

Shire

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

No. 570 - July 2019

www.shire.org.uk

5,000 copies monthly

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Concerned about Climate change?

The Shirehampton Climate Emergency group would like to hear your views on Climate Change

See page 7 for more details.

SUPPORTERS AND FRIENDS OF THE PUBLIC HALL

The Annual General Meeting of Shirehampton Public Hall Community Association is scheduled to take place at 7pm on Tuesday 16th July.

The Acting Chair for the evening will be Maria Franchi from VOSCUR. As you may be aware the Public Hall has struggled to recruit a Chair, Vice-Chair and Treasurer over the past couple of years. At this AGM it is proposed to make several changes to the Hall's constitution and also to recruit a completely new board of Trustees (a maximum of six) who will take the Hall forward into the 21st century.

At the beginning of the meeting we will also be presented with a defibrillator, which has been very generously donated to the Hall. Refreshments will also be available at the meeting. It is hoped that as many of you as possible will be able to attend this meeting. The Hall URGENTLY needs your support.



A busy start to Shire's summer...

From Fayres, Fundays, Street Parties and celebrations - it's been very busy summer so far. See inside for more details on what's been going on...



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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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WHAT'S ON IN JULY

@ 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
- Zumba. 6–7pm
- 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
- Yoga 6:15pm £6
- 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

@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
- Chapel Film Club and Chatter Club - Monday 2pm. 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

THURSDAY

- Stroke Support 1:30-4pm

TUESDAY

- 3rd Tuesday – Retired Employees Association. 12 noon

@ 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

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

@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 17 July 2-4pm
- Weds 2 October AGM 7-9pm
- Weds 11 December 2-4pm



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Reiki is used to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall health.

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Shirehampton Public Hall

Does your Hall have a future? 1904 – 2019?

Public Meeting and AGM with presentation of the Defibrillator

16th July 7.00pm at the Hall

For Leadership, Fundraising, New ideas, Community involvement and much more.



New Dancing School for Shire

Bedminster dancing school Danceblast at The Tobacco Factory has opened a new branch on Saturdays at Shirehampton Public Hall.

Initially the new dancing school is accepting pupils aged 3–12, who will learn all styles from ballet to hip-hop and work towards Danceblast's legendary annual show. The much talked-about shows run for eight performances around Easter time and feature a live band and professional lighting in a top theatre venue.



Jenny with Anne (right) and daughter Erin

Danceblast was founded 20 years ago, and the new school in Shirehampton is being run by Danceblast's very first pupil, Jenny Richards! Jenny's Mum, Diane, was working at the church hall where Danceblast first started up in 1998, when Danceblast Principal Anne Taylor arrived to take her first ever class for her new school. By chance, Jenny's own dancing school had closed down the previous week, so her mother was quick to enrol her in Danceblast at the age of 11! Slightly older now, and with two children of her own (her four-year-old is already an enthusiastic pupil), Jenny jokes that she "has always been in the top class"

at Danceblast. She will be assisted by four student teachers, who have all progressed through the Danceblast ranks.

"It's a very exciting time", said Jenny. "I am sure the new school will be a huge success, and I am determined that everyone who comes through the door will have as much enjoyment from dancing as I have over the years. We will learn a lot and have fun at the same time. That's a promise!"

For more information, please contact: Anne Taylor (0798 4069485)

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Letters to the Editor



Dear Editor,

Shirehampton and its Street Market

I read with interest the article regarding the possibility of Shirehampton having a Street market which of course is a fantastic idea. I was a tad dismayed when I read that in some people's opinions, a weekday would be best as they considered the weekend to be in conflict with other larger markets. I'm not sure which other markets were being referred to, but I can't think of one close by. I think that Saturday is key because those who work aren't free on a weekday and the children are also at school. Prime time would be a leisurely morning start until mid afternoon. These hours would suit most at some time on a Saturday. Sunday is out of the question as most people enjoy an extended lie-in and only the hardcore go to boot sales.

To get the ball rolling, pitches could be free to allow sellers time to make a profit while footfall is initially low (after all, without the vendors there would be no market) and, once turnover and consumer awareness increases, then a contribution could be made towards the general upkeep and any licensing etc. More public and local shops/business consultation would be a great way to make sure that the market offers what the public might like from a market.

I also have some thoughts on general improvement of the high street.

One point that stood out for me was the planting of trees and extra benches. Trees have a natural calming effect aside from being beautiful and benches would enable our less mobile to get about more and spend their hard earned cash in our High Street. Last year the Sustrans group were in the high street asking what people's thoughts were on speeding etc. and if they had any suggestions for the local community; I wrote down 'some benches'. That was a year ago and still nothing!! Most areas in Bristol would die to have a village and a high street with the potential we have in Shirehampton, so how about it?

