

Shire

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

No. 574 - November 2019 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to LOCAL EXPERT SECTION from page 16 to find a local expert who can help

CLIMATE CHANGE EVENT
The Shirehampton Climate Emergency Group invites you to a talk on energy efficiency in the home to be held at St Mary's Church on Saturday, 23rd November 10:00 - 1:00pm. See Page 4 for Details.

Support Our Local High Street

Luigi's Barber Shop

Luigi Armato has been running his business, 'Luigi's Barber Shop' in Shirehampton's High Street for just over six years.

Luigi originally trained as a women's hairdresser and a barber. "It took four years to train with three years doing women's hair dressing and then a year barbering. I prefer to be a barber and originally set up my business in Clifton village. I stayed there for three years before I decided to sell up and move to Shirehampton. It's been an excellent few years here. Business went a bit quiet when The Original Factory Shop closed but it has picked up again since B&M Express opened."

"I like the social aspect of being a barber. Chatting with our customers on whatever subject is popular at the time. We talk about work, hobbies, interests for example. If the customer wants a change of hairstyle then there are hundreds to choose from. The trends keep changing and we keep up with the fashion so everyone looks modern. If someone is unsure what they want then we can advise on haircuts but in the end it's down to the customer what he wants. It's very much a customer orientated barber shop."

"We do student discounts and OAP rates for our customers. We can do babies haircuts but our age range is varied from young children to our older senior citizens. There are a lot of father's and son's haircuts too. I just hope our customers enjoy their time with us, like our attitude and approach to barbering. We like to welcome our customers anytime."

When asking his thoughts about the High Street Luigi said. "We have the Co-op, that is always going to bring in customers but with B&M Express and the High Street Market, that should bring in more customers and increase footfall for the area. Of course the High Street is a bit up and down at times but hopefully things will turn around for the better in the future for Shire".



©Kathryn Courtney

You can find Luigi's Barber Shop at 60 High Street, Shirehampton. Opening times Monday to Friday 8am - 5pm and Saturday 7.30am - 3pm. You can call: 0117 2440094 for Further information.

friend I set up a facebook page and then later, a web site. After that I got busier."

"I originally wanted to find a job as a florist in a shop but after six months I didn't get anywhere. Paul Wood suggested to open up a pop up shop in the Butcher's Yard and since then things have been going really well for me".

I said to Amy that she would be an inspiration for others, but she was rather humble about that comment saying "It's really nice to hear that."

"I am a florist, a floral designer. I really love working with flowers, colours, smells and the things you can create with flowers. I have my own kind of style and like to make sure people get something that is personal to them for any occasion. I offer a free consultation to potential customers to discuss what they want whether for weddings, birthdays, funerals or just to send as a thank you. I also provide fresh flowers in my pop up shop during the week and have a limited selection of plants, such as herbs, edible items and indoor plants on offer. I hope my flowers make people happy and want to thank everyone who has supported me the past year and also my customers."

Beau's Bouquets

Many High Streets are struggling and trying to attract people to shop locally has been a challenge. However if we want our High Street to remain we need variety and try to shop local.

'Beau's Bouquets' in our High Street has filled a gap that was left by our former Florist Shop due to retirement.

Amy has been a florist for over a year. She opened Beau's Bouquets at the Butcher's Yard in the High Street just after Valentine's Day this year. Although her pop up shop is open on Monday, Wednesday and Saturday from 10am - 2pm, Amy works six days a week, making bouquets, doing flower arrangements for every occasion and delivering them to loved ones.

"It was a hobby to begin with. I think it chose me rather than the other way round. Last year I struggled with my mental health and to help me recover my mum booked me into a flower arranging course. From there I started posting my arrangements online and had people asking if they could buy them. With encouragement from a

You can find Beau's Bouquets at The Butcher's Yard in Shirehampton High Street, or Facebook, also www.beausbouquets.co.uk or call 07854 281706 for further information.



