

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

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No. 597 - October 2021 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL EXPERTS section on pages 18-20 to find a local business who can help.

Blooming Shire!

Mural Art in Shirehampton

My name is Joe Westlake. I'm 28 years old. I am a local Artist living in Shirehampton. I paint murals all over the Southwest of England. I started painting murals in 2019, the first mural I painted was for my son and it just took off from there!

The mural I've painted for Beau's Bouquets in positive comments and feedback as they've been Shirehampton is very close to my heart. I was born and raised in Shire, as was my late father who I've dedicated this painting to.



I was commissioned by the owner of Beau's Bouquets to create something eye-catching that would really bring her shop to life! It's been an honour to give something back to my local community.

I didn't realize the positive knock-on effect the artwork would have on the local community but it has been an amazing experience hearing everyone's

passing by. I hope the artwork continues to bring joy to the community and everyone else that sees it!

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PUBLIC INFORMATION FOR OCTOBER COVID INFORMATION

Many thanks to all our 16-18-year-olds who • Test, Trace and Isolate have come forward to have their vaccination. You are doing your bit to protect yourselves, our communities and our vulnerable population in Bristol. There is still time to get your jab if you haven't done so yet. In Bristol, if you are aged 16-18, there are two ways to get your vaccine:

- wait for your GP to contact you
- visit one of our walk-in centres without the need for an appointment

All the information you need on vaccine walk-in centres can be found on the Healthier Together website: bnssghealthiertogether.org.uk/bookvour-vaccine/

The UK's Chief Medical Officers have advised that healthy children aged 12-15 years old should get one dose of a COVID-19 vaccine. Local plans are underway and more details will be shared soon.

Getting Back to Basics

It's important that we all do the most we can to reduce the number of cases in the city.

To help, you can:

- wear face coverings they reduce the spread of COVID-19 droplets, so you'll be protecting If you are visiting one of Bristol's museums or others as well as yourself
- ventilate indoor spaces simply opening windows will help blow the virus away
- meet outdoors COVID-19 transmission is less likely outdoors
- make space transmission of the virus is mainly among people who are in close contact (within 2 metres)

The most important step you can take is to have both doses of a vaccine which provides the best protection against COVID-19. If it is eight weeks after your first dose, you can get your second dose at one of Bristol's walk-in vaccination centres, without the need for an appointment. .

bnssghealthiertogether.org.uk/book-yourvaccine/ for up-to-date information on Bristol's walk-in sites.

COVID-19 Winter Plan

The government has announced details about the country's plan to support the NHS and stem the spread of COVID-19 this winter.

The plan is split into five pillars:

• pharmaceutical defences (including COVID-19 booster jabs and offering one vaccine dose for 12-15 year olds)

SEXUAL HEALTH AWARENESS

safe. You can access non-judgemental, confidential their website: www.unitysexualhealth.co.uk/

- support for NHS and Social Care
- behaviours to stem the spread of seasonal illnesses
- the international approach

The government have confirmed that contingency measures, including re-introducing mandatory mask wearing in some settings and asking people to work from home if they are able to, will be kept in reserve if the data suggests that overwhelming pressure would be put on the NHS and public health.

The government plan to start the scheme for COVID-19 booster jabs for those aged 50+ and people more vulnerable to serious illness, from next week.

Healthy children aged 12-15 years old in England will be offered one dose of a COVID-19 vaccine. For more detail, visit GOV. UK (https://www.gov.uk/government/news/ young-people-aged-12-to-15-to-be-offered-acovid-19-vaccine)

What to do if You're Visiting our **Museums or Libraries**

libraries please do what you can to prevent the spread of COVID-19.

We encourage you to continue with key behaviours while visiting, including:

- Wearing a face covering, unless exempt
- Giving others space
- Not visiting if you have COVID-19 symptoms, stay at home and book a PCR test
- Checking in using the NHS Test and Trace app

These actions, as well as regular lateral flow (rapid) testing and vaccinations, are key tools in our fight against the virus.

Although the majority of legal restrictions have Visit the Healthier Together website: now been lifted, our infection rate is still very high.

We're encouraging people to continue to do all they can to protect themselves and others, which includes our staff. We need to be kind and respectful towards one another, we all have a part to play to keep our city and everyone in it safe.

Remember, visitor numbers to our museums are limited so we recommend pre-booking tickets to guarantee entry. www.bristolmuseums.org.uk/ plan-your-visit/

Appointments for Bristol Archives must be booked in advance.

Free pregnancy advice, counselling and sexual support and discuss your options by calling Unity health services in Bristol are open and COVID-19 Sexual Health on 0117 342 6900 or by visiting

the place for you...

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The Shire Community Pages

Cotswold Community Association Update

Things are going apace with life at the Cotswold as we try to get back to some form of normality. Our Film Nights, weekly Bingo, and monthly Coffee Mornings are doing really well. We're resuming hot food at events in October, starting with Breakfast Club on Sunday 4th October.

Please note, we are starting cautiously so BOOKING IS ESSENTIAL, by contacting the email address or the phone number below. All activities are in line with government guidelines. This includes temperature taking on entry, hand sanitiser use, and we encourage mask wearing when walking around the centre.

Bookings for parties have also resumed, so please contact the email or phone number, as below, if you'd like to make a booking. Rates are currently $\pounds 12$ per hour for the hall, or $\pounds 18$ for both hall and garden.

We have evening events in October, Bingo, Quiz Night, and Race Night. Find out more by joining our mail-list, email cotswoldca@gmail.com or leave a message on 07943 401575.

We're having a **Craft Fair** on **Saturday 6th November**. Please leave a message for **Daphne** on **07554 642440** if you'd like a table.

Finally, our **Defibrillator** fundraising is going well, we've raised well over half the $\pm 2,000$ cost but still need your support. So, please consider donating towards this lifesaving equipment.

Online: www.justgiving.com/crowdfunding/
cotswold-defib
Cheques: payable to Cotswold Community
Association.
Bank transfer: Cotswold Community
Association RC 11014,
Sort Code 08-92-99, Account No. 65620182
Cash or to any committee members

Hope to see you soon at the Cotswold.