Johyon Maud (Old Barrow Hill)

Dear Editor,

On Sunday 26th May, we held a Street Party in Dursley Road on the Cotswold Estate. This followed months of planning as a group of us felt that a lot of newcomers had moved into the area in the last few years, and this would be a great opportunity for people to connect and reconnect with their neighbours. We had very generous funding from the Port of Bristol, Evolve Care, and the Shire Newspaper, and fantastic donations of food from Woods the Butcher and the Redland Bakery. We'd like to take this opportunity to thank them all, and also all the people who donated to our Tombola Stall, and, in particular, Jean Edwards who tirelessly doorknocked. We are hugely grateful to you all.

Everyone who came along thoroughly enjoyed the event and all expressed a wish to have another one next year. We would encourage other streets to do the same and are



happy to offer support and advice to any who wish to do so. We can be contacted via this email: dursleyroadstreetparty@gmail.com

The Dursley Road Street Party Committee

Dear Editor,

Greetings from your Neighbourhood Policing Team!

"Summer is a-coming in, loud now sing cuckoo!" is the first line of one of the oldest songs in the English language. Anyone remember singing it at School? Summer is the best season of all in our opinion, with holidays, fine weather and time to spend in the garden. Unfortunately the holidays, fine weather and time at the rear of your premises is just what the opportunistic burglar is hoping for. Holidays means homes where it looks like no one is there; fine weather means open windows and doors; easy pickings for criminals; if you are out the back, is the front of your home secure to stop walk in thefts? A lady we know had her handbag stolen. She left it near the front door and left the door open to let in some fresh air.

Taking security precautions is easy; being vigilant and thinking about crime prevention is what we call "target hardening" - making it difficult for those who want to take your possessions. Often they don't just take your new TV, DAB Radio or PS4. They smash their way in and leave a trail of heart-breaking mess too.

If you are going away, get your neighbour to park on your driveway and push any mail through your letterbox. If you have timer switches, put some lamps on them so the property is lit at night. Make sure any helpful implements to smash windows or gain entry like garden tools or ladders are put away before you go. When leaving your premises, close windows, even the very small ones and, if you are having a back garden BBQ, secure your home to avoid unwanted gate-crashers with theft in mind. Don't forget, if you see anything suspicious or witness a crime in progress call 999 straight away.

Have a great summer!!

Pat Gardener (n.b. not Gardiner) The Bristol North Neighbourhood Policing Team



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- **Boot Camps: All levels**
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10.30am

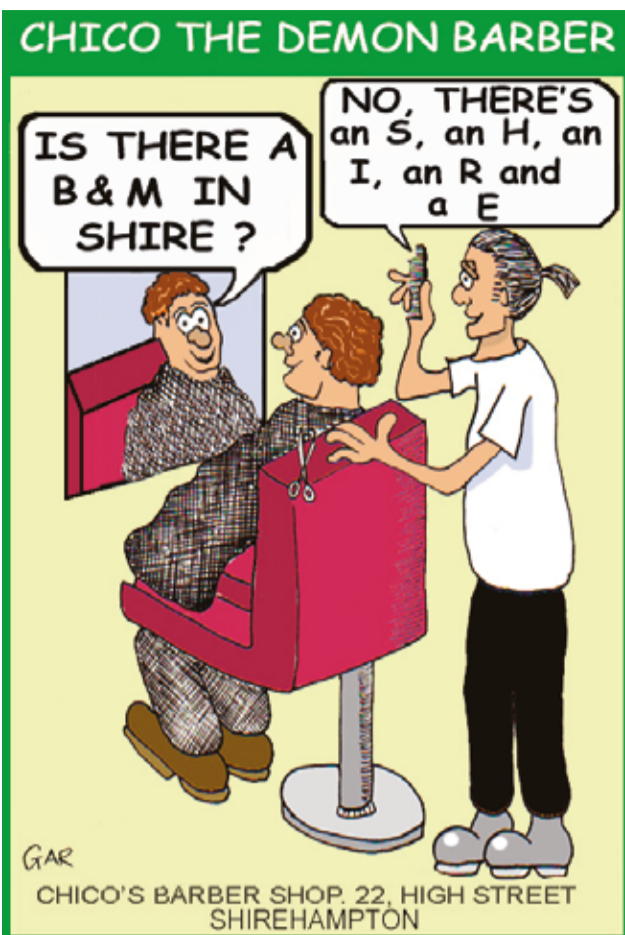
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B&M Express store opening

B&M Express are proud to announce the new store opening in Shirehampton that opened at 9am on Monday 3rd June. We feel very privileged that David, a representative for the Shirehampton Community Action Forum, agreed to cut the ribbon to officially open the new store where they were presented with a cheque for £250 to donate to their charity.

they weren't one of the first 100 customers, leaflets were also available in store that offered coupons with some fantastic deals that are on offer throughout the first three weeks of the store opening. The business is continuing to grow as we plan to open 30 new stores a year across the Heron Foods and B&M Express estate.

