for more info*
- ✓ **LOOK AFTER WILDLIFE** – *Grow plants for bees and butterflies, feed and water birds, make a bug hotel, hedgehog house or bird box*
- ✓ **LOBBY POLITICIANS, SUPERMARKETS, COMPANIES**
- ✓ **JOIN EXTINCTION REBELLION** – *Learn more at rebellion.earth | Facebook: Extinction Rebellion Bristol | Twitter: [xrbristol](https://twitter.com/xrbristol) | Instagram: [@xrbristol](https://www.instagram.com/xrbristol)*

ACT NOW | TOGETHER WE CAN MAKE A DIFFERENCE
SHIREHAMPTON CLIMATE EMERGENCY GROUP

don't have to believe disruption is the way to tackle the climate emergency. **Many of our group do not want to cause any disruption** but want to take action in other ways. We welcome everyone because this is an issue that affects everyone. We'd love to hear your views and share what we have learned.

We have a stand on the High Street some Saturday mornings. We hope that many of you will come to climate talks and film on September 7th.

A Shire Resident & Member of Shirehampton Climate Emergency Group

FLU CLINIC DATES 2019

Shirehampton Health Centre
Saturday 12th October – 08.45 to 10.30
Saturday 26th October – 08.45 to 10.30

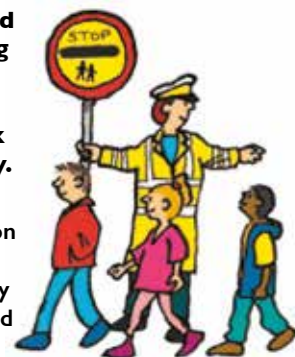
Capel Road Branch Surgery
Friday 11th October – 14.00 to 15.00
Friday 25th October - 14.00 to 15.00

Please come to the Health Centre where you will be directed to the appropriate clinic.

VACANCY VACANCY VACANCY

Bristol City Council Road Safety Team are looking for someone to take on the role of School Crossing Patrol at Bank Leaze Primary Academy.

This is a school term time only role. It is a paid position and you are paid for ten hours per week. The hourly rate is £9.05, full training and uniform will be provided.



You will need to be a good communicator with an ability and understanding of working with the general public.

If you are interested or would like more information please contact **Frances Dansie** on **07500120320** or by email frances.dansie@bristol.gov.uk

We look forward to hearing from you.

FREE COURSES - AUTUMN 2019

For the communities of Avonmouth, Lawrence Weston, Sea Mills, Shirehampton, Henbury and Brentry

Brush Up Your Maths

This FREE course will give you the opportunity to brush up your maths, for work/home. This course is esp. for adults without a GCSE A*- C grade or equivalent. Find out how to gain a Functional Skills qualification.

Venue: Long Cross Centre, Long Cross, Lawrence Weston BS1 0LP, starts September, Mondays, 9.30 to 11.30am, for 10 weeks. Start date TBC.

Venue: Henbury Court Children's Centre, starts September, Mondays, 9.30 to 11.30am, for 10 weeks.

Please contact Suzanne on 0117 9030072 for more information.

Brush Up Your English and/or English for Work

This FREE course is for people who use English as their first language and who don't have a GCSE A* to C grade &/or ESOL learners who have already reached Entry 3 Level plus. Find out how to gain a Functional Skills qualification.

Venue Long Cross Centre (children's centre), Long Cross, Lawrence Weston, BS11 0LP, starts September, Thursdays, 1-3pm, 10 weeks.

Venue: Sea Mills Children's Centre, Riverleaze, Sea Mills, BS9 2HL, Thursday am, starts September, 9.30 -11.30am, 10 weeks.

Other English for Work courses to be planned for 2019.

Computer Skills for Work/Volunteering

Do you want to improve your computer skills to help you find work? Gain skills to help support you with managing Universal Credit. Covers email, using the internet, Word, online applications, CV writing and Excel. Learn skills to help you at home as well.

Venue: Avonmouth Community Centre, 257 Avonmouth Road, Avonmouth, BS11 9EN

Start date: Thursdays, 19th September, 1-3pm for 6 weeks, option of progression to an accredited course at College Green with City of Bristol College.

ESOL for Work, ESOL for Parents, ESOL for Life

FREE to people on an eligible means tested benefit (or a partner) or earning less than £15736 a year, otherwise fees may apply.

ESOL for Life at Avonmouth Children's Centre, starts September, Tuesdays, 9.30 -11.30am, 10 sessions.

ESOL For Work at Brentry & Henbury Children's Centre, Thursdays, Autumn term, 12.45 to 2.45pm, for 10 sessions. Start date to be confirmed.

Digital Skills for Work

Do you want to improve your digital skills to help you find work? You learn how to use the Internet to find out about jobs, locate employers on google maps & find out about transport to jobs. Improve your computer skills for home or work.

Venue: Avonmouth Community Centre, 257 Avonmouth Road, Avonmouth BS11 9EN Starts: late February, dates and times tbc.

For more information please contact Suzanne on 0117 9030072

Paediatric First Aid

Gain a certificate with Indigo Bubble Training

FREE to people on an eligible means tested benefit or earning less than £15736 a year, otherwise fees may apply. £21 for the Emergency First Aid At Work course and £39 for the Paediatric First Aid course.

Venue: Long Cross Centre (children's centre) Long Cross, Lawrence Weston, BS11 0LP

Start date and time: 12 hour course, starts Thursday 12th September, 9.30-11.30am, 7 sessions.