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

REGULAR EVENTS

e s	MONDAY	Pilates 9.30-10.30am Kettlebells 5:15-6:15pm Kettlebells 6:30-7:30pm				
h	TUESDAY	Film Night 7:30pm* (1st & 3rd of each month)				
h m	WEDNESDAY	Keep Fit 10:30-11:30am Kettlebells 5:15-6:15pm Pilates 6:30-7:30pm				
11, 11, 111	THURSDAY	Bingo 2pm Kettlebells 5:15-6:15pm Kettlebells 6:30-7:30pm Table Tennis 8pm				
ng	SATURDAY	Coffee Morning 10am (2nd of each month) Bingo 7:30pm (2nd of each month) Quiz 7:30pm (6 weekly)				
	SUNDAY	Breakfast 9:30-11am (1st of each month) Cotswold Christian Community Service 4:45pm (2nd of each month)				
	*Booking must be made, either by email: cotswoldca@gmail.com or leave a message on 07943 401575 For more details and regular updates, join our mail list by emailing cotswoldca@gmail.com					

Suicide Prevention

We'd like to encourage everyone to take the Zero Suicide Alliance's free online training to help break the stigma around talking about suicide.

This **free 30 minute course** is designed to show you how to have a direct and honest conversation about suicide, suicidal thoughts and bereavement with friends and family. The training combines facts with real life stories, offering the tools to help others. You too could help save a loved one's life one day.

To access the training, available anytime on a laptop, tablet or mobile phone, visit Zero Suicide Alliance's website: www.zerosuicidealliance. com/training For immediate support, please contact the Samaritans on 116 123.

Window Wanderland

Due to popular demand, there will be another Halloween Window Wanderland in Shire. It's not an official Window Wanderland that should happen in late February/early March 2022, but last year many households put Halloween themed displays in their windows over the last weekend of October.

So, come on Shire, let's improve on last year's fabulous effort. Decorate your windows with Ghosties, Ghoulies, Pumpkins, Zombies, anything you like, and light them up after dark from Friday 29th to Sunday 31st October.

Get your friends in the street, and at school, to take part, and let's light up Shire for Halloween.



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We enjoy spreading community news especially at this time and we love to hear from all our readers of both the online and printed versions. Please, send in your letters and stories to editor@shire.org.uk. If requested, we will not print the name of a letter written to the Editor, but we cannot accept an anonymous letter. *Many thanks*.

2283 SHIREHAMPTON A.T.C.

Dear Editor,

This is a photo of 2283 Shirehampton A.T.C. at a summer camp at RAF Chivenor, North Devon in 1959.

Front row, 4th in from the left, is the C.O. Flt. Lt. W. Becket. Next to him is the Warrant Officer, Heinz.

Middle row 2nd from left is me, Tony Phillips, and next to me is James Hughes.

Back row 4th in is Alan Saunders.

Tony Phillips

RESULT!!! THANK YOU SHIRE!

Dear Editor,

Thank you for publishing in the September 'Shire' my account of my aborted first trip to the seaside in September 1939 on the day that the Second World War was declared. Doubtless some of your readers will have noticed the 'date mistake', - the day concerned was Sunday, the THIRD of September, not the FIRST. ("Just testing you, men," as Capt. Mainwaring would say!)

Thank you also for publishing my letter in August about the tragic death by drowning in the Severn near Avonmouth in 1933 of the half brother I never knew - Kenny Patten, aged 12. I sought information about two local lads, Thomas Davis and Leslie Uzell, who attempted to save him and



GOOD NEWS!

Dear Editor,

I received my copy of Shire News today. Its always a brilliant newspaper & great to read each month. You all work so hard I am sure!

Many thanks too for publishing my article on our retiring Headteacher, Meg Wilson.

Warmest wishes,

Linda Dineen

were described by the coroner as 'two young heroes of the tragedy'.

I have a result! Another Shire resident, Jean Jones -(in fact I played cricket with Les Jones for many years for Twyford House C.C. before he died tragically, having contracted Legionnaire's Disease whilst away) - tells me that Thomas Davis was almost certainly her 'Uncle Tom', who was living in Sea Mills at the time of his death, some years ago.

Jean put me right on one detail. Kenny Patten was certainly living with his parents in Meadow Grove, Shirehampton, but Thomas - and presumably Leslie - lived in Meadow Street, Avonmouth. Does this jog the memory of any Avonmouth, or former Avonmouth, residents? Jean further tells me that

Weekly classes - just come along -

5.15 - 6.15pm and 6.30 - 7.30pm,

the Cotswold Community Centre.

Message for 1:1 technique session.

RONG

Wednesday from 5.15 - 6.15pm and Thursday from 6.30 - 7.30pm at

no need to book:

SHIRE

Kettlebells are Monday

Bootcamps: Monday and

Wednesday 6.15-7.00am.

Please message for details.

'Uncle Tom' never spoke of this tragedy; in adulthood he worked at Avonmouth Docks and became a 'leading light' in trade union affairs. There was, apparently, a packed church at St. Andrew's, Avonmouth for his funeral. Many thanks for giving me this opportunity to unearth an important part of my family's history.

My wife, Marie, and I wish to thank the team at 'Shire' for the lovely card and beautiful floral gift, personally delivered to us by the Editor on the occasion of our Diamond Wedding Anniversary in August - but you must beware of setting a precedent!

Bill Patten

Family Announcements

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

To book contact **adverts@shire.org.uk** Small text box = $\pounds 10$. Larger picture box = $\pounds 15$.

DESMOND ALFRED STOCKHAM

We would like to thank all the family and friends, who have expressed their sympathy for the recent loss of my husband and dad.

We would like to thank the staff at Southmead hospital, and everyone for the cards, flowers and kind donations.

Beryl, Mark, Kevin, and Simon

Hello there! Would you like to improve your wellbeing?

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
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Strongfirst Kettlebell Instructor. Specialist wellness coach for perimenopausal and beyond females.

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For a free initial consultation in your own home or mine. Telephone: 07875 054 292 Email: t.linda1206@gmail.com www.shirestrong.co.uk

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

Your Councillors are: Donald Alexander – Labour: cllr.donald.alexander@bristol.gov.uk John Stephen Geater - Conservative: Cllr.John.Geater@bristol.gov.uk James Scott - Conservative: Cllr.James.Scott@bristol.gov.uk Conservative Members' Services Office: 0117 922 2746 Labour Members' Services Office: 0117 922 3827

CONTACTING YOUR MEMBER OF PARLIAMENT

Shirehampton is in the Bristol North West Constituency

Darren Jones Phone: 01179596545 Email: darren.jones.mp@parliament.uk Website: www.darren-jones.co.uk

Darren Jones MP October 2021

Parliament returned in September and has already started debating and voting on the big issues - from the withdrawal of UK forces from Afghanistan and how we fix social care to tax rises and the climate emergency.

Thank you to the Shirehampton Climate Emergency Group for inviting me to join their COP26 briefing at the public hall last month. COP26 is an international meeting of world leaders, taking place in Glasgow this November, where countries must set out how they are going to limit temperature rises across the world.