The opening welcomed the local community with a goodie bag giveaway, whereby the customers had to spend £5 in store in order to be given a free goodie bag worth over £5. Shoppers did not miss out! If

We are looking forward to continuing to welcome new shoppers to B&M Express and provide top quality products at the lowest possible prices.

Charlotte Collinson (Marketing Co-ordinator)

Update from FOSL Friends of Shire Library

Friends of Shire Library want to create a Community Living Room in the Library making it a more inviting and welcoming space. To do this we need to improve accessibility and extend opening hours. We met recently with Paul Walker, BCC Libraries Development Officer, to discuss these proposals. BCC is willing to support our plans but we will need a pool of local Shire volunteers to help run the Living Room project and cover more opening hours. The use of volunteers will have to be approved by BCC Library Management. Volunteers would receive training from Library Services but would be managed locally, not by the Council's central volunteer co-ordinator.

Friends meeting **Wednesday, 26th June, 6:00 pm**, in the Public Hall. You can also find us on www.facebook.com/ShireLibrary.

We would like to begin implementing these proposals as soon as possible. While we are asking the Council for a fully accessible toilet to be made available in the building, we have also put in a funding application for a serviced Port-a-loo for the next year.

We need a roster of volunteers ready to step in to cover extended opening hours and support the Community Living Room project. If you would like to volunteer for the Library you can email friendsofshire@gmail.com or come to our next

VOLUNTEERS WANTED - CAN YOU HELP?

We urgently need two or more deliverers to get our Shire delivered to the tenants in Sedgewick and Barwick flats. Due to unforeseen circumstances, the present deliverers are no longer able to help. It can be several volunteers to do as many as they can, not necessarily the whole of a block.

Could you be one of those people? Do you like receiving Shire through your door enough to help us do that every month?!

If so, ring Bobbie Perkins on 01179831029.

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Are YOU concerned about Climate Change?

The Shirehampton Climate Emergency group would like to hear your views on Climate Change. You can send your comments and contributions to: editor@shire.org.uk by the 10th of July. All contributions must be accompanied by a name and address.

You can join the Climate Emergency group by contacting maryrenee.slater@gmail.com

PBA Social & Sports Club Fun Day



©Kathryn Courtney



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©Kathryn Courtney



©Kathryn Courtney

Another splendid Fun day was hosted at the PBA club this year and it was fantastic to see all the families, members and non-members alike, enjoying the sunshine and grounds.

This year there was a balloon inflation to rival the Bristol balloon fiesta, thanks to Craig Thompson and troops; 6 balloons were inflated including a giant dragon; there was a full size fun fair courtesy of Jenkins Amusements; and a sensational stage line up which included the PBA's regular entertainers Ian Kenna, Delonzo Gee, Dave Dean and ultimate party band 'The Regz' followed by JK Disco! If that's not enough, there were also displays put on by Precision X Dance, VMA Martial Arts, and The Bristol Mods scooters paid us a visit alongside photographers from The Shire who captured these great shots of the club.

All in all, it was an impressive community event which is exceptionally well supported by those who volunteer their time and effort right through to those that come along and enjoy the PBA's beautiful setting and entertainment. The committee would like to thank all involved in the Fun Day for their hard work and also thank the local businesses which donated prizes, as follows:

Craig Thomson Balloons Hot Air balloon ride x 2
 Wood Family Butchers £25 voucher
 The Ox Evening meal x 2
 X-Cell Hair and Beauty £30 beauty voucher
 Clifton Rocks Jewellery £30 voucher and 2 x necklaces
 Luigi's Barbers 1 x free haircut
 Fabulous Nails 2 x £10 vouchers
 Ruby Jeans Cream Tea
 Bristol Port Company Port Tour
 Simply Fish 2 x £5 vouchers
 PBA Club 2 x membership voucher
 Belle de Jour Florist, Clifton

Emma Baldwin



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St. Mary's News

Hi Folks!

Here we are into mid Summer and all those children at Senior Schools are preparing for and taking their final exams. I don't envy them but I wish them all well and hope they get the right results after their studies!