Emergency First Aid at Work

Gain a certificate with Indigo Bubble Training.

Venue: Sea Mills Children's Centre, November 7th and 14th, 9.30-1pm, TBC, see fee policy above.

Upcycling Furniture/Repair Cafe

Meets on the first Saturday of the month, 10.30 to 12pm. Blaise Weston Court, Lawrence Weston, BS11 0AF.

Are you interested in sharing your skills? Contact Lynne at Blaise Weston Court on 0117 982 2072.

Are you interested in joining an Upcycling Furniture course in the Autumn? Contact Suzanne on 9030072.

Introduction to Finding Work in Cleaning

This short course will support your job search; it will explore different cleaning roles, it will cover COSHH in the workplace, ways to job search and how to prepare a good application. Find out about training and how to apply for work at Southmead Hospital.

Venue: Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG. Start date and time: Start date TBC, 9.30-2.30pm, 2 sessions.

Employability and Level 1 Preparing to Work in Adult Social Care

Sector Based Academy course in partnership with Weston College and with interviews with Mears Care, who have vacancies in the Lawrence Weston area. Shifts will include evening and weekends. Find out about other social care jobs available as well. Gain a level 1 qualification, FREE course to adults over 19 years who receive an eligible means tested benefit (or a partner); or who earn less than £15736.

Venue: Ambition Lawrence Weston, Long Cross, Lawrence Weston, BS11 0RX. Dates and times: Level 1 Preparing to Work in Adult Social Care, 9.30 to 3pm for one week, October. TBC.

Are there any other courses you or your community need?

Some possible options are - Employability, Level 1 Health & Social Care, Family Learning, Level 1 Customer Service, Food Safety, Relaxation for Work/Life, Healthy Cooking on a Budget, Starting a Business, Intro to Coding, Intro to Volunteering, Intro to Working in Catering, ESOL for Work, DIY and Painting, Upcycling Furniture.

Our FREE courses are particularly for adults 19 years+ with few or no qualifications.

For more information please contact Suzanne: Tel. 0117 9030072 or Email: suzanne.gaffney@bristol.gov.uk

ESOL Conversation Clubs

Join a free ESOL English conversation group run by volunteers and supported by Community Learning/venue. A chance to improve your spoken English, in a friendly & informal group. Opportunities to progress to a course.

Venue: Horfield Job Centre, 1-15, Monks Park Avenue, BS7 0UD. Date and time: Friday 1 – 2.30pm. This runs in term time only.

Venue: Junction 3 library, come and practise your English in a friendly atmosphere. Date and time: Monday, 1.15 to 2.15pm. This runs in term time only.

Venue: Stoke Lodge Centre, Shirehampton Road, BS9 1BN. Date and times: term time only, 5.45 -6.45pm.

For more information about the clubs across Bristol, contact: esolconversationclubs@bristol.gov.uk, Tel - 07768500673

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St Mary's News

Hi Folks!

Here we are in September, the nights are gradually drawing in again and the dawn is appearing that much later. With the leaves beginning to change colour Autumn is on our doorsteps!

Back on Sunday 21st July we had our Parish Picnic on the Lamplighters Field. Alison and our Youth Worker Amy ran some fun games with prizes for the children, whilst the adults were able to enjoy a relaxing time. It was such an enjoyable event that plans are already being made for a repeat Picnic next year!

On Monday 2nd September GLOW starts up again at The Tithe Barn. It runs from 7.15 pm until 8.30pm on the first Monday of the month. It's like Messy Church for 10 to 17 year olds and it's FREE!

On Tuesday 3rd September the Art Group resumes its activities after the Summer Break at 2.00 pm in the church and on each following Tuesday, joining the Craft Group which continued to meet over August. Pop along and see if it appeals to the artistic skills you perhaps didn't know you had!

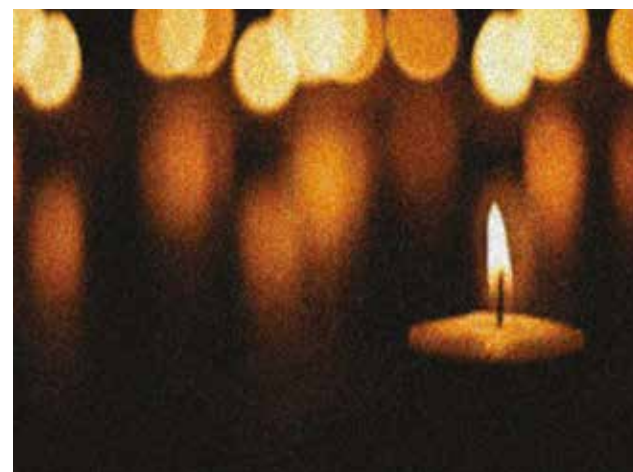
Golden Oldies continues to be enjoyed by its regular followers and the next session is in St Mary's from 10.30 am until 11.30 am on Wednesday 4th September.

On Sunday 8th September at 10.00 am we shall be holding another of our Cafe Church services. It is a Service in a very relaxed form - ideal if you have never come before - which includes food and tea or coffee as part of the service itself. You are welcome to come and join us and find out more about what we do.

S.T.O.M.P. Dance Club resumes again on Monday 16th September at The Tithe Barn from 4 pm until 4.30 pm for children from the age of 3 - 6 years, for those age 7 to 10 years from 4.30 pm until 5.30 pm and those age 11 to 17 years from 6.00 pm until 7.00 pm. This is every Monday and is absolutely FREE!