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Kathryn Courtney

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Shire

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Please note the Shirehampton Librarian

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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 NOVEMBER

@ 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

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

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 - Cotswold Christian Community Meeting 4:45 pm
• 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
• St Andrew's Ladies Club. 1st and 3rd Tuesday, 7:30-9:15 pm

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

• 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

@ GUIDES HUT, St Mary's Road 178thbristolguideunit@gmail.com

WEDNESDAYS
• Rainbows 4.45-5.45. shirehamptonrainbows@hotmail.com
• Brownies 6.00 – 7.30. 178thbrownies@gmail.com
• Guides – time TBC. 178thbristolguideunit@gmail.com

@ 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

TUESDAY & THURSDAY

• Library Living Room Tuesdays 3:00-5:00 pm Thursdays 6:00 – 8:00 pm

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 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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Community Plan News

The Community Plan Steering Group

met with Councillor Asher Craig recently to discuss progress in delivering on the Community Plan. Councillor Craig was impressed with all that has been accomplished so far and promised her support for the High Street Markets and for efforts to improve the street scene on the High Street, which have been delayed. Councillor Craig wanted us to know that the Council is working to make itself an enabler of local communities whose first response to local projects should be "How can we help?".

Friends of Shire Library will receive a thousand pounds from a new fund to help Friends of Library Groups develop innovative ideas for their local library. A further £3,000 will be available for each library, with bids accepted from community groups, local businesses and individuals. The Friends of Shire Library plan to use the money to support the Shire Living Room@Shire Library.

The Climate Emergency Group

continues to meet regularly on the 2nd and 4th Tuesdays of the month. In October they hosted two talks at the regular meetings. Robin Maynard of Population Matters talked about the environmental impact of over-population and associated over-consumption on climate. David Tudgey of the Bristol Energy Network talked about conserving energy in our homes. There will be another day of talks about what we can do to mitigate climate change on Saturday, 23rd November at St Mary's Church from 10:00 – 13:00. Meetings are open to all and talks are free.

Shire's Living Room @ Shire Library

*Come and meet your neighbours, old and new.
Relax over a hot drink and biscuit, have a chat, play cards & games.*

Tuesdays: 3-5pm

Thursdays: 6-8pm

Shirehampton Library, Station Road, BS11 9TU



Organised by Friends of Shire Library

Everyone welcome | Children must be accompanied by an adult | Library services will not be available - visit the library during opening hours | Toilets available on first floor only | Questions or volunteering email: friendsofshire@gmail.com

SHIREHAMPTON CLIMATE EMERGENCY GROUP

CLIMATE EMERGENCY WINTER EVENT

SAT 23RD NOV

10am - 1pm

ST MARY'S CHURCH

SHIREHAMPTON HIGH ST

FREE
COMMUNITY
EVENT

Find out how you can make a difference during the festive season

Free talks on energy efficiency, consumerism, and having an eco-friendly Christmas

Free tea, coffee and cake!

Everyone Welcome

COTSWOLD COMMUNITY CENTRE ANNUAL GENERAL MEETING

The AGM of Cotswold Community Centre is to be held at the Centre, Dursley Road on THURSDAY 28th NOVEMBER 2019, at 5-30p.m.

Everyone welcome.



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

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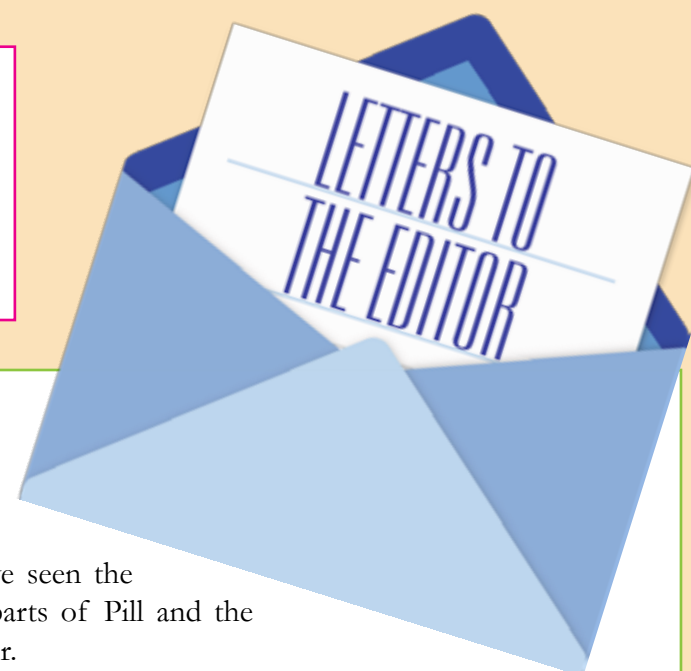
To book a table for just £5 contact Daphne on 07554642440

Letters to the Editor

100 YEARS OLD

I would like to wish Mrs Dolling formerly of this area and now living in Hereford - a Very Happy 100th birthday on 24th December.