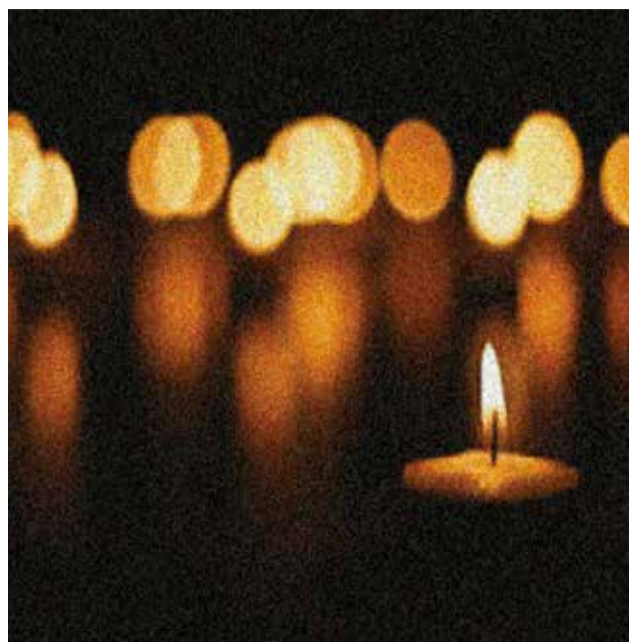
This month, there are activities for our young folk for ages from 5 to 17 years. The first is B.L.A.S.T Comic Club on the 2nd Sunday of the month. It began last month, when participants created comics based on Bible stories, topics and themes. This will take place during the main 10.00 am Sunday service. The second is GLOW to be held in The Tithe Barn on the first Monday of the month for youngsters between the age of 10 to 17 years and is FREE! Hot Snacks are served from 7.15 - 7.30 pm. At these sessions, there is the opportunity to explore - Diving deeper into Faith, the Bible and life's tough questions. Please look in and see exactly what is on offer.

The Golden Oldies continue to enjoy their monthly singing session on the first Wednesday of the month. Why not come along and give it a try? There are sure to be songs you will be familiar with. July's session is on Wednesday 3rd at 10.30 am.

Sunday, 7th July is the date of our postponed Patronal Festival Service, due to the fact that we were all at Bristol Cathedral for the Ordination Service for the Students from Trinity Theological College (recently attached to St Mary's), the previous Sunday. The Service at 10.00 am is a Sung Holy Communion Service and all are welcome to come and celebrate with us.

On Monday, 8th July the Mission Area Prayer Group Meeting will be held in St Mary's from 1.30 pm to 4.00 pm. Don't forget to put this date in your Diary.

Also on Monday 8th July, we are delighted to inform you that once again the West Bristol Concert Band together with The Airbus Filton Workplace Choir and The Royal Mail Workplace Choir will be holding a



Concert in St Mary's from 7.30 pm to 9.30 pm. This is conducted by David Ogden. The last time the Band was with us we had a full church - so you will need to get here early. Refreshments will be available during the interval. Admission is £5 at the door (or £2 concessions).

Messy Church this month is on Thursday 18th July and is at the usual time from 3.30 to 5.00 pm. If you are unfamiliar with this, please pop in to find out more, or look out for the posters on our Notice Board nearer the time.

Now, here is some advance information of a Car Treasure Hunt on Saturday, 17th August from 4.00 pm to 8.00 pm, starting from the Health Centre Car Park, Pembroke Road. Tim Forder, our Organist & Choirmaster, has spent many hours planning a route and compiling the clues. As with his previous Car Treasure Hunts, it will be absolutely brilliant and great fun and always ends up at a super eating venue! Keep an eye open for details on our Notice Board at the west end of the church.

Enjoy your Summer, and I have one more question to ask you this month - "What car does the Good Shepherd drive?" Answer: A Lambdrover!

Bye for now. C.M.E.