Messy Church this month is on TUESDAY 17th September from 3.30pm until 5.00 pm for families with children 0 to 10 years and is held in the Church. Please note the change in day - this is an experiment to see if Tuesday is a success. If it is, it is quite likely it will change to the 3rd Tuesday of each month on a permanent basis. Please keep an eye out on our noticeboards.

Some advance notice for an event we are hosting at the beginning of October. We have a local history group coming in with some film for discussion. More details will be available soon.



Well, that's it again for this month, but before I go I have to tell you this - Sam went to a Prayer Meeting at his local church and said to the Priest "I need you to pray for my hearing"! The Priest put his hands on Sam's ears and prays and prays. When he was done he said to Sam - "How is your hearing now"? "I don't know" said Sam "I don't go to Court until next Tuesday"!


Bye for now! C.M.E.

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Jayne Boudens

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Shop Assistants/ Sewing & Design Assistants
Oasis Community Shop
Creative roles helping support our social enterprise

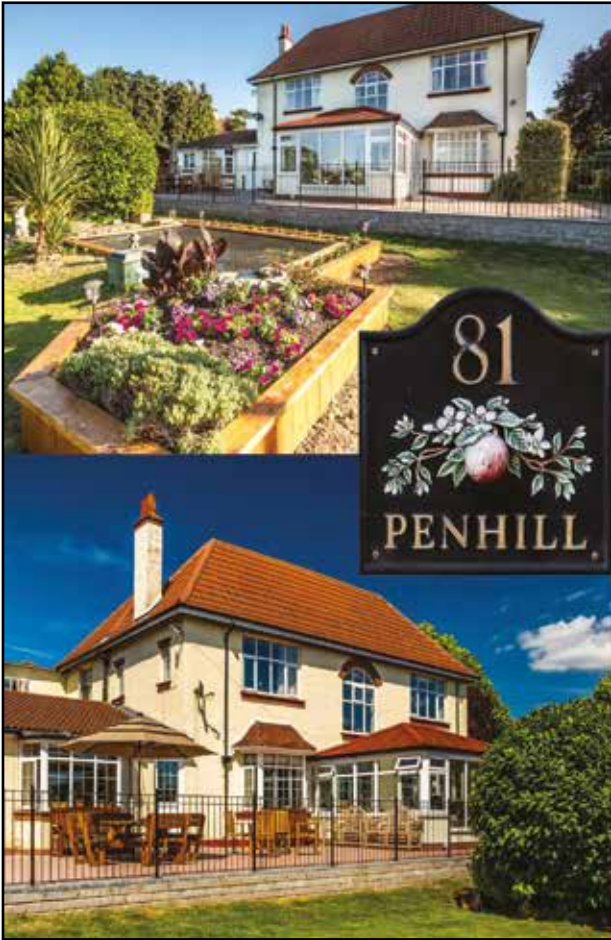
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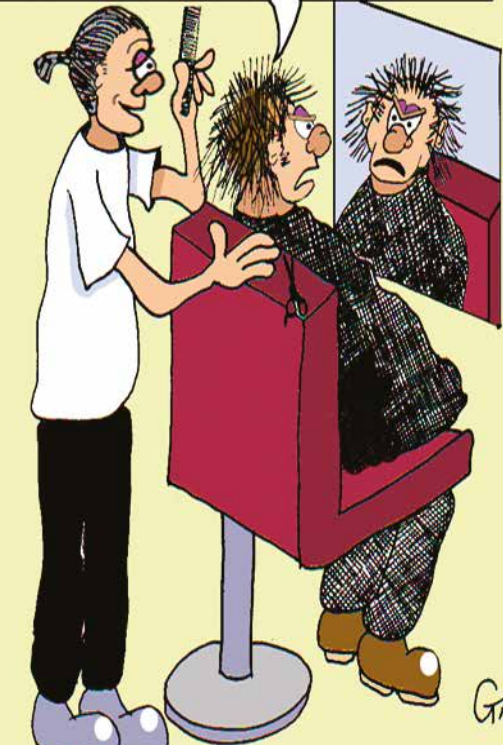
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TYNINGS FIELD NEWS

August... the changeable weather after July... has seen crops being harvested, bees busy, various insects and wild flowers bloom. We have seen a wild flower called Vipers Bugloss grow rapidly in the field and the bees love it alongside the usual Borage and Knapweed. Knapweed is said to close its petals at night. It's also called Batchelor Buttons and is food for the painted lady butterfly, one of the most prolific in the area.

Tansy we keep down as much as possible as it is harmful to livestock but it is food for the cinnabar moth larvae. These form a sort of bio control by eating the plant.



Vipers Bugloss growing wild in Tynings Field. It's a blue wild flower of the Borage family, a biennial. Vipers Bugloss honey will be available.

Tynings Field Fights Climate Change

One of the most important things ordinary people can do to fight climate change is plant trees and grow their own food.

"Climate Change" doesn't just cause the ice caps to melt or the hole in the ozone layer, it's altering our weather systems which is affecting the seasons and the agricultural calendar. This means many seeds are being killed off before they can germinate. Farming will need to diversify into ecological growing around a broader habitat, including trees. If we support ourselves by cutting down on using processed food, and transportation is kept minimal, then this can be the way forward.