With love from Val (thank you for your kind donation)



BRISTOL HALF MARATHON

Dear Readers,

A big thank you to all those who supported me and encouraged me to run the Bristol Half Marathon in the memory of my father. With a lot of effort and training I was able to finish in 2hrs:02mins and with the help of your gifts we were able to raise £450 for a Guide Dog.

Many thanks from Asad, Simply Fish



MARKET GARDEN MEMORIES

Dear Readers,

With reference to the letter from Gill Osman in your last edition concerning "Market Garden Memories" did it belong to the Coles family who owned the Nursery opposite the public toilets at the top of Station Road?

Frederick Redwood (ex 191 Cub/Scouts)

FLOODING IN PILL AND SHIREHAMPTON

Dear Readers,

It should be a concern to all of us to have seen the flooding on the 1st of October that had parts of Pill and the Shirehampton banks of the Avon underwater.

We have the unique pleasure of such a unique ecosystem on our doorsteps but the events earlier this month must serve to remind us of the gravity of the climate emergency that the World is experiencing.

Here at the estuary of the Avon and the Bristol Channel we are at the front line in regard to the dangers posed by rising sea levels resulting from man made climate change with all of the risk to life and property that entails. The science shows us that emissions of greenhouse gasses caused



by human activities have accelerated the rate of global warming to such a degree that rises in sea level due to polar melt water and consequent flooding of vulnerable territories are a reality and certain to happen. This is not only going to affect those in far off lands but also here right on our doorstep.

We all face a responsibility in this and without urgent and substantial action by individuals and governments across the world to limit temperature

rise to 1.5C by moving to a zero carbon lifestyle and economic model the consequences in our lifetime and our children's lifetime will be catastrophic.

Michael Cech-Lucas

VOLUNTEERS NEEDED - Can You Help?

Two of our volunteers have had to retire from delivering Shire.

41 papers need to go to the houses on the Portway which are between Burnham Rd and Barrowhill Rd.

12 papers need to be delivered to 576 to 594 Portway.

If you can help, contact Distribution on 0117 983 1029 or email distribution@shire.org.uk



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

I am a local Shire resident and a Personal Trainer who can help you to achieve your goals without the need to attend a gym. Whatever your age or ability I can help:

- Improve health and fitness level
 - Improve muscle tone and bone density
 - Improve mobility and coordination
- Strongfirst Kettlebell Instructor.**
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Individual programme to suit you, your goals and your level of fitness. Hope to see you soon!

Linda x x

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

- **Kettlebell: £7 All levels.** 6.30pm-8pm Mon, 5.15pm Weds and 7pm-8pm Thurs
Cotswold Community Centre.
- **Boot Camps: All levels** Early morning Mon & Weds 6.15am and Sat 10am. Message for details.



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

Email: t.linda1206@gmail.com



Why Local Libraries Are Important

As a former member of Bristol Library Service staff and a professionally qualified librarian, I'm a big supporter of public libraries. Here's my case for keeping all our branch libraries open, and bringing back services to places that no longer have them.

What Do Libraries Offer?

Public libraries have always offered free access to books and information. If you want to read for pleasure, research a topic for school or college, or simply find local/contact information, you would visit the library, where you could find a book or ask a member of staff.

Of course we now live in the 'digital age'. We can find out whatever we want to know online and, instead of reading, relax in front of a box set so some might ask why do we still need libraries or books?

Reliable Information

The problem is that we often don't know what's true and what's 'fake news' from an internet search. That's one reason why I think we need libraries more than ever. Bristol libraries have subscriptions to a variety of online information sources, from trusted providers, via the 24 Hour Library. Many of these resources are available from home for library card holders but for those who don't have access, or just aren't sure, library staff can help you use them in branch.

They are also a good place to go for anyone who doesn't use the internet, or needs help using it. If you don't have a computer/smart phone/tablet, there are bookable computers in every library in the city and there's usually someone who can help you use them

Reading

Literacy is still one of the most important life skills and you can never be too well-read! Reading for pleasure is proven to be beneficial to mental and emotional wellbeing for young and old. It is also increases empathy, another important life skill.

Older people can benefit from continuing to read and there is evidence that it could slow down the onset of dementia.

Young children love to touch and hold books and they also love being read to. Not all parents are confident readers but a visit to the library, to a rhyme-time or story-time session takes the pressure off the adult. It is fun for the child, encourages creativity, helps them understand new ideas and gets them ready to start reading themselves.

Public Space

Libraries are open to everyone and they can often be the only place that people can go to where they won't be asked why they are there or be expected to buy something. Libraries are wheelchair-accessible and welcoming to people who might not otherwise see anyone all day. They provide informal meeting spaces, as well as welcoming groups, such as book clubs, knitters & natterers or local history groups. They give lonely people a reason to leave the house.