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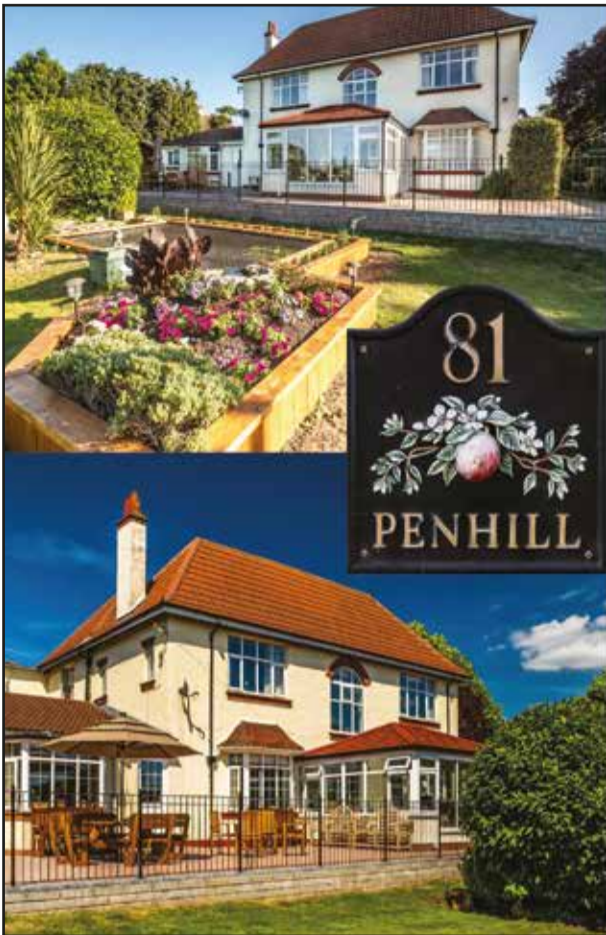
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Penhill's excellent standard of care has now been recognised with one of the top 20 'Recommended' Awards given to the South West and rated one of 4 for the entire country! Darren Jones, our local Member of Parliament, was invited to present the Award for this marvellous achievement at a celebration party at Penhill held on Saturday, 8th June.

As Shire Editor for this month, I was asked to attend the party and it was a truly joyful occasion! After the presentation, cream teas, strawberries and cream were served by the most friendly and welcoming staff, happy residents and their families singing along with a visiting entertainer; and my own guided tour by Steve Ann showed me what a beautiful home Penhill really is and so deserving of this Award. Many, many congratulations.

Fiona Grinham (There will be more photographs of this wonderful event in the August edition of the Shire)



Darren Jones update

Thanks to those of you who met Darren at his new "Powered by You" stall, which recently popped-up outside the Coop on Shirehampton High Street. He is keen to hear as many of your views as possible and will be bringing the "Powered by You" street stall to a high street near you soon. Thanks also to everyone who joined the June Café Politics at Morgan's Coffee Shop at Kingsweston.

Many of you have invited Darren to your community events recently from the Dursley Road street party to the annual afternoon tea party at Penhill Residential Home on Station Road where he presented an award recognizing Penhill as one of the best residential homes in the country. He also helped to celebrate 100 years of Sea Mills by taking part in the volunteer-led Heritage Walks and attended the Goram Fair at Blaise Castle.

Darren asks constituents to take part in his annual constituency-wide survey. He wants to hear if he is representing your views in Parliament and championing the causes that matter to you locally. He is also keen to better understand how you'd like him to communicate with you in the future.

Darren Jones MP



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TYNINGS FIELD NEWS

Branching out?

Ever wanted your local goats' milk and your brambles cleared at the same time ?

Tynings Field news is about bramble clearance work done by a pair of goats and three human goats ! At 8am Andy mowed the grass and Caroline started clipping. Then it rained and a few Jehovah Witness people dropped in on us. Street Goat unloaded two lovely female goats and we worked in the rain, cutting brambles in the goose pen.

You can find "Street Goat" on Facebook. They let goats go to work by munching on bits of disused land. You can also join their goat farm's milking shift coop and get all your milk fresh, unpasteurised for £70 a year. The benefit of goats' milk outweighs that of cows' milk.

We are a registered smallholding but we would also like to branch out.

If there are 4 to 6 people interested in a rota, either a part-time shift in keeping a Billy goat for land clearance, or two full-time females for milking and dairy plus munching; we have an ideal area of ground, just north of the goose run which will keep them fed and occupied. Street Goat can lend you goats or give advice on where they should graze. Goats don't eat expensive food and survive mostly on vegetation. They mellow with gentle handling and can be walked on a lead.

I hear you say 'What do I need ?' I'd say a couple of buckets to start with. Then you need to talk to Caroline at Tynings Field Community Group and Street Goat.

Caroline Penny

NATURE NOTES



A stunning high tide the other morning, with blackberry brambles starting to flower! A very enjoyable start to the day with the dogs.

It has been a busy month for the breeding birds. Lots of young visiting the garden and surrounding grasses on the riverbank: sparrows, starlings, jackdaws, blackbirds, and, of course, the later arrival of my goldfinch chicks! They are now very expert at feeding on the Niger seed container, and are often there without their parents. The young starlings have been hugely entertaining, as they arrive every afternoon in a group, and queue up to use the bathing facilities offered by our water feature! I really must save up for a decent longer range camera to capture these special moments. The heronry is quieter now, as the parents have been able to leave the chicks for longer periods, and this morning it was difficult to tell if the nests were, in fact, still occupied.