I will be in Glasgow for the COP, because I chair the **Business, Energy and Industrial Strategy** **Committee in the House of Commons,** and I look forward to coming back to the public hall to debrief local people on what happened and what it will mean for each of us in Shire and beyond.

Covid is still with us, and I'd encourage those of you that haven't had your vaccines yet to get them booked in, especially if you're aged under 23. You can book your jab at **grabajab.net**. Please remember to be conscious of Covid - it's great to see people in person again and to be able to get out and about, but we still need to do whatever we can to keep the infection rates down.

Lastly, a big well done to our local school leavers before the Summer and a big hello to our new year sevens and reception class intakes in **Oasis, Shire, Nova and Avonmouth schools**.

As always, if you need my help or have a question, please visit darren-jones.co.uk or call 0117 959 6545.

CONSULTATIONS IN BRISTOLThe Colston Statue –
What Next?INMSS Framework - Ongoing
Parent Carer Survey

The statue of Edward Colston was pulled down on 7 June 2020 during a Black Lives Matter protest in Bristol. One year on, the statue now forms part of a new display at M Shed to start a city-wide conversation about its future. The statue is on display alongside a selection of placards from the protest as well as a timeline of key events leading up to 7 June 2020.

We want to hear your thoughts on what happened that day and what you think should happen next. This is an opportunity to have your say on how we move forward together. You can learn more and fill out the survey by checking out our online exhibition.

You can take part at exhibitions. bristolmuseums.org.uk/the-colston-statue/

This survey will close on 3 October 2021.

This survey aims to collect the views of parent carers whose children have special educational needs and/or a disability (SEND) and attend a for profit/private or independent school.

The original survey was open between 29 November 2018 and 15 January 2019. You can see the results here: https://bristol.citizenspace.com/adults-children-and-education/inmss-framework-parent-carer-survey/.

We have decided to reopen the survey on an ongoing basis. We will continue to use the responses to inform the development of a framework for the Local Authority to use when purchasing SEND education frameworks.

You can take part at bristol.citizenspace. com/adults-children-and-education/inmssframework-ongoing-parent-carer-survey/

This survey will close on 31 December 2022.

Are you interested in becoming part of the Bristol Citizens' Panel?

The Panel has been running over 20 years but we need to add new members!

It's an online Panel where residents of Bristol are asked about their views and opinions on a wide range of issues. You will be asked to complete surveys up to 4 times a year and can leave the Panel at any time you choose.

You can take part at bristol.citizenspace.com/business-change/bristols-citizens-panel/

Avonmouth Ladies Club

We meet on the first and third Tuesday in each month at 7pm (but not in January or February) at Avonmouth Community Centre.

We listen to a variety of speakers, as well as having occasional outings.

A warm welcome awaits.

Diary of Events - Oct / Dec 2021				
Oct 5th	Bingo session			
Oct 19th	'Freewheelers charity' talk			
Nov 2nd	Quiz			
Nov 16th	AGM (followed by shared supper)			
Dec 7th	Christmas party inc 'Flamenco dance demonstration'			

ACOUSTIC MUSIC WORKSHOP

Anyone interested in joining a small group of acoustic music enthusiasts for the purpose of playing, discussing, singing, sharing?

Folk, blues, country, jazz, classical, rock, reggae – anything goes, as long as it's unamplified.

Monthly 2hr meetings in Shirehampton.

For a preliminary chat, contact Rob at: musicinshire@gmail.com



Over the years Shirehampton has lost many of its shops, businesses and amenities so don't let us lose our free local newspaper!

We are looking for new blood to join our dedicated team to ensure we continue to have this valuable asset to the village. All you need is a computer/laptop and the ability to put together an interesting "read" from the many articles/e-mails we receive every month from residents of Shirehampton and the surrounding area.

If you are interested please come along to one of our informal meetings which we hold the first Monday of the month.

Email for more details, contact one of the following with your name and contact number:

chairperson@shire.org.uk or editor@shire.org.uk

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Teresa Cox

Adam Lenik Jess Duncan

Free Community Learning Courses

Especially for adults aged 19 years plus with few or no formal qualifications.

Employment - Intro to Business Admin Office Skills

Starts 9th November, Tuesdays 10am to 12pm From Monday 11th October, 10-12pm, 9 weeks - Online Zoom video class.

Uses ITS learning IT platform, includes spreadsheets, PowerPoint, Word.

Learners can use a smart phone or IT equipment could be loaned for the course.

Presentations and e-safety, support will be given to get started.

Learn new skills for employment and especially business admin roles.

Find out about the National Careers Service, One Front Door & other services offering support for finding work.

This course runs every Tuesday for 6 weeks.

Wellbeing Courses

Get in touch if interested.

A Level 1 Award for the Health and **Social Care Sector**

at Lawrence Weston Community Farm.

Find out about the skills and knowledge needed and get an overview of the sector (includes adults and children).

Find out about job opportunities and training.

This short course is in a covid-secure venue, can go online if needed.

ESOL for Life and ESOL Conversation Clubs

From 6th October onwards.

This course aims to improve communication skills in English, e.g. reading, writing, speaking and listening.

Online course for Entry Levels, get in touch if interested.

For all courses contact: Suzanne, Community Learning Tel: 07887 451776 Email: Suzanne.gaffney@bristol.gov.uk



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Local Gospel Choir

Hello to everybody out there who loves Gospel Music and would love to join a local choir!



We are happy to be back, singing together on Wednesday evenings at the local **Baptist Church in Station Road from 7.00-8.15**. We are a very friendly group who are part of **G.G.C.C, Gospel Generation Community Choir**, who meet all over Bristol. There is no audition - just a desire to sing. We meet weekly during term time.

For more information, contact Sue or Rob on 0117 9859113

Members of the G.G.C.C. at an openair rehearsal to finish last term. We have managed Zoom rehearsals throughout the Lockdown, thanks to our amazing leader, Emma Smallwood, but this was wonderful to be able to meet outside and sing 'properly'! Members from all branches of the choir meet together for events and concerts wonderful sound!



MONDAY-FRIDAY Hot & Cold Drinks 8:15am - 7:30pm Lunch **RUBY JEANS** SATURDAY Refillable Organic Milk 9:00am - 6:30pm Free Range Eggs -🔊 — COFFEE SHOP — 🗞 — SUNDAY Fresh Bread www.rubyjeans.co.uk 10AM - 4PM Artisan and Organic Food Retail 01179 822 929 **f** @rubyjeanscoffeeshop (O) @rubyjeanscoffee 55 Pembroke Road, BSII 9SA

Assistant Caretaker (Part Time)

Permanent contract 25 hours per week (all year round with 23 days holiday per year) Monday to Friday 12:30pm until 6pm.