Why Local?

Central Library is great and I would recommend everyone visits and uses it as often as they

can. However, if you are elderly or disabled, have young children, or are on a low income, a trip to town is not always an option. Having a local library service, a short journey from home, can make a real difference to your quality of life.

Community Hubs

A more recent idea is to combine a variety of local services, including libraries, in one building. A community hub is about to be constructed in Lawrence Weston, which has been without a library for many years now. I, for one, really hope that we can bring this important service back to a community of nearly 11,000 people.

The Future

The current Labour-run Council is committed to retaining all of Bristol's libraries. A new strategy is being written as we speak, with a focus on keeping libraries in the heart of communities, with users having a say in how they are run and what services they offer.

So, if you're not already a library user, visit your local library and join. If you love your library service, or even if you think there's room for improvement, why not join your local library's 'friends' group and help make it the library you want it to be.

Councillor Jo Sergeant
Avonmouth & Lawrence Weston Ward
(Includes Shirehampton, Coombe Dingle & Upper Sea Mills)
Tel. 07584 370 416 or 0117 922 3827 (Labour Group Office)
Facebook: /ALWLabourCouncillors
Twitter: @joshop68

Ooh La La – Ladies Day at Kings Weston House

On Saturday 28th September Shire Christmas Illuminations hosted a Ladies Day at Kings Weston House.

It was a fantastic day and lovely to see all the ladies looking glam! All money raised will go towards improving the Christmas lights display in the village.

Thank you to all who supported the event.



Health and Wellbeing Market Fun!

Shirehampton Markets held their first themed market at the local Public Hall in Station Road on Saturday 5th October.

The Health and Wellbeing Market was opened by BBC Radio Bristol Presenter Steve Yabsley and he ran through a programme of activities that would be happening throughout the day. He commented the relaxation and meditation session was in fact downing two pints of cider after the event closed, due to all the hard work that had gone into the day by the organisers. Steve happily introduced the Gospel Generation Community Choir as the opening activity and everyone enjoyed the singing whilst drinking a cup of tea or coffee and eating cake.



©Kathryn Courtney

If you were expecting lectures and talks about how to stay healthy, you would have been sorely disappointed. The market provided an information table filled with helpful health and wellbeing booklets to read at your leisure and activity leaflets that are happening within the four villages.

There was an arts activity being run by Tandem Arts and jewellery making activity run by Bumble Beads throughout the day.

There were twenty minute activity demonstrations, some of which you could join in, taking place in the hall. T'ai Chi, hoola hooping with Spinning Kia, over 70's exercise class and a hypnotherapy session proved very popular. We also saw line dancing, Shire Strong with personal trainer Linda Thorne showcasing the use of kettle bells as part of an exercise regime and finally meditation and relaxation led by Heartfulness.

Some tried out a session of Reiki with Mina whilst at the market and there was the opportunity to shop for jewellery, hats, fascinators and scarves, eco friendly products, along with cards and pictures of various subjects being sold by talented local photographer Aly Bowen. There was a choice of Indian and Jamaican food for those staying for lunch or to take away for later.

"I did enjoy the day very much and I learnt how to hoola hoop" said Rita whilst Tracey took part in the T'ai Chi and found it very relaxing.



©Kathryn Courtney

The organisers would like to thank Avonmouth Sea Cadets for their help, Sherralee Parton for the cakes, Katherine Birth and Kathryn Courtney for officially taking photos of the event and facebook page, Steve Yabsley, Caroline Yabsley, Martin Evans, the market traders, everyone who ran the activity demonstrations, our volunteers, and everyone who came along and supported our market.

The next High Street Market at the Tithe Barn takes place on Thursday 14th November. For further updates go to: www.facebook.com/shirehamptonmarkets

Kathryn Courtney

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www.steppingoutdance.co.uk

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St Mary's News

Hi Folks!

Greenwich Mean Time is back with us and we are back into dark evenings once again, but looking on the bright side in 7 or 8 weeks time the nights will start drawing out again! Roll on British Summertime for 2020.

The History Talk on Tudor times and more recent times in Shirehampton & Avonmouth areas was well supported as 72 tickets were sold for this evening's entertainment together with its Ploughman's Supper. Very favourable comments have been heard on how enjoyable it was and we are already being asked what our next event will be! We do have survey forms for completion if you have any ideas for future events that we could consider.