The recent rain isn't always welcome, especially to us dog walkers! but it has been very welcome to gardeners, allotmenters, and wildlife. The hedgehogs and badgers will find food more available just now, with the help of the softer ground. And worm and grub eating birds will hopefully benefit too.

That's all for now folks, so happy nature watching.

Bobbie Perkins



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With just 6 months until Christmas activity is hotting up at Christmas lights HQ.

Firstly, thank you to all that came to our first ever Car Boot Sale on Sunday 29 May, we had 21 cars, which for our first car boot was simply amazing!. It was great to see people leaving their cars at home and walking in with dogs and kids to pick up a bargain. Feedback was great, so we will definitely host more and hope to expand it over time to rival those of Whitchurch and Easter Compton!. Special thanks to the PBA for allowing us the field, oh and the bacon rolls were delicious.

Please do get involved so that we can expand the continuous lighting throughout even more of the village.

Below are events you'll find us at, or hosting in 2019

- 29/30th June - PBA Youth football end of season tournament @PBA. Participating
- 6 July - LDubstock. Participating
- 11 Aug - 5 Aside Adult only fancy dress football tournament. Hosting
- Sept - Car Boot Sale @ PBA, date tbc. Hosting
- 28 Sept - Ladies Day @PBA. Hosting
- 9 Nov - The Emperials @ PBA. Hosting
- 11 Nov - Shire 2019 Poppy Appeal, sponsor a poppy. Hosting
- 1 Dec - Shire Santa Dash + Elf Sprint. Hosting

Full details can be found on our facebook page 'shirechristmasilluminations', via email shirechristmasilluminations@outlook.com, Instagram 'shire_christmas' and posters throughout the village.

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Sun Shines on Goram Fair

One summer event many look forward to is Goram Fair and it did not disappoint. A selection of fair rides were kept busy throughout the day and being a family event there was plenty to see and do.

A dog display was presented by Paws For Thought with plenty of barking! Avon Riding Centre provided horse rides for children, Arts Enlarge were doing printing activities as well as showcasing the Goram Giant made by local children and adults, and also displayed Avona. The High Seas Theatre presented their pirate show with young children getting dressed up and being involved in the play. Some even became pirates! Great fun. There was also a belly dancing display and the Gospel Generation Community Choir performed their new song "Beyond The Tide" by Dionne Draper especially written for Goram Fair. Ldub Bike Project were also at the event with plenty of bikes to choose from. Birds of prey and reptiles also made an appearance and if you were brave enough you could hold a snake!

There was also a varied selection of stalls for the person who loves to shop from cakes, jewellery, plants, gifts and books to crafts, clothes, home goods and stalls representing local community groups.

The gusty winds at times failed to put off people as the warm sun shone brightly. Several thousand people attended and it was a thoroughly enjoyable fun day for all. Goram Fair is run by volunteers headed up by Darren and Kirsty who are also the organisers. It takes a lot of work to pull this community event together each year, so a big thank you to you all for all your hard work.

Katbryn Courtney



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HELLO FROM SHIRE METHODIST CHURCH

Get set for a community fun afternoon on the August bank holiday! We've been planning it with our friends from local churches, and hope to hold it by the riverside on the Cotswold Estate. A monthly church service has been held in the Cotswold Centre for around 20 years. This continues to meet monthly on each second Sunday at 4.45pm.

We recently celebrated one of our members, Jo Hill, graduating as a new worship leader. We are blessed in having her lead many of our services with great enthusiasm. She also heads up the Kids Club, which our young people have rebranded to become kiGgle (kids included in God's greatness; learning and leading everyday)! Our young people teach us so much. They are passionate about social justice, which often makes us adults sit up and think.

Talking about social justice, over the past year our church has been in discussions with the council, job centre, Shirehampton Community Action Forum (SCAF) and other local organisations supporting people who are out of work and/or looking for training opportunities. The purpose has been to plan how we can run a jobs, training and enterprise (JTE)

hub from our premises. We have felt God calling us to open our building, which is often closed on weekdays, to better support people in our community; this opportunity is an answer to our prayers and we are very excited about what will happen next. We will be having some building improvements but envisage the current users of our building will still be able to use our premises throughout the work. The laying of new carpet to complement our colourful new chairs is imminent. A reminder that we have vintage cinema seats for sale, which until recently were used as our church pews, please get in touch if you are interested.

Our worship on June 9th was held at Sea Mills as part of their centenary celebrations. It was a joyous occasion with wonderful singing from the congregations of Shirehampton and Westbury-on-Trym Methodist Churches. One of our members, Dottie North, led the service. It was MHA (previously known as Methodist Homes) Sunday and Dottie, who worked with MHA for many years, related the history and work of the organisation along with humorous and touching stories. One of our dear members, Rowland Williams, recently stayed at Horfield Lodge, run by MHA. We who visited him were impressed by the care offered. As Dottie said, we saw "God's love in action".