Tynings field have planted edible hedgerows of nuts, berries and fruit. In the future our options of what we eat may have to include foraging and

our ideas on what goes into a salad will need to change. Open land collects rainfall which keeps hold of previous groundwater and soil fertility.

It is our mission at Tynings Field Community to enable people to fight climate change by actively participating in locally produced food sources, by obtaining land for the purpose of growing fruit and vegetables in a diverse environment including trees, flowers for bees, and protecting wildlife, for more sustainable living.

Over the coming months we prepare for changes by enlarging plots to enable bigger quantities of vegetables to be planted. Thus allowing for crop failure and adverse weather but also the possibility of increased productivity.

NATURE NOTES

I'm not altogether sure what species this caterpillar is, but guessed at hawk moth. What a variety of caterpillars there are when you Google them! The colours are stunning and so varied.



Back to my garden though, as the chap in the picture was sent to me by a friend.

I am happy to report that the sparrows are back! And how! They are coming in their droves (or should that be flocks?) I am refilling seed and fat balls at an alarming rate!

A friend who lives nearby is currently enjoying nightly visits from a vixen with four healthy cubs! She reports watching the cubs feeding on the food she provides, as mum lies close by, and when they have had enough, she comes over to eat the remains. Seems like mums of all kinds do have similar duties!!!

The wet weather has come along at a time to help our smaller creatures find food. The ground has been so very hard, so at least with the rain that has softened it up.

The tawny owl that is generally across the river from us has been very vocal, and I heard it somewhere close to the house recently. It's lovely to snuggle down in bed to the haunting sound it makes as you drift off to sleep.

Autumn will soon be with us and again nature will start to prepare for the change of the season, so hopefully we will have different sights and sounds to enjoy.

Happy nature watching.

Bobbie Perkins



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Shirehampton Baptist News

This month we look forward to the induction of our new minister Paul Rhodes. We are expecting a large number of people from far and near on September 14th at 3 pm. Paul and his wife Kate are already with us and you will soon see them in the village and get to know them.

Mainly Music starts a new term on September 10th and the Cotswold Christian Community meets on Sunday September 8th at the Community Centre, Dursley Road at 4.45pm. We hope to see new faces joining us for friendship, tea and cakes and "A thought for the Day"

As always we welcome all to our Sunday Morning worship at 10.30 am at Station Road.

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HELLO FROM SHIRE METHODIST

<https://shiremethodist.org/>

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Methodism has its roots in social justice and here at Shire Methodist Church we do not shy away from issues of social, climate and political justice. Who said politics and religion don't mix? And so we are combining our popular coffee and bacon butty morning on Saturday 7th September from 10am with hosting the local Shirehampton Climate Emergency Group's event Climate Emergency: What Can I Do About It? This is open to all. Then on Saturday 5th October we are planning to host our local MP Darren Jones's Café Politics, where you can come along and talk in an informal setting about local and national issues that matter to you.

You might have spotted some hypocrisy in serving bacon at a climate emergency event! There have been many recent news reports highlighting the link between meat and dairy products and global warming and reduction in biodiversity. This has led us to take action and start a taste test on vegan alternatives to bacon. Why not come along and see

if you can taste the difference? We will have both meat and vegan options available.

If you are interested in finding out more about the history of Methodism and social justice, a visit to the New Room (also known as John Wesley's Chapel) in Broadmead is highly recommended: there is an award-winning café there too!

We meet for **Morning Worship every Sunday at 11am** and on most Sundays there is a **group for young people: kiGgle** (kids included in God's greatness; learning and leading everyday). Movies on Mondays alternates each Monday with Afternoon Tea. Our guests have recently enjoyed films including The Age of Innocence and the Pursuit of Happyness (not a spelling mistake in the film's title!) and playing scrabble, doing jigsaws, reading the paper and enjoying each other's company.

One of Shirehampton's best-kept secrets can be discovered by visiting our carpark at the back of our Church. Do you know about it? Seven years ago artists Bill and Elaine Guiding painted a wonderful mural on the back wall of our church. Bill is famous for painting the fabulous mural at Stapleton Road Station. Perhaps you helped with the mural or posed as one of the models. Were you one of the young people who had the honour of painting spots on the dog?

We continue to hire out our building to many local groups including the monthly pop-up market, Weight Watchers, the Dragon Club, Shirehampton Planning Group and the Shire Newspaper. If you are interested in hiring our premises please contact Bridget Williams (0117 982 0586).

May God's peace be with you all during September

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The Arts in Shirehampton

Shirehampton Gospel Choir Records EP!

On a hot sunny Saturday in July around 80 singers gathered to record a brand new EP. The Shirehampton Gospel Generation Community Choir was one of 6 choirs that were part of this exciting project. Three other GGCC Bristol choirs (www.ggcc.org.uk), one from Torquay and one from Feltham swelled the numbers creating a wonderful rich sound.

For most of the singers this was their first experience of being part of a recording so they got a new insight into the world of multiple takes, instructions for more energy, tighter diction and smiles! It was a long day, taking 5 hours to record the four songs and then we had another 3 hours to record a smaller group and some solos. The backing tracks for the songs had already been done by GGCC choir director Emma Smallwood (www.emfomusic.co.uk) so literally all that was needed was the vocals.

We had the expert help of experienced singer/songwriter Geraldine Latty for the day. She led the choirs through all the songs and two of the songs we recorded were actually written by her and her husband, Carey Luce (www.lucemusic.london). Carey was the engineer/producer for the day, and will be mixing all the songs for us over the Summer.