Golden Oldies Morning this month is on Wednesday, 6th November in St Mary's from 10.30 until 11.30 am. Come and sing your hearts out and recall memories from your younger days.

Sadly we have recently heard that Della Symons has died. She will be known to many of you as she was the wife of a former Vicar, the Revd Fernley Symons. Her funeral took place on Monday, 14th October 2019 at St Nicholas Church, Uphill, near Weston Super Mare. We send our deepest sympathy to her children - Ben, Eleanor & Jo.

On Saturday afternoon 9th November at 3 pm in St Mary's we shall once again be holding our Annual Memorial Service, when we recall loved ones who have now passed on, either recently or many years ago. Please come into church and fill in a form with the names of your loved ones you wish to be mentioned in the Prayer List. There will also be the little white prayer cards on which you write the name of a loved one, which will be hung on our Tree of Light on Advent Sunday.

The next day is Remembrance Sunday, 10th November, and our Remembrance Day Commemoration service will commence at 10 am

in St Mary's, before the walk to the War Memorial for the 2 minutes silence at 11 am and Act of Remembrance, commemorated throughout the rest of the country at the same time. After the service, once more we are indebted to Shirehampton Cricket Club for opening their Clubhouse for light refreshments, which is most welcome if the weather is on the cold side!

On Saturday 16th November we are holding our Annual Christmas Fayre in St Mary's from 10 am until 12 noon. Bring your children to see Father Christmas – there will also be a Craft Stall, Cakes Table and games to play. Shelley Anne is also having a table selling her works of Art. Please come and see if you can solve your Christmas presents problem, as well as enjoying some pleasant company. Coffee and Tea will be available as usual.

Tuesday, 19th November is the date this month for our Messy Church session and is from 3.30 until 5 pm. We will be learning more about Mary, the mother of Jesus.

Advent Sunday is on 1st December and we will hold our Tree of Light Service at 6pm. The Tree of Light will hold the little Memorial Cards you completed at the Memorial Service back on the 9th November – this tree will be lit up, and the Memorial Cards will remain there until the end of the Christmas celebrations.

Finally, can I politely appeal to car owners not to park in the 2 church car parking spaces in the Health Centre Car Park. These spaces are owned by the church and are clearly marked. They are required for people having business in St Mary's, particularly when mid week Funeral Services take place. We have had several occasions recently where the vicar has not been able to park anywhere near the church when arriving to take a funeral service, or where other clergy or volunteers have not been able to park, despite being told a space would be available for them. Your co-operation would be very much appreciated.



Also, our Churchyard waste bins are still being used for the disposal of laden Doggy Poo Bags! As these bins are emptied by volunteers, we have no means of disposing of such waste, ONLY normal everyday waste items. There are notices on the bins to this effect. Dog owners will you please comply? Thank you!

Before I go have you heard this one - Question. How much did the Pirate have to pay for his Hook and his Peg? Answer. An arm and a leg!

Bye for now. C.M.E.

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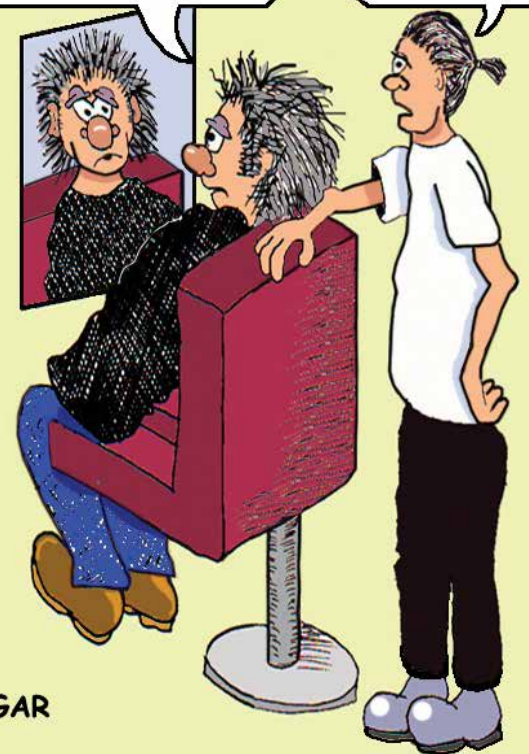


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NATURE NOTES

This oak tree sapling is one of many thriving on the riverbank, on the Cotswold estate. They were planted about two or three years ago I think, and have benefited from the mild winters and wet springs. We have other species with them, but there is something just a bit special about the oak tree I think.