Pay scale – BG6 scale point 6 £19,698 (pro rata) Actual Salary £13,309.

An excellent opportunity has arisen at Shirehampton Primary School for someone to join our friendly team as an assistant caretaker.

This role is vital to our school ensuring our amazing children have a safe environment to learn and play in. It could suit a local member of the community. With convenient hours part time hours, you could already be working part time or even self-employed. We are willing to discuss slightly different hours if this would be helpful.

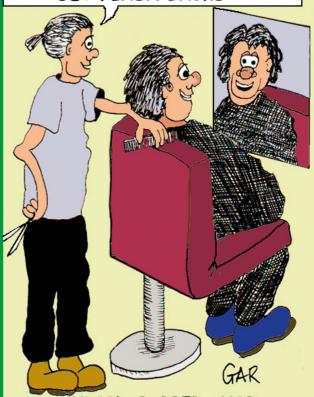
For more information, including an application form, or a chat about the role please contact the school office who will be happy to help.

SHIREHAMPTON PRIMARY SCHOOL St Mary's Walk • Shirehampton • Bristol • BS11 9RR Tel: 0117 9031447 E-mail: shirehamptonp@bristol-schools.uk Website: www.shirehamptonprimary.org



CHICO THE DEMON BARBER

MY GIRLFRIEND ONCE HIT ME WITH A CAMERA.....I STILL GET FLASH BACKS



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Contact: Sarah Bradley 0117 9070680

sarahexerciseclass@hotmail.com

Shirehampton Area Choir

The Shirehampton Area choir will be resuming rehearsals on Wednesday 6th October at St. Mary's Church for a Christmas Carol celebration in December. New members will be welcomed with open arms. Existing members please note that Wednesday evenings will be the regular rehearsal night from now on.

Do You Know Anyone that Worked for Peek Freans in 1959?

Did you or a relative work for Peek Freans biscuits in 1959? Perhaps you knew David Peacock or Mary Fairman, did you attend their wedding or know someone who did? If so you might be able to help.

Mary met David when she was working on the packing line for custard creams and he was a fork lift driver at the **Peek Freans biscuit factory in Avonmouth**. They married at the **Methodist Church on Sea Mills Square on 28th March 1959**. Sadly, they have no photographs of the event. In an age before digital photography, the fact that all their photos were ruined by a cracked and damaged camera, dropped in her excitement by Mary's mother was not discovered until well after the event.

Mary had been brought up in **Stokeleigh Walk, Sea Mills**. The family were early residents of the estate and her father had been in the **Royal Flying Corps in WW1**.

She dearly hopes that somewhere a photograph from the wedding exists, perhaps taken by one of her co-workers at the factory who attended. Could that be you, your parents or grandparents?.

If you can help please let the Sea Mills 100 project know and they will pass the information on to Mary Peacock. Email info@seamills100.co.uk or leave a message for Sea Mills 100 at 136 Shirehampton Road, BS9 2DY



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Entrance fee £1.00 children free

See Application Form on opposite page

Mary Milton, Sea Mills 100 Project

Shirehampton Public Hall Newsletter October 2021

The Public Hall hosted it's first Annual General Meeting for nearly two years on 1st September, which was well supported and attended by members, volunteers, regular users and City Councillor Don Alexander. There was also a marvellous presentation of the History of the Hall by local historian, Judy Helme, and copies of her book about the Hall's first 100 years also sold well. Thank you so much to all who came along, to those who became Members of the Hall Association on the night and to those who expressed an interest in becoming Trustees – still a massive priority for the Hall. A copy of our annual report is available on our website or a copy can be emailed to you on request.

We are also delighted to welcome new groups to the Public Hall, including a **Special Educational Needs Group** for parents and families of disabled children (every Wednesday 4-5pm) and a new **Toddler Group** on **Tuesday mornings starting in October (9-11am)**. Welcome both! Hopefully the families of Shirehampton and the surrounding areas will make good use of these groups as they are much needed in our community. Also, don't forget our **Gardening Volunteers Group** which meets in the Hall garden from **10am on the first Saturday of the month**. All welcome, and bring tools if you can! Contact the Hall for more information if necessary.

The Hall will be hosting the annual **Craft Exhibition** at the end of this month. Don't forget to get your entries in early, or just come along for a browse, slice of cake and a cup of coffee! Open during the half term break, so bring the children along – there's lots to see and do!

Did you know the Public Hall also has a photocopier in the office which is available for public/user group use? Community rates are 1p per black and white copy, 4p per colour copy – bargain, eh?!

For details on how to support the Hall as a volunteer or Trustee, or to book a meeting or party/celebration space, or any other questions, please contact the Hall Manager on 0117 9828863 or email bookings@ shirepubhall.org.uk. You could also visit our website on www.shirepubhall.org.uk.

Shire craft exhibitio	n 2021 APPLICATION FORM				
Shirehampton Public Hall Station Road					
Tuesday 26th October to Saturday 30th October • Opening times 10am – 4pm (Late night Thursday 10am – 8pm)					
Closing date for applications	: Wednesday 20th October 2021				
The Hall will be open Monday 25th Oct. 9:00am – 4:00pm for registration of exhibits and Sunday 24th Oct. 3:00pm – 4:30pm for large items					
Collection of exhibits will be on Saturday 30th October 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 Application				
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. Forms are also				
Stewards – If you would like to help out and steward for a session am or pm 3	B hour sessions (if you can't manage 3 hours then what you available online at				
	can offer would be appreciated). If you are exhibiting it would be great if you could steward for a session but <u>it's not compulsory</u> . <u>Do not</u> send any money with this application it will be collected when you register at the Hall.				
	craft				
Name					
Email					
	Post Code				
Exhibit 2	Price/N.F.S				
If you have more than 2 items please add continuation sheet					
	am/pm				
	am/pm				
• • • • • • • • • • • • • • • • • • • •	: Wednesday 20th October 2021				
• • • • • • • • • • • • • • • • • • • •	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

CLIMATE NEWS FOR OCTOBER: Taking the Tak

Around 30 people attended "The Way to COP 26" climate event at Shirehampton Public Hall on 4th September. The speakers, Claire Gronow and Andrea Mackay, presented a history of COP conferences over the last 20 years which made clear that governments have been aware of the looming climate disaster, but have failed time and again to actually implement the actions they had agreed to take. Now, as the fires burn and the glaciers melt, time is running out.