The title track of the EP is 'Sing our way home' and the other tracks are a mixture of traditional spirituals and more contemporary gospel songs. We're aiming to launch our EP at our annual Gospel singing conference, Sing 2019, here in

Bristol on 12th October. This is open to anyone who loves to sing and loves gospel music, still places available (www.ticketsource.co.uk/gospelgenerationcommunitychoir).

We'll have more details of the launch and how to get hold of a copy when our new rehearsal term starts on **Wednesday 11th September, 7pm at Shirehampton Baptist Church, Station Rd, BS11 9TU**. New members always welcome to



join the choir so why not come along! For more information contact **Emma Smallwood** gospelgen@googlemail.com.



Tandem Arts Appeal For Lavender Flowers

As I cycle about Shire' I notice many lavender plants which are probably about ready to be picked. I would love to start a project asking people to cut/contribute their spent flowers and use them for crafts, fundraising, Christmas market stalls etc, purposes later in the year.

My gardening mentor and local plot holder has promised me hers, I have quite a few plants and I can gather from near work in Horfield - the potential is big. As for products, there are more than just the little bags for the drawers, there are

eye pillows that can be made (selling for £12 at the better food company) and lots more.

I (Tandem Arts) will be happy to start organising how the seeds are put to use once we know how much has been collected. I will be able to store the flower heads and, initially, they could be dropped off at the Hall. Where would the raised money go? I have no preference as such but Shirehampton Public Hall seems like a good idea?

Please pass the message to friends, neighbours and colleagues to collect the seed heads before they are all scattered to the wind.

Annelies (Tandem Arts)



Darren Jones MP

As Parliament is in recess Darren has taken the opportunity to have a couple weeks away with his family. However, he's been following local issues closely and knows there are still on-going problems with flies in Avonmouth, Shirehampton and Lawrence Weston. Darren's had no reply to his letter, sent back in June to then Environment Secretary Michael Gove, so has followed this up with the new DEFRA Secretary, Theresa Villiers. The letter to government demanded DEFRA review the powers available to the Environment Agency (EA) so they can act more swiftly when regulated industry (such as waste processing plants) don't stick to the rules of their permit. Darren hopes to get a reply soon after Parliament returns in September.

He also met with the Environment Agency and talked through local concern about the flies and the recent fire (and explosions) at Sims Metal Ltd. The EA have met with Sims to review their practices. The EA have advised, they have now made a 'minded to' grant decision on the permit application made by Sims for a pre-shredder at the Avonmouth site. This should significantly reduce the frequency and scale of any explosions. 'Minded to' means that the EA will now consult on the draft decision. That consultation is now live, Darren strongly encourages you to submit any comments you have. Providing there is no new information that would stop the EA confirming their 'minded to' decision, the company would expect to work towards commissioning and full operation by early 2020. Other improvements, including additional acoustic attenuation, that are currently under way, are expected to be completed before Christmas.

There have also been several reports of a particularly strong sewage smell across parts of Shire, Avonmouth and Lawrence Weston in early August. As this is most likely to have come from Wessex Water's sewage treatment works, he's written to them asking what additional plans they have in place over the summer to mitigate this problem.

Prior to recess, Darren visited Bristol North West Foodbank based in Avonmouth. The foodbank was set-up in March 2011 and provided 6323 emergency three-day food parcels in the last year alone, an increase of 28%. The Foodbank not only gives out food, it also provides signposting help to other services as well as offering access to the Fuel Bank, the Foodbank Advice Service and a cookery and budgeting course. They may also be able to offer home delivery if you are housebound and have a new household goods service if you are in a crisis. Times are tough, so please contact the foodbank if you need any of the services they offer.

If you think there's something Darren can help with – for example, if you're appealing an ESA or PIP decision or your Universal Credit claim is facing on-going delays, please get in touch.

Darren Jones MP for Bristol North West, www.darren-jones.co.uk, [fb.com/darrenjonesmp](https://www.facebook.com/darrenjonesmp), [@darrenpjones](https://twitter.com/darrenpjones),

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CAN YOU HELP OUR YOUNG PEOPLE'S COMPUTER CLUB?



Would you like to support young people in developing their problem solving skills and building resilience? Avonmouth Community Centre are looking for volunteers (comfortable with a laptop, but no expertise needed) who can offer 1hr of their time on a regular basis (weekly, fortnightly, or similar) to support a new Digi-Local club at the Community Centre.

You don't need to be an expert, just comfortable using a laptop. Digi-Local will be providing young people with loads of project guides to follow. These will take them through simple animations, through to building cool games. Your role will be to support them if/when they get a bit stuck. The guides have clear step-by-step instructions and examples that you can use with the young people. Training will be provided.

Jac Blacker, Avonmouth Community Centre Manager, 0117 9827445

SHIREHAMPTON

I live in Shirehampton and it has a village green
A great place to live and the best I've ever seen

There are families who have lived here for 8 score years and ten
Everyone knows everyone and can call them friend

A place is just a place if it has no soul or heart
It's the people that live there that tell it apart

Community is it's life's blood, it makes it a home
Not the bricks, not the mortar, they're only made of stone

I am proud I come from Shire, I know it's in my blood
It's a community of good people, many of whom I love

Shirehampton is a village with a village green
It's just the best place that I have ever seen.