©Bobbie Perkins

I was called over to a dear friend and neighbour a few mornings ago, as I passed her in her front garden. She was very keen to tell me about an unusual visitor to her back garden the previous day. Her attention was caught by a smallish, brown bird strutting up and down outside her patio doors. Thinking at first it was probably 'just another pigeon', she took a closer look and realised then that 'just another pigeon' it wasn't! In fact a female pheasant had come a-calling! She was delighted, and just to make sure, she did an identity check in her bird book! The funny thing is, later that day I was exercising my daughter's dogs near Avonmouth Football Club, and yes, you've guessed it, there was a female pheasant running speedily up and down the field looking for cover it seemed. Coincidence do you think?

There is a lot of squirrel activity everywhere at the moment, especially here on the Cotswold and at Kingsweston, as they start stocking up their winter larders. My terrier goes into hunting mode very quickly when we walk up at the woods, but luckily for the squirrels, he's not a silent hunter!!

It's good to see a glut of berries on the hedges and trees for the birds this coming cold season, and the fruit trees everywhere have produced tons of fruit, and happily, even our own young apple trees on our allotment have given us lovely fruit for the first time!

Let us hope the winter will bring a few surprises of its own nature wise.

Happy nature watching, Bobbie Perkins

TYNINGS FIELD NEWS

Sustainability

Means living off the land.

Here we have two meals from one of our free range cockerels. Everything on the plate comes from the field.

For a family of 4 scrambled egg with chicken liver and cockerel broth.

I hear "I worry about climate change and want my children to learn how to survive, how to grow, kill and prepare their own food". We also get that Brexit will affect food prices farming and the like.

At the field we are getting ready by providing for ourselves by rearing our own meat and growing fruit and veg.

If you wish to learn the skills needed, we have people in our group who grew up on farms here,



willing to teach. You will learn less is more less meat. Only eating meat once or twice a week, eating eggs and veg, and the meals that can be made including how to prepare a bird from scratch without going near a shop or market.

PBA Club Autumn/Winter News

We have had a successful Summer with lots of events happening at the club. The Fun Day on 1 June attracted families from the local community and we were blessed with good weather and once again was a great day.

We held several events including a Cider and Cheese night with the popular Fred Bloggs Band, live music on the patio, Lee's Karaoke, and solo singers in the lounge on Saturday nights.

Some of the regular activities held at the club include Skittles, Bowls, Youth Football, Sky and BT Sports, Darts, Line Dancing, Zumba, Martial Arts,

Bristol Jazz, Ceroc Dancing, Stroke Club, PBA Pensioners, Ladies singing club.

The club has an exceptional space for hire for private parties, seminars, training sessions and if a smaller space is required the skittle alley is available weekends only. We also have outside space for when the weather is kind to us.

Further information on the above contact the Secretary, Lin Eyles (secretary@pbaclub.co.uk) or 07887 942416. We would also like to hear from you if you have any suggestions of events that you would like to see at the Club and if you would be a willing volunteer.

Annual General Meeting

14 November 2019 at 8.15 pm

All members are welcome to come along, we have guest speakers and exciting news to share with our members regarding the vision of the future for the PBA Club.

PBA Playing Fields

The PBA playing fields are private property and belong to the club and are regularly used for youth football and in the summer months outside family events. Our youth football section has grown to accommodate over 200 children and utilise all of the playing fields at the weekends. Unfortunately, a small number of dog walkers spoil it for the many and do not abide by the signs or the law and unfortunately leave their dog mess on the field which children have had accidents with. Going forwards we respectfully ask that all dog walkers do not walk their pets onto the pitches at any time and keep their dogs on the lead at all times when on the club's property. We sincerely hope that all can abide by this request and keep the playing fields clean and safe for children to enjoy the use of.

Many thanks PBA Committee

DIARY DATES

Friday 1 November – **Halloween Party**

Saturday 9 November – **The Emperials**
(Ticket)

Thursday 14 November - **AGM**

Saturday 23 November – **Nicky Price**
Saturday 7 December – **Children's Xmas Party** (Ticket)

Saturday 7 December – **Eleazer King**

Tuesday 24 December – **Disco/Karaoke**

Thursday 26 December – **Family Disco**

Saturday 28 December – **Ian Kenna**

Tuesday 31 December - **Lisa Stanley Disco**
(Ticket)

Sunday 5 January – **Dave Dean**

Saturday 1 February – **Queen Tribute**
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NEWS FROM THE OFFICE OF DARREN JONES