The speakers explained the difference between **mitigation** – taking action to prevent any further rise in CO2 emissions, and **adaptation** – action to manage the risk of climate change impacts and make it possible to continue to live more or less as we do. Mitigation would mean stopping all fossil fuel exploration and extraction. It would mean refusing permission for the Cumbria coal mine and cancelling licenses for drilling in the North Sea. Adaptation would mean switching to electric cars or using public transport more, eating less meat, improving infrastructure, in short - changing our daily lives to reduce our carbon footprint.



Our **MP, Darren Jones**, attended the event and stayed to answer questions and joined the discussion. As **Chair of the House of Commons Business Energy and Industrial Strategy Committee**, Darren was able to give us a well-informed insight into the workings of government on climate issues. We are most grateful for his contributions.



Camino to COP26: Walking the Walk

Our third speaker, **Sarah MacDonald**, talked about the pilgrimage to the conference in **Glasgow** asking how a symbolic action like a long walk might have an effect in the world. She pointed out that we think about Climate Change in numbers and graphs and rates of CO2 emissions. In this way of thinking we rely on our scientific and technical ways of engaging with the world. A pilgrimage is a way of exploring our relationship with the natural world. It offers an opportunity to see ourselves as part of nature, rather than as something separate from the world we inhabit and attempt to control. If we can recognize ourselves as part of, and wholly dependent on, the natural world, we might be better able to change



Pilgrims faced first challenges of Climate Change when they found their path flooded by heavy rain in Eastville Park.



the ways in which our lifestyles are destroying our natural environment. Both of these approaches, the technological and the relational, are essential if we are to prevent climate disaster.

With all of this in mind the Climate Pilgrims began their walk to Glasgow at **Bristol Cathedral on 9th September**. Around 50 people, several from our **Shirehampton Climate Emergency Group (SCEG)**, were there to walk part of the first leg with them. One of the SCEG group will be walking all the way to **Birmingham**, where the **Western Camino** will join the main group as they arrive from London.





"There must be no new coal plants built after 2021. OECD countries must phase out existing coal by 2030, with all others following suit by 2040. Countries should also end all new fossil fuel exploration and production, and shift fossil-fuel subsidies into renewable energy. By 2030, solar and wind capacity should quadruple and renewable energy investments should triple to maintain a net-zero trajectory by mid-century."

> Antonio Guterres, UN Secretary General

SHIREHAMPTON CLIMATE EMERGENCY GROUP

Has resumed meetings in the Cotswold Community Centre, Dursley Road, BS11 9XH. We meet on the 2nd and 4th Tuesdays of the month at 7:30pm.



IF YOU ARE CONCERNED ABOUT CLIMATE CHANGE, DO COME AND JOIN US!

COP26 Jargon Busters

With the United Kingdom hosting the COP26 in Glasgow from the end of October, there will be a lot of terminology used which many of us will need to understand to be able to follow what will be discussed there.

Here are some Jargon Busters:

COP26 - 26th UN Climate Change Conference of the Parties (the 'Parties' are all the countries who have signed up to previous Climate Agreements).

IPCC - Intergovernmental Panel for Climate Change

Climate Change - Climate change is the longterm shift in average weather patterns across the world. Since the mid-1800s, humans have contributed to the release of carbon dioxide and other greenhouse gases into the air. This causes global temperatures to rise, resulting in long-term changes to the climate.

Net Zero - Net zero refers to a state in which the greenhouse gases going into the atmosphere are balanced by removal out of the atmosphere. The term net zero is important because – for CO2 at least – this is the state at which global warming stops.

Global Emissions - Carbon dioxide (CO2) emissions, primarily from the combustion of fossil fuels, have risen dramatically since the start of the industrial revolution. Most of the world's greenhouse gas emissions come from a relatively small number of countries. China, the United States, and the nations that make up the European Union are the three largest emitters on an absolute basis. Per capita greenhouse gas emissions are highest in the United States and Russia.

NDCs - Nationally determined contributions are at the heart of the Paris Agreement and the achievement of these long-term goals. NDCs embody efforts by each country to reduce national emissions and adapt to the impacts of climate change.

John Hastings



This enormous sunflower was growing on an allotment plot across from ours, and as it was hosting a feast for a couple of beautiful bees, I took the opportunity to get a close up of their very important work. We have noticed quite a few different bee species over the summer, so I really hope that we can help in a small way, along with other lovers of our natural world, to ensure these precious and vital pollinators have plenty of support from us gardeners.



A special moment on the river bank the other morning! A kestrel was hunting along the riverside bushes and grasses just metres away. I was able to watch it for several minutes until it dropped down out of sight, hopefully having secured some food.

I have been putting out hedgehog food under our hedge in the late evening which is, hopefully, being taken by the hogs and not next doors cat! The foxes could also be the culprits, but as we had two adult hogs visiting in the spring, I like to think it's going to those I intended if for! We have a nice house for them to use come wintertime, so I really have my fingers crossed we may get a hibernator.

The goldfinches are still coming around, but I have to say, in fewer numbers than usual. Let's hope it's because there is so much natural food available to them. I rather think my feeder will come into its own come November!!

Here's to the approach of Autumn, which is a great time of year I think.

Happy nature watching folks, Bobbie

High Street Market Returns and Celebrates Its 2nd Birthday!

The first High Street Market of 2021 returned to the Tithe Barn in Shirehampton on Thursday 2nd September which was also perfect timing to celebrate its 2nd Birthday. The last market held before the pandemic hit was March 2020. Despite this Shirehampton Markets continued to do the High Street Markets online the first Thursday/Friday of each month with the exception being the end of November and beginning of December which were held on a weekly basis to allow online Christmas shopping.



It seemed perfect to return to the High Street in September and celebrate a landmark birthday with market traders, volunteers and customers with birthday cake and non alcoholic sparkling wine during the afternoon which was enjoyed by all.

Some may have noticed one or two stalls missing but it's all good news. 'L'Affinage' have opened their own shop, the same applies to Masala Kitchen, whilst Blaise Plant Nursery recently received a grant which means planned improvements can now go ahead. Although each will not be returning to the markets they are wished every success with their new business ventures. In the meantime, The Chocolate Bar Ltd make their return on Thursday 7th October. There will also be some exciting additions made in the future and throughout 2022.