Written by Jennifer Frankowicz (nee Button) ©2019



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Ships In The Port Of Bristol

Colin Momber was one of the local photographers in the area along with his wife Theresa. Both had been running their photography business in Shirehampton for over fifty years. However Colin's career began in the Port of Bristol Printing and Photography Department in 1954 and he was soon made official photographer for Bristol docks - Avonmouth, Portishead, Royal Edward Dock, Portbury and Bristol City Centre until its demise. In fact Colin has a great knowledge of the history of Bristol docks which enabled his first book "Bristol Sea Port" to be printed in 1997. His latest book entitled "Ships In The Port Of Bristol" and is out now, gives a pictorial history of how life has changed over the years with cargo and how it's transported.

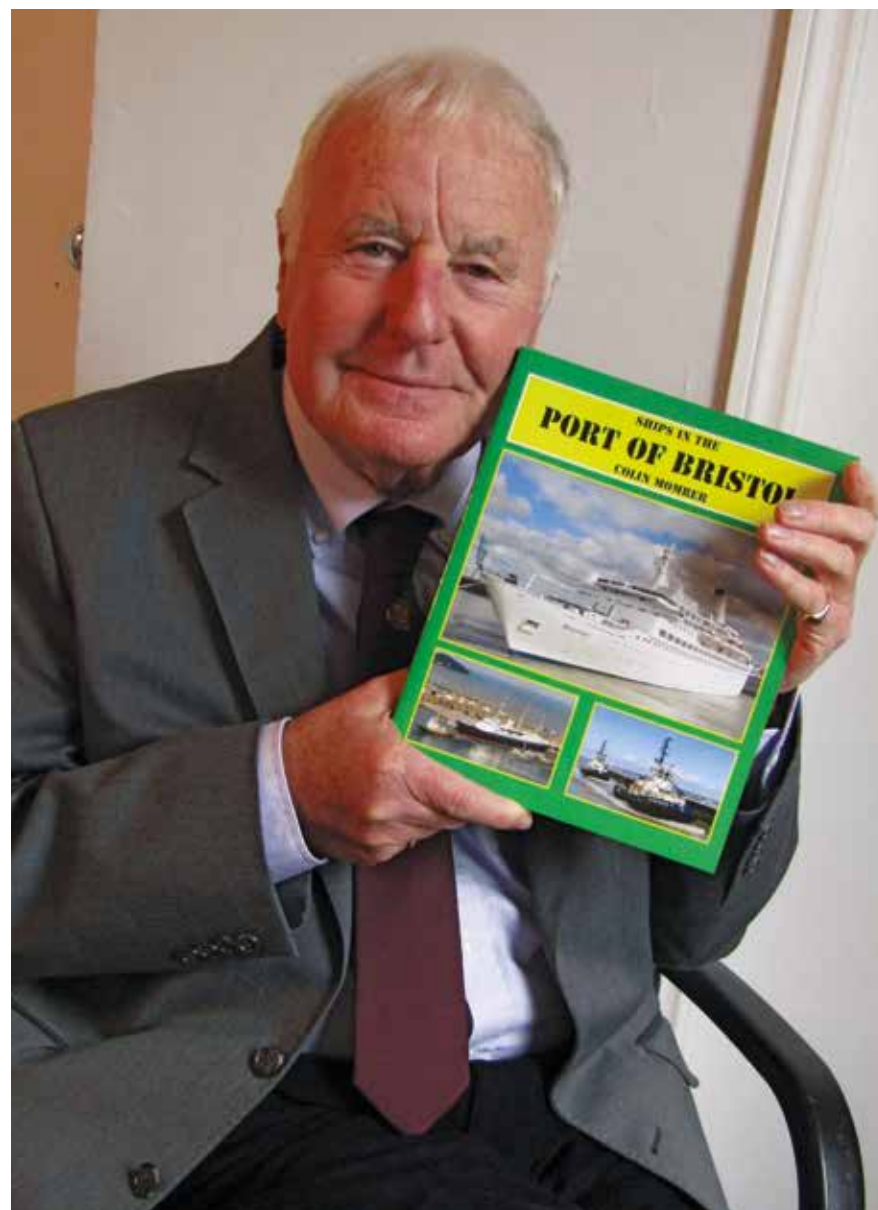
"I'd been taking photos around the docks for some years and would submit them to in house magazines such as Tide Way, Port Folio, Shipway and others. At that time I decided to buy a printing press from the print shop on the docks. Unfortunately during transportation it fell over and broke into pieces. Soon after that I was asked by a Miss Crouch if I'd do the photos on an official basis for the Port of Bristol" said Colin.

Looking through the book, it contains an array of great photos with a little write up here and there. Colin also covers some history on each of the docks too. However it was the photos of the SS Great Britain that caught my eye. "It came into the