Darren spoke at a climate change meeting in early September at the Methodist Church, which was well-attended with lots of interesting discussion. Darren is proud to see so many of his constituents engaged in this vital debate. Darren has recently led work on a clean growth report from the Science and Technology Committee setting out how the country can get to net zero carbon emissions by 2050. You can read the report on Darren's website: www.darren-jones.co.uk/darren-welcomes-call-for-climate-action



Darren has also visited Shirehampton Primary School, Avonmouth Church of England Primary and his old primary school Nova Primary School during September. The students put Darren through his paces and had lots of great questions planned. As the first MP for Bristol North West to have been born and raised here, Darren likes to spend as much time as possible with young people to improve their understanding of how the country works and to encourage them to get involved when they've finished their education.

Darren also held a constituency surgery in Lawrence Weston to support local residents with personal problems, a Café Politics discussion in Shire and popped in to support the Fun Palace Youth Club in Avonmouth Community Centre. You might have also seen Darren and the team outside of the Co-op in Shire with his Saturday street stall.

Darren has been keeping up to date on the Iron Bridge and shares the frustration of residents that the bridge is still out of action. Darren was pleased that local councillor Don Alexander recently asked for reassurance that the iron bridge would receive the funding it needed at a council meeting. The council's transport lead confirmed that once on-going planning discussions had been resolved, funding would be prioritised. Darren will continue to follow progress closely.

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.

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Shirehampton Baptist News

Another eventful month which began with a baptismal service. It was a joyful morning as Nadine and our family from Iraq Hemin, Zhegan and their daughters Diya and Lija entered the baptismal pool confirming their faith in Christ

On October 13th we held our Harvest Lunch and the following day our Harvest Thanksgiving Service when we thanked God for the abundance of food we enjoy but remembering those less fortunate

Our next service in the Cotswold Community Hall, in Dursley Road will be November 10th and an important advanced notice. On December 8th we will be holding a Christingle Carol Service in the same place at 5 pm. We hope many children and all ages will come.

More of our Christmas events next month but as always we welcome all to our Sunday Worship at 10 30 am Station Road.



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Friday 6th December 2019 @ 9.30am

There is no need to make an appointment just come along and meet us. There will be toys and supervision for young children if they come along with you.

If you are unable to make either of these dates then please contact the School Office to make an appointment for an alternative visit

We really look forward to meeting you then!

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HELLO FROM SHIRE METHODIST

<https://shiremethodist.org/>
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October began with a busy Saturday morning for us. We welcomed many of our regular guests to our coffee, bacon butty and cake morning (with vegan options!). We were also delighted to be visited by our local MP Darren Jones who held Café Politics, an opportunity to discuss local and national issues, at our coffee morning. Many people who had never visited our church came along, some from Shirehampton and others from far and wide in our local constituency. There was a lovely atmosphere and conversations ranged from difficulties with public transport, Brexit, the climate crisis, benefit concerns and issues within the Labour party.

Our Harvest Festival service gave us time to think about all the things we have been blessed with over the past year and what we can do to support others. Our congregation donated many items, which were taken to the Bristol Northwest Food Bank. We regularly collect items for the local Food Bank. We welcome anyone to bring donations to the church when we are open. Another charity that our church supports is All We Can, which helps people who live in some of the poorest communities in our world. Our Minister, Reverend Patrick Stonehewer, took

part in a half marathon at the end of September and raised a four figure sum. This money will go towards projects such as providing solar panels to power an irrigation system in Malawi to allow people to grow food, and providing wheelchairs for children in Ethiopia so they can be more active, play with friends and go to school.

Many people responding to the Shirehampton Community Plan commented on the need for more colour on the High Street, including outside our church. In respect of this, we hope people have been enjoying our plants and flowers this year. We have recently allowed our plants a little more freedom rather than ruthlessly pruning them, which has attracted quite a few pollinators (bees and butterflies) to our High Street, and a good number of spiders too!

We support the Cotswold Christian Community who meet at the Cotswold Centre, Dursley Road, on the second Sunday of each month from 4.45pm until 5.30pm. This is an informal gathering with refreshments, prayer and a thought for the day. Perhaps this might be just the thing you have been looking for if a morning church service doesn't suit you or if you prefer something short and sweet. We continue to meet every Sunday at 11am for our Morning Worship and there's Afternoon Tea or Monday Movies every Monday from 2pm until 4pm, we would love you to join us.

We hire out our building to many local groups including the Dragon Club, Weight Watchers, Shirehampton Planning Group, a new Nutrition 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 November.