The **High Street Market** has been made as safe as can be whilst Covid-19 continues, with all doors and windows to the venue open during the day, hand sanitiser at the door, along with a request to wear masks indoors if you are able to. Tables and chairs are now out in the food court for refreshments and a catch up with friends in a safe environment. There was a **'painting poppies'** session held at the market to contribute to the display on **The Green in November** and another session will be held on **7th October**, if you'd like to help a local community project. You may also find painting poppies rather relaxing.



Favourite stalls made a return including 'Fishman With A Difference', 'Leaf & Petal', 'Jules 4 U', 'Food By Sophie', 'Lavender & Lime Bakery', 'J.Krafts', 'The Textile Treasury' and introducing 'The City Garden Shop' to name but a few, out of the sixteen stalls that added variety, high quality, individuality, tasty food and welcoming ambience.

Many said it was good to be back at the market and catch up with each other as 17 months had been a long time away. Customers patiently queued outside to await opening with a steady flow continuing to visit the market throughout the day.



Shirehampton Markets are looking for volunteers for both their High Street Markets and Community Fayres. This includes helping with set up and take down of each event, handing out flyers on the day to promote each event, refreshments and cakes. Please email shirehamptonmarkets@outlook.com for further information.

The next High Street Markets will be taking place at the Tithe Barn, High Street, Shirehampton, BS11 0DT from 10am - 3pm on the first Thursday of each month: 7th October, 4th November and 2nd December with more dates following in 2022.

For further information please go to: www.facebook.com/shirehamptonmarkets

Kathryn Courtney

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PBA Community Consultation Have your say

You can find the short survey on our new website at PBAclub.co.uk, the PBA Facebook page or if you prefer, ask at the bar for a hardcopy to fill out.

Thank you!





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Churches in the Shirehampton Area

St Mary's News

Hi Folks!

Here we are into Autumn already and do you realise that at the end of this month we shall once more put the clocks back and we have the dark evenings again. For me it always seems a long flog through until March when they go forward once more and the light nights return!

I am afraid "Shire" was published last month before we had made a decision on the date for our **Harvest Festival**. It did in fact take place on **Sunday 19th September**. We collected dried food, tinned food, other packaged food and toiletries which were all donated to the **North West Food Bank**, for which they were most grateful. Thanks to everyone for their generosity once again, it makes such a difference to those in need.

Our Coffee Mornings, held at 10am until 12noon on Mondays, Wednesdays and Fridays, continue to be very well attended, providing space for friends to catch up on each other's news. Quiet areas are also available for contemplation and prayer, should that be needed. Please come along when you have a moment and tell your friends about it too!

Messy Church takes place on Tuesday 19th October (usually the third Tuesday of the month) in church from 3.30pm until 5.00pm. If you intend going, please let us know by Friday 15th October in order that sufficient food is ordered. Please bring your own drinks bottles for refills of cold drinks. Thank you!

We plan to run more **Kitsugi Hope Wellbeing Sessions** at the **Tithe Barn** from **October**, which explores how to maintain positive mental health and emotional wellbeing in the midst of our busy lives. This is a 12-week programme run with small groups



to provide safe and supportive spaces committed to people's wellbeing and working with an attitude of humility - not to judge, fix or rescue, but to come alongside and love one another. This space allows us to share life experiences, gain strength through friendship and learn how to grow and heal together. Issues covered include disappointment, loss, anxiety, anger, perfectionism, shame and resilience. We will share more details of this group at our **church service on Sunday October 10th**, which is **World Mental Health Day**.

Now, how about something else? Would you describe a frisky horse as "un-stable?!!!

'Bye for now!

C.M.E.

Hello from all of Us at St Bernard's

We are sadly having to say farewell to Father Cosmas, who will be leaving us and going to Our Lady of the Assumption, Deptford, in October. He has been our parish priest since 2010 and Our Lady of the Rosary since 2003. He will be greatly missed by us all, but we wish him well in his new parish. We will be having a farewell party after 11am Mass at Our Lady of the Rosary on 24th October.

Pope Francis prayer intention for September is **"An environmentally sustainable lifestyle".** We could support a climate charity, and make an effort to reduce our carbon footprint. Thousands of Christians around the globe are coming together this month for **Creation Time**, a time of restoration and hope for our Earth. Simple acts to make, like

- slowing our car speed which reduces emissions.
- cut up plastic rings from beer cans or netting from the food we buy, so that wildlife don't become entangled.
- use low phosphate washing up liquid and powder.

■ use ECOSIA as your search engine, they plant trees when you click, and have planted 100 million so far.

Finally please consider signing this Christian aid petition. We can put pressure on our government to support Afghan refugees. www.christianaid.org.uk/get-involved/ campaigns/stand-Afghanistan

Thank you, have a wonderful autumn.



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News from Shirehampton Baptist Church

"All is safely gathered in ere the Winter storms begin" is the last line of verse one of Come ye thankful people come, a hymn which will be sung in many churches at their Harvest Festivals. Now that we can meet in our buildings it will be good to decorate our churches and celebrate all the good things God has given us and enable us to share with those less fortunate.

On September 5th we met once again for our Morning Service and also on Zoom for those unable to join us. It was a very happy time and lovely to be able to sing together. We will continue to meet every Sunday at 10 30 a.m.

Our next service at the **Cotswold Community Hall, Dursley Road** will be on **October 12th at 4.45pm**. We will be continuing our study of the Lord's Prayer with the help of an excellent video and followed by refreshments. All are very welcome. We are a group



of Christians who live on the Cotswold Estate but where ever you live, we would love to see you.

The **Cotswold Bank Holiday Social** went well. We estimated about fifty to sixty were there including eighteen children. The weather was fine and the children enjoyed the crafts indoors and also being introduced to some good old fashioned games in the lovely garden. Needless to say we all enjoyed the Hot Dogs and home-made cakes and drinks.

For the time being our **Church Building** will be open on the **second Thursday of the month** when you are welcome to sit quietly, or to talk to people there who will gladly pray for you.

Gospel Choirs are very popular and there are several in Bristol. The one in Shire meets on **Wednesday evenings** and you do not need to read music, just enjoy singing. They meet in our Church Building and further details are available in a separate article.

September has been the month for schools and other activities starting up again after Lock Down. We all hope to carry on and keep safe and well.



Fun afternoon at the Community Centre organised by Christians in the Cotswold.



I trust you will be able to enjoy Autumn with all it's beauty on our doorstep.

Greetings from all at Shire Baptist Church, Station Road. Contact Number 07743683684

Hello from Shire Methodist

We are delighted to see more progress on our Jobs, Training and Enterprise (JTE) Hub to support people who are out of work in our community and those who would like to develop their skills. We hope that by the time you read this news we will have a new member of staff in post, and soon after be able to have a grand opening of our JTE Hub.