We are now hosting Movies on Mondays (previously Chapel Film Club) which alternates with an afternoon tea; as you can tell this runs on Mondays, and starts at 2pm. We have our coffee morning with bacon butties on the first Saturday of each month. Our church service is every Sunday at 11am. All are welcome.

If you are interested in hiring our premises please contact Bridget Williams (0117 982 0586).

*May God's peace be with you all during July.
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Celebrations At Shirehampton Men's Social Club

The 17th May marked a special anniversary for the local Men's Social Club, 65 years since it opened its doors on its present location in the High Street. The weekend started on Friday night with a race night, Saturday was party night with Sophie Silver singing and Sunday saw the club hold a pool competition with members vs. the committee. The winning team of course was the committee winning 5 - 3.

Georgina Lloyd is the Stewardess of the club and gave a brief history. "The first club opened in a tin hut in Walton Road about 1947. We are unsure of the exact date as it wasn't written down at the time. It later moved to some rooms in the Estate Office for a few years before it went through the hoop and in 1954 we were given the piece of land the club now stands on. And it's from this date we are celebrating".

John Scanlon along with his brother are trustees of the club. Their father Bill was a founding member and his picture along with other founders hangs up in the bar. "I was about 11 years old when the bar opened. Dad did shift work at the Smelting Works and I used to come up with a couple of empty lemonade bottles to get filled so they were available for dad when he got home. I used to knock on the back door and be frightened as to who was going to answer".

"I was about 17/18 years of age when dad first brought me up to the club on a Sunday lunchtime. There were guys playing dominoes and cards sat at their tables. He brought over the odd drink to me; needless to say getting up to go home, the mind was willing but the legs were weak and dad had to carry me home !"

"There are so many characters I remember. Our only entertainment was a piano in the bar that a couple guys used to play. One character was Chris Burfitt, who most probably had the worst singing voice you could imagine; my dad would stand up and say 'Everybody, cards and dominoes down Chris is going to sing.' He'd ask my dad, ' Bill, what do you want me to sing?' and my dad would say, ' I want you to sing Danny Boy in Polish!' Those were the days".

Of course the club has changed and now has an entertainment hall added (since 1968) for parties and events. They've also done a lot of fund-raising for local community groups over the years. Hopefully future generations will keep this club going for another 65 years. Happy Anniversary!

Katbryn Courtney



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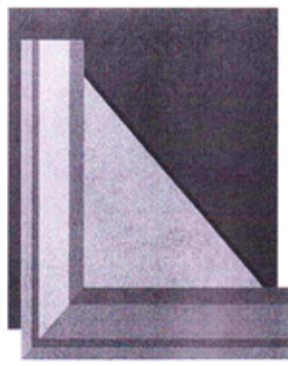
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**News from St Bernard's School
Mary month of May**

It was a beautiful morning for our Mary procession today. Year 4 led the procession around the school and the children all laid flowers down for Mary in our prayer garden. We also had the Lampedusa Cross visit the school, a wooden cross made by a carpenter in Italy using wood from a refugee boat. Whilst doing our Stations of the Cross, we reflected and said prayers for all the refugees in the world, remembering that Jesus himself was a refugee and we are all God's children.

SPORT IN SHIREHAMPTON

City and Port of Bristol Bowling Club

When Saturday 25th May finally arrived it was all aboard the Dartline Coach for the Summer Tour, based at the Royal York and Faulkner Hotel in Sidmouth. Built in 1810, the first purpose built hotel in the town and situated close to the sea and the shops; it proved to be an excellent place to base the tour.

Thirty two bowlers and four supporters travelled to the seaside town in East Devon to enjoy not only the seaside but six days of bowling at a different venue each day. The touring party included bowlers and supporters from City and Port of Bristol, Bristol, Severn Vale, Henleaze and Bristol Arrow, four of them - Dennis Gazzard, Maureen Bristow, Peter Cornish and Pam Wright - first time tourists with the club.

The first game of the tour was in Sidmouth, not too far from the hotel. This was followed by a visit to Budleigh Salterton, one of the oldest clubs in Devon and known as a games club because they play sports other than bowls. Here, there was the only overall win of the week for the tourists.

Mondays bowling was in Exmouth at the Madeira Club, the largest bowling club in Devon.

On Tuesday there was a shorter journey to Seaton to bowl on a green with sea views and the first cream tea of the week. On Wednesday, a little further to travel to bowl on a very fine green at Ottery St. Mary, was really very good, and, another cream tea!