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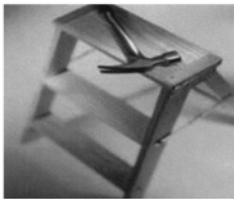
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Macmillan Cancer Coffee Mornings



£533.70p was raised for Macmillan Cancer Care @The Cotswold Community Association Centre.

Thanks to Jane, Daphne, Irene, and all who made cakes, Paul Woods who donated the bacon and all who supported this event.

Bridget Williams.



A very big thank you to all who contributed in any way to our MacMillan coffee morning on Friday, 27th September.

To those who provided cakes, to those who attended and purchased coffee and cakes and to those who donated so generously. We raised the magnificent sum of £325 for this worthwhile cause, so many thanks.

God bless you all.

Maureen, Sue and Jill (Coffee morning ladies at St. Mary's)

SPORT IN SHIREHAMPTON

City and Port of Bristol Bowling Club

The Island Bohemian Bowling Club has been rolling woods on Fry Island at Caversham since 1909, a long time and a lot of bowling.

The City and Port of Bristol Bowling Club has been fortunate in visiting this unique location where else do you go bowling by boat and bowl in the middle of a river - twice. But the bowlers of the island only play mixed friendly games away from their home a few times each season and they are selective about where that is. So it was a great honour that they decided to come and bowl in Shirehampton on September 15th.

Bowling on all six rinks is always special and this was no exception. To see the green full of bowlers is great and it was a very enjoyable afternoon. At the end of it was an excellent buffet and when it was over the visitors sang their traditional "We are the bowlers of the Island" song. It was a highly



enjoyable occasion and great to see bowlers remembered from the two visits once again.

The following week-end on September 22nd saw the re-arranged Two Wood Pairs competition played.

With sixteen entries it was possible to have eight pairs drawn from two pots playing five games of thirty minutes duration to decide the winners.

At the end of the afternoon just one pair were undefeated - two Kens, Davies and Grimes scored maximum points to take the trophy. Worthy runners up were John Conroy and Shirley Callaghan who won four and drew one.

The following day saw Ken Davies in action once again, this time against Julie Looker for the Presidents Cup. This is a competition played annually between the previous year's winners of the Gents and Ladies four wood singles to decide who is overall Club Champion.

Julie started well, taking three shots on the first end but it was Ken who forged ahead and eventually won by twenty one shots to seven in what was a well contested game.

On the last day before the green closed on October 1st the twice postponed Club Cup Final was played

between Nomads and A.N.Other.

Having already won the league, Nomads, captained by Charlie Maby were seeking to do the double but Dawn Evans A.N.Other stood in their way and after a well contested game it was A.N.Other who came out in front to take the trophy.

The club is sorry to see Elaine and David Williams leaving the area. Elaine has been a bowler at the City and Port for twenty years and in that time represented the club on many occasions as well as winning club competitions, playing many mixed friendly games and playing in the club league. As well as bowling, Elaine has been very supportive of the club and her husband David spent time looking after the garden at the green for a considerable time.

A new arrival at the green - a splendid metal bench in memory of Cora and Harry Thompson given by the Thompson family to remember the many happy hours spent at the green by their parents.

For further information about the club and its activities please call David Hinksman on 0117 9082713.



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Shirehampton Nursery Celebrates Good Ofsted Rating



A day nursery in Shirehampton is celebrating its 'Good' Ofsted rating following its latest inspection by the governing body. Mama Bear's Day Nursery & Pre-School in Grove Leaze, Shirehampton was rated Good in all areas including management, teaching, personal development, behaviour, welfare and outcomes for children.

Staff at the nursery have been praised for their patience and responsive support of children, with the report saying they are kind, friendly and attentive to children's needs. Detailed observations are used to identify next steps in the children's learning and partnerships with parents are good.

Mama Bear's Shirehampton Nursery Manager, Nicola Lane, said: "We are thrilled to have been awarded a Good Ofsted rating and very proud to receive such a glowing report. It's great to be recognised for our hard work and the whole team is pleased to have retained our Good rating."

Mama Bear's Day Nursery and Pre-school in Shirehampton is based in a wonderful 19th century farmhouse just off the A4 Portway, close to the M5 and Avonmouth 902 Park & Ride.

The family-run Mama Bear's Day Nurseries provide care for children from three months to five years. There are now 23 settings across Somerset, Bristol and Devon.

For more information on Mama Bear's Day Nursery visit www.mamabear.co.uk.



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