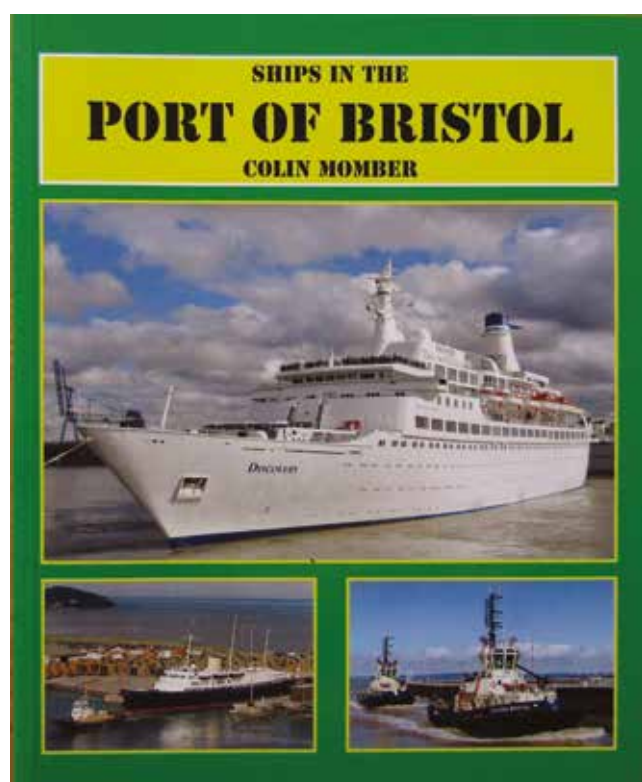
Royal Edward dock on 23rd June 1970 on a pontoon having travelled 9,000 miles from the Falkland Islands. It had to be floated off the pontoon to be patched up ready for its voyage along the river Avon to the city docks on 5th July. It was in a very bad state having previously been used to store coal. I took photos of it's voyage up the river, there was so much interest in the ship it was difficult to get through the traffic on the Portway" said Colin.

An extended version of this article will appear on our web site www.shire.org.uk

Kathryn Courtney



The book, "Ships In The Port Of Bristol" is out now, price £14.95. You can buy copies from Vesta Mortgages, 39 Pembroke Road, Shirehampton (formerly the photography shop) or send an email to colin.momber@cliffhanger.me.uk



Rail Fares Up Again

Rail fares are predicted to rise again on 2nd January 2020 by around 2.9%. The new fare rise announcement, expected on August 14th, comes shortly after a 3.1% increase in January. This rise will affect commuters all over the country, particularly the 39% of professionals nationwide who have failed to go to work due to expensive rail fares.

I am in touch with Irina Iovita, CEO of Commuter Club, who is available for a call to discuss the fare rise - she can provide industry knowledge and data. Let me know if you would be interested in speaking with her and I can arrange something for you.

Holly Kinsell, holly@flamepr.com / 0203 357 9747

Shire Craft Exhibition 2019

Shirehampton Public Hall - Station Road - Shirehampton - BS11 9TX
Tuesday 29th October to Saturday 2nd November
Opening times 10am - 4pm
(Late night Thursday 10am - 8pm)

APPLICATION FORM

Closing date for applications Wednesday 23rd October 2019

The Hall will be open Monday 28th Oct. 9.00am - 4.00pm for registration of exhibits

The Hall will also be open Sunday 27th Oct. 3.00pm - 4.30pm for large items

Collection of exhibits will be on Saturday 2nd November 4.45pm - 5.30pm

No charge on Exhibition Items unless for sale, then charge of 0.50p per item - max of £2.00 for 4 or more items.
(These must have been crafted by the exhibitor)

Selling your crafts - 10% will be deducted from item price towards exhibition costs

Demonstrators - we welcome those who would like to demonstrate their crafts - sessions of 3 hours morning and afternoon will be available. Let us know what you would like to demonstrate and what days and times you would like, and we will accommodate if we can.

Stewards - If you would like to help out and steward for a session am or pm 3 hour sessions (if you can't manage 3 hours then what you can offer would be appreciated). If you are exhibiting it would be great if you could steward for a session but **it's not compulsory**.

Do not send any money with this application it will be collected when you register at the Hall.

Name Tel No

Email

Address Post Code

Exhibit 1 Price/N.F.S

Exhibit 2 Price/N.F.S

If you have more than 2 items please add continuation sheet

I would like to steward on am/pm

I would like to demonstrate on am/pm

Closing date for applications Wednesday 23rd October 2019

Please return this form to Shire Public Library, Station Rd, Shirehampton BS11 9TU
or 8 Penpole Place BS11 0DR or email information to gail.amphlett@hotmail.com
Contact number for Gail & Ed 0117 9821879

Kings Weston House

300 Years

On Sunday 4th August Kings Weston House celebrated its 300th birthday in style with a free music festival. The festival was organised by local charities, Stepping Out Theatre and Mind Your Music. 'Kings Weston @300' was a huge success with locals enjoying a wonderful line-up which included top Birmingham Indie band Mighty Mighty, the lovely Love Mice, the fabulous Ultrabeige, the legendary Paul Clarke the incredible Mind Your Music Collective.



The event follows on from the success of a one day music festival that the team put on at Kings Weston House last summer. 'Kings Weston @300' doubled the audience from last year.

While the event was free, money was being raised through donations for Mind Your Music and nearly £600 was collected on the day. The charity does valuable, life-saving work promoting better mental health through the creation and performance of music.

Steve Hennessy, founder and CEO of Stepping Out Theatre commented: "It was a fantastic day, the sun shone, the music played and everyone had a great time. Unfortunately I was a little over enthusiastic on the dance floor and tore a ligament but I'm consoling myself with the fact it was all in a good cause. We are very grateful to everyone who came along and made it such a brilliant party."

CONGRATULATIONS TO CLIC SARGENT SHIREHAMPTON

Clic Sargent has been trading in our High Street for 25 years this September. I have been a volunteer now for about 14 years and it is a real joy to be a part of this Charity. I like to be busy and working in the shop has helped to fill this need.