Heading towards home on Thursday but still time for another game at Culm Vale, Cullompton and a real feast at the end of another enjoyable game.

As always, there were prizes for the best winning rink each day but also something to be worn around the neck until the following day; this time it was ducks, for the rink losing by the most shots and the ducks did move around quite bit during the week. There was a prize for the top lady and for the top man bowler during the tour. Winners were Ken Davies and Jenny Gardiner.

A very good and enjoyable tour was once again organised by Lis Davies, (her fourteenth), with support from Bill Hatherall and Ken Davies. This was the last tour that Lis will organise but a committee has formed to ensure that the tour will continue next year.

Julie Looker earned a second round game in the Ladies Champion of Champions by beating Lindsay Collin in May. She was drawn at home for her second round game against Christine Batt of Henleaze. It was a well contested game with each player leading at times and both winning a number of successive ends, but Christine eventually drew the decisive shots to win 21-17.

It is not too late to try bowling this season; call David Hinksman on 0117 9082713 for details.

Family Announcements

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

Contact adverts@shire.org.uk to book. Small text box = £10. Larger picture box = £15.

MERVYN COLLINS

Barbara and family would like to thank relatives, friends and neighbours for their visits and kind wishes during Mervyn's illness. The cards and letters we received were greatly appreciated. We would also like to thank everyone who attended Mervyn's funeral. Mervyn was a much loved husband, father and granddad who will be greatly missed.

Thank you all for your generous donations which amounted to £610.62. This sum will be shared between St. Peter's Hospice and Children's Hospice South West.

Thank you, Barbara and family

MAY WATKINS

It is with sadness that we announce the death of our dear Mum, Evelyn May Watkins (nee Bennett). She passed away on the 26th May at Druid Stoke Nursing Home where she lived for the past three months. She was very happy there and looked after very well. We will all miss her very much.

From Shirley, Alan, Teresa and all her family.

Shirehampton Pop Up Market

On 18th May, Shirehampton Methodist Church were hosts to the Pop Up Market run by Goram Events CIC. This followed on from the successful Pop Up Market held in Lawrence Weston two weeks earlier.

Visitors found a varied selection of items for sale including personal care, health and well-being products, cakes and baked goods, hen party items, bespoke cards, dragon flies and straws made out of bamboo, salsa dips, jewellery, jams, marmalade and

chutneys too, all being sold by local people. Refreshments were available, you could buy raffle tickets for a prize draw and there was a steady stream of customers during the three hours it was open.

More Pop Up Markets will also be happening during June. Monies raised from these events will be donated to local after school clubs.

If you would like more information please email markets@goramevents.co.uk

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SHIREHAMPTON GROUP PRACTICE

Cancer Care

As treatments improve, more and more people are living with cancer in their daily lives. This means they need more than medical help; they also need practical, emotional and financial support. Our population is living longer with a diagnosis of cancer and beyond. The aim of care is not only treatment for the cancer itself but also for the effects of cancer on the body and on the mind.

For most people with a new diagnosis of cancer, the medical appointments and treatment are all at the hospital, apart from perhaps blood test appointments in our treatment rooms. There are also Cancer Nurse Specialists at the hospital who bring a wealth of information and advice. As GPs we tend to hear how you are doing through hospital letters but, if you need to see us or want to let us know how you are doing, then we will of course be pleased to see you.

Cancer and cancer treatments can both cause issues, including:

- Fatigue;
- Anaemia;
- Mood change;
- Increased risk of infection;
- Pain.

Our aim is to help you manage all of these with support as well as medication, and the excellent charities and groups that are available around Shirehampton.

Good nutrition and exercise play a vital part in helping to manage these symptoms and evidence shows that exercising up to five times a week for thirty minutes each time, even with simple exercise such as walking and swimming can have a positive effect on life expectancy and management of symptoms. Pain can be relieved by exercise alongside appropriate medication. A healthy diet can help manage anaemia, fatigue, mood and infection risk.

At www.macmillan.org.uk/cancer and also www.mariecurie.co.uk you can find our local support groups for support and advice following a diagnosis of cancer for both those affected and also for carers and family members. They can guide people through the system, supporting them every step of the way. Both of these charities attend Shirehampton Health centre periodically and give advice on how to access services which are local to us. There is a lot of information on their websites, and also free-phone telephone numbers.

If you have any questions or queries you can also visit the Well Aware website. Those without internet access can ask the Well Aware team for help by telephoning (free) during office hours on **0808 808 5252**, and you can contact reception at Shirehampton Health centre for more help to signpost you in the right direction.

Dr Lindsey Fowler

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