We are continuing to meet in our church building for **Morning Worship at 11am** on two or three Sundays per month. Please contact us to be sure we are meeting, to avoid disappointment. We still have mask wearing, sanitising and social distancing in place.

Many people are still nervous about meeting inside and so we have organised a couple of outside gatherings: one by **Café on the Square in Sea Mills** and the other in the gardens of **Fulligrove House in Shirehampton**. These events have been welcomed as a way to reconnect with one another in a relaxed environment, particularly for those who have been housebound and who do not have internet access.

Our church organ has been having some maintenance during September. We look forward to hearing how it sounds after its makeover. We are also delighted to welcome a new, young organist to accompany our hymn singing and are pleased that **Lyn** is still able to accompany us regularly. We would be delighted to hear from any organists, new or experienced! While having a bit of a recent tidy up, many old hymn books and organ music were found in our church building, including some of the old Sankey hymns, which greatly influenced singing in the Methodist church in the past century: "Singing the gospel (the good news about Jesus Christ)". Perhaps you have memories from days past of listening to or singing along to a church organ. Music is so powerful at evoking memories and emotions.

Many additional support services appear to be lessening as the pandemic restrictions ease. However, all the churches in Shirehampton continue to hold our community in prayer, and will do our best to respond to any concerns and needs. Please don't hesitate to contact us via the details across:



Shire Methodist 0117 924 8407 shiremethodist.org/ www.facebook.com/shiremethodist/

St Mary's Church 0117 9077026 Shire Baptist 07743 683684 St Bernard's Roman Catholic 0117 982 3380

May God's peace be with you all during October. From Everyone at Shire Methodist

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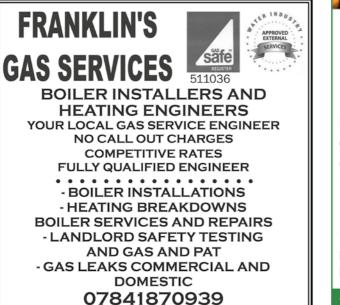
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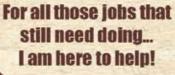
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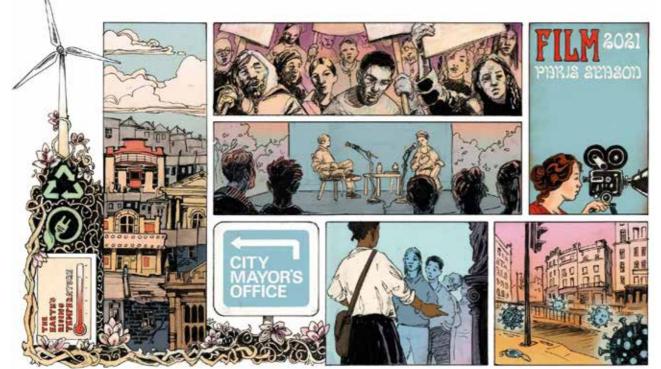
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Bristol ideas





The fourth Festival of the Future City takes place this October.

The festival aims to be the largest public debate about the future of cities. It brings together politicians, writers, artists, scientists, change-makers, academics, journalists, students, the public, economists, futurists, policy makers, roboticists, philosophers, filmmakers, think tanks, charities, social enterprises, city-builders and more.

Themes in 2021 include: social justice; COP26 and inclusive and sustainable cities; urban and planetary health; cities and regions after the pandemic; film and cities; culture and cities; digital futures and cities; mayoral powers and future devolution; democracy and freedom of expression; levelling up; and the future of city and town centres.

Events will be held in-person and online. Most events will be on Wednesday 20 and Thursday 21 October, but activity will also take place around those dates. Booking for some events is open now and booking for free events opens at the beginning of October. Find out more below and visit our website for the full programme www.bristolideas.co.uk/projects/festival-of-thefuture-city/

Look out for future announcements online and follow **@bristolideas** and **#futurecity21** on Twitter to find out more.

SPORT IN SHIREHAMPTON % . 7. 7 Sail ng Club News

As part of Shirehampton Sailing Club's expansion into Gig rowing the club has been able to arrange the loan of a Gig from the Bristol Gig Club (BGC). The sailing club took delivery of the Gig "Brigstowe" at the end of August and she is now sitting safely in the club's boat compound ready to go. Members from both clubs are looking forwards to rowing at Shire in the autumn programme that is being put together.

Club rowing activities in Bristol Docks with BGC continued on Wednesday evenings and Saturday around mid-day continued throughout August and into September. To add a little bit of mystery the Gigs do have lights so that we can row after dark. The programme is due to continue for at least the rest of this year and into next year provided we can keep



the interest up from members in the colder winter months. A crew of six plus a cox is needed for each rowing session. The club is keen to welcome new members to join our rowing section. No previous experience of rowing is needed. Just come along and join in. You can learn from the more experienced rowers in the boat.

If you are not interested in rowing, how about becoming a cox? A series of training sessions to enable a group of Shire members to become Gig coxes started on September 13th. You are welcome to join in with the training if you are interested.

The club's sailing activities continued through the summer with new sailors getting on to the water for their first sail in a dinghy. An autumn programme of sailing dates has now been agreed to take us through to November. People new to sailing are always welcome.



Sailing at Shire. The mystery of Bristol Docks - rowing in the dark.



The Gig Brigstowe arrives at Shire.

Activities at the club in the autumn are as follows:

SAILING				
October -	r - Sat 18th 16:30, Sun 26th 8:50 Sat 2nd 15:00, Sat 16th 15:00, Sun 31st 14:20 r - Sat 13th 12:30			
PADDLIN	G - <i>Possible</i>			
September - 26th 9:20 plus other dates to be agreed.				
ROWING ·	- Possible			
October -	r - 19th 18:00, 26th 9:20 Sat 2nd 15:30. Sun 10th 9:00, Sat 16th 15:30, Sat 30th 13:00, Sun 31st 14:50			

November - Sat 13th 13:00

If you are interested in any club activities please contact us by email at info@shiresc.co.uk, phone Shirehampton Sailing Club on 0117 973 5000, WhatsApp groups ShireSailing2020 or ShireRowing2021

191st St Mary's Scout Group Charity Cricket Match

On Friday 24th September the 191st St Mary's Shirehampton Scout Group will be sponsoring Twyford House Cricket Club's Under 13's team to help raise money for Motor Neurone Disease.