It is such a worthwhile way to put something back into the community. We are a very happy group with Sarah & Sue our managers, all the other

volunteers and not forgetting our customers. Thousands of pounds have been raised for the sick children and their families from the people of Shirehampton and surrounding areas.

Thank you Clic Sargent for allowing me to be part of such a local and worthwhile cause. I would also like to send Sarah, our present Manager, very best wishes in her new shop nearer to her home.

P M W - Name and address supplied



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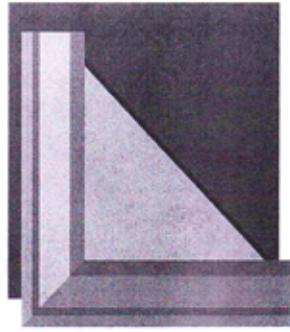
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GARDEN FUNDRAISER

For over twelve years Sheila Bubb has opened her garden to the public to fund raise for St. Marys Church. Each year has seen the garden display differ with various plants and flowers and this year was no different. Sheila has always loved gardening even though, in her twilight years it takes a little longer each year to plant it up.



Sheila's interest and determination to make her garden colourful and enjoyable never fails. This year though, she has decided it will be the last time her garden will be open to the public. Many have admired the colourful display and Sheila has raised through donations £150.00 which will be given to St. Marys Church.

Kathryn Courtney.

©Kathryn Courtney

SPORT IN SHIREHAMPTON



City and Port of Bristol Bowling Club

The first club trophy of the 2019 season was up for grabs on Sunday 28th July. Named after a Past President of the same name, the Jack Ashton Triples is an annual competition for which teams of three are drawn from hats on the day and bowlers use three woods rather than the usual two each end.

Six teams competed this year, playing three games of forty five minutes duration in an almost round robin - not all teams played all other teams. With two points for a win and one for a draw a good start was important. Some games were close, one was drawn and with the last round of games to play, the team skippered by Gill Hinksman were in front, having won the first two games. It all changed in the final round when they came up against the team skippered by Julie Looker who had won one and drawn one, came out in front to move on to five points and a winning position by just one point.

The season comes to an end with a mixed friendly game at Ardagh on September 28th but there is still plenty of bowling and a major event to come before then. Finals Week-End, September 7th and 8th, will see more finals played than has been the case for many seasons. Competitions which have been running round by round for several months, will come to a conclusion, the winners declared and this years Lady and Gents champions will be decided. A real highlight of the season.

On September 15th the Bohemian Island Club are coming to visit for the first time and there will be a game of bowls on all six rinks. This promises to be a memorable day.

The club now has level two coaches in Gill and David Hinksman. Following a period of training they qualified at the end of July and are now able to coach at club level without external support.



This year's Jack Ashton Triples winners are - Julie Looker, Howard Surman and Ken Grimes. Runners up - Gill Hinksman, David Hinksman and Ali Weston.

For the second successive year the Ladies League team finished third in Division Two of the

Bristol Ladies League. Just six points behind GB Britton in second place. They can look back on the season with great satisfaction especially the second half of the campaign when they pulled off some notable wins against worthy opponents. The final game was at Greenbank on August 2nd and this resulted in overall victory and a further eight points to sign off the 2019 season in real style.



For further information about the club, its activities and how to have a free try at bowling please call David Hinksman on 0117 9082713. Tuesday evening sessions are available but other days and times can be arranged on request. Why not come and give bowling a try, completely free of charge.

Family Announcements

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Baby Clive-Matthews

Congratulations to Robin and Sarah on the safe arrival of Isaac Albert Clive-Matthews on 23 July 2019.

from all of us at Shire



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The Good Life in Shirehampton

I have uncovered some local gems on my wanderings recently, which are surely old favourites for some but have been quite exciting for us as relative newcomers.

I have spent quite a bit of the past four years walking around Shire trying, with varying levels of success, to get a small person to nap in the pushchair. A few weeks back I was having a stroll up towards Kings Weston House with a toddler who turned out to not be that tired and I came across cricket. We have walked past the empty pitch hundreds of times, and given that the nap wasn't happening we decided to drop in and watch.

The toddler toddled happily around in the sunshine and I got to sit down and split my attention between keeping him out of trouble, watching the match and listening to the chat of the players on the bench. Now cricket is not my thing, I had no idea what

was going on, it really was not an experience full of exhilaration and yet it was just glorious! Sunny, peaceful and surrounded by those huge trees rustling in the breeze, with the relaxing rhythm of the game. It was a joy to have such a quintessentially English experience less than a mile from home.

For us a trip out involves public transport or cycling, with a few car hires a year to visit relatives further afield. Sometimes that means we miss out on going to things that are awkward to get across town to, but mostly it's just fine. Living where we do is a big part of that and compared to many places we really appreciate the richness of what we have on our doorstep. We all keep learning! I've known how great walking along the river and through the woods at Kingsweston Estate is but now I also know that we have the option of sitting down in the sun and doing not a lot to the backdrop of cricket.

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SUPPORT GUIDE DOGS FOR THE BLIND

Asad Norouzi from Simply Fish on the High Street in Shire is running in the Bristol Half Marathon on 15th September in aid of Guide Dogs For the Blind.

He is running because his father, who died a couple of years ago, lost his sight as a child. His father never had a guide dog but Azad can now see how beneficial it would have been for him. **If anyone wants to support him they could pop in to Simply Fish and sign the sponsor sheet. It's available up to 15th September.**

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