The floodlit games are being played at **Gloucester** follow in a future edition of Shire but, there are Football Association, Oaklands Park Stadium, other games being played that people are welcome Almondsbury. More news on this game will to come and support. Some of these will have

been played in September and the last one is 8th October. Games start at 6.30pm.

For more details on the cricket please contact coach John Harvey 07906 598 773

NEWS FROM SHIRESTRONG KETTLEBELL CLUB

We are a small club of enthusiastic members who get together 3 times a week to work out our endurance and strength using kettlebells. Membership is open to all ages and abilities. Kettlebells are easy to use once you have had some instruction and has enormous benefits.

During August and September members of **ShireStrong** have taken part in various challenges for charity.

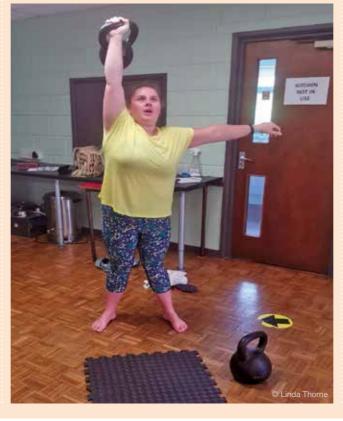
Firstly, on **29th August, Suzie Atkins and I** took on the **Severn Bridge 10k** which involved running both ways over the **1st Severn Crossing.** We finished in a respectable 1 hour 7 minutes.

I will also be running the Bristol 10k on 19th October with Suzie and Charlotte Ackerman to raise funds for St Peters Hospice.



Suzie Atkins and Linda Thorne at the start of the Severn Crossing 10k.

On 4th August Lucy Steeds, Charlotte Ackerman, Rebecca Golder and I took part in and completed the Jurassic Coast Macmillan Mighty Hike. This is a very hilly 26 mile walk from Weymouth to Corfe Castle. Needless to say blisters were a plenty. To date we have raised ± 1255.00 for this amazing charity.





Lucy Steeds, Linda Thorne, Rebecca Golder and Charlotte Ackerman at the end of the MacMillan Mighty Hike.

Training sessions have continued as normal at the **Cotswold Community Centre**. The focus for this month is the 1 arm kettlebell swing and the kettlebell snatch. Results will follow in the next issue.

For	Further	de	tails	con	tact	Li	nda
on	078750542	92	or	via	em	ail	at
t.linda1206@gmail.com							

Linda Thorne





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City and Port of Bristol Bowling Club

When the first ever Junior Bowling Session took place on June 29th nobody knew if bowling for juniors would be successful or not. Would they come back for more next week?

They did come back – more than a dozen children and young people came to try bowling from that first session until the final one on **September 1st**.



The four winners of the first ever Junior Bowling Competition at the City and Port of Bristol Club. Cameron, Sarah, Jonah and Gideon.

On the final evening there was a competition with medals for the winners and chocolate for everyone. **Gideon, Jonah, Sarah and Cameron** won medals. **Shakila** played very well and was fifth and **Malachi** was awarded one point for his part in it - his little pink ball was just about everywhere.

Separate to those sessions the club provided two very successful bowling sessions as part of the **School Holiday Play Scheme** which was organised by the main social and sports club. So successful and enjoyable was it that the play scheme leaders asked if it can be repeated next year.

Ken Davies reached the Bristol Section Final of the Champion of Champions Competition by beating a formidable opponent in Dave Shaw of Canford on July 20th. His reward for this success



Cameron bowling at the Junior Competition on September 1st.



Jonah's turn to bowl at the Junior Competition on September 1st.

was a meeting with Graham Hudd of GB Britton on a neutral green to decide who would go to the county semi final at Cotswold on August 29th. Bristol St. Andrews was chosen as the neutral green and the game was played on Tuesday August 17th. A small band of supporters gathered at the green in time to see the game start just before 6pm and they had reason to hope in the early stages when there was little between the two players with just a shot or two was being scored each end by either player. But it was Graham who found line and weight to forge ahead, scoring fours and eventually winning by 21 shots to Kens 11. Graham went on to win the competition overall with success at Cotswold and in the final at Bishops Cleeve on September 4th.



Ken Davies watches on as Graham Hudd prepares to bowl at the Bristol Section Final of the Champion of Champions Competitions played at Bristol St. Andrews on August 17th.

This year's club league started late but the four teams competing played a complete programme and **Nomads** won both the **League** and the **Knockout Cup** – well done to **Captain Charlie Maby** and his team. Runners up in both were **Hits and Misses captained by Dee Crawley**.



The Nomads team - ahead of their winning cup game against Hits and Misses.



Hits and Misses who were runners up in the cup final on September 6th.

The club was sad to hear of the passing of **Des Stockham** who was a club member in years past and one time **Wednesday Captain**. With his wife **Beryl** he played for many years at City and Port before leaving to play at **Avonmouth**.

The Club AGM will be on Thursday October 21st in the ballroom at the club starting at 7.30pm. There will be a Social Evening on Sunday 31st October and the Social and Presentation Evening - also at the club on Friday 19th November featuring singer Dave Dean.



Action from the re-arranged Jack Ashton Triples on September 5th.

For further information about the club and its activities please call David Hinksman on 0117 908 2713 or 07932 387217.



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Children's Bowls at PBA

I wanted to share the fun that my children had playing bowls at the PBA this summer. We went along for 6 evenings during July and August and received some great tuition from the experienced bowlers at the club, in particular Dave and Gill Hinksman. The children had the chance to learn how to throw the wood in a straight line and get it to curl to the left or right as it neared the target of the Jack. The children thought it was absolutely magic when they got that bit right and in the weeks that followed my son really enjoyed working on mastering this skill. The concentration on the children's faces was really quite something, not to mention their determination to win.



When watching bowling it often looks quite easy, but wow my children now have a real appreciation for the skills that are involved in what looks like quite a simple game.

It was a really welcome activity given that so many clubs available to children involve quite noisy, highly active and boisterous play. It seemed good for the children to be involved in a slightly quieter activity that focusses more on skill, control and a bit of cunning planning. We have all been surprised by the amount of exercise involved in Bowling. The first being the amount of steps required to collect your woods after each game AND the amount of times you have to do this. More so though, the amount of lunges; an average is more than 40 times per match apparently! Hardest of all was getting that lunge low enough so that the wood was rolled rather than thrown. Our legs certainly knew about that the day after!

Thank you to the other families that came along to join in with the variety of games and competitions. **Thank you to the PBA Bowling Club** for opening up this activity for a wider age group, for making this fun and for giving us all a chance to join in. We hope that this is available again next summer and that it remains as a Sport for All.

Sally Norris



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