

# Shire

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

No. 615 - April 2023 [www.shire.org.uk](http://www.shire.org.uk) 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL EXPERTS section on pages 20-21 to find a local business who can help.



## Window Wanderland Lights Up Shirehampton



It would be hard to miss this year but Window Wanderland in Shirehampton has expanded into our High Street with thanks to the Bristol City Council High Streets Culture and Events Grant, that was secured by SCAF. Previous years have seen householders showcase some wonderful Window Wanderland displays that have brightened up many streets in the area, as we come out of dark winter nights. The aim is to bring communities together and go out with family and friends to share the Window Wanderland experience and see local artistic talent in the area. Once again householders did not disappointment.

Photos of the window displays were taken by Bob Pitchford, Kathryn Courtney, Sarah Trigg and some of the residents.

*Continues with more photos on pages 12-13.*

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Upcoming Events  
April 2023

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APRIL

- ARTS AND CRAFTS DAY  
Tuesday 4th April from 10am
- QUIZ NIGHT - FULLY BOOKED!!  
Thursday 6th April at 7.00pm
- GOOD FRIDAY / FISH FRIDAY  
Friday 7th April - Bookings Essential
- EASTER SUNDAY ROAST  
Sunday 9th April from Midday - Bookings Essential
- EASTER MONDAY  
Monday 10th April - Open until 4pm
- TODDLER TUESDAY - FUNCTION ROOM  
Tuesday 11th April - All day
- KOREAN SUPPER CLUB  
Thursday 13th April - From 6.30pm
- TEEN HANGOUT ZONE - FUNCTION ROOM  
Friday 14th April - 3pm to 7pm
- CARIBBEAN SUPPER CLUB  
Thursday 27th April - from 6.30pm

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# Shire

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N.B. To meet the deadline with our typesetters, all written copy should be submitted by email or to the Library by the **10th of the month** before it appears in print, or it may not be included in the next edition. While advertisements in this paper are accepted in good faith, readers are advised to make their own enquiries and assessment. We request that all adverts are supplied in the correct format and size or there may be a charge should you require artwork to be created. Price on application. Unless otherwise stated, all material appearing in SHIRE is the copyright of SHIRE Publications. Please ensure photographs submitted with articles are cleared for use and permission sought especially when featuring individuals including children. The Shire cannot accept responsibility if photos are published in error where permission for use has been not sought. The views and opinions expressed in these articles are those of the individual authors and do not necessarily reflect the official policy or position of Shire. All information correct at time of going to press to the best of Shire's knowledge.

### EDITORIAL POLICY

We welcome contributions for publication in 'SHIRE' but reserve the right to edit any copy received.

Any material published is at the editor's discretion and may also be included on our website [www.shire.org.uk](http://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](mailto:editor@shire.org.uk)

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# PUBLIC INFORMATION FOR APRIL

## STAY WARM AND WELL

In the following ways:

- heat your home efficiently and safely: try to warm the rooms you use the most to 18 degrees and get heating systems and appliances checked
- keep the warmth in by draught proofing around windows and doors and using draught excluders
- look after yourself and check in on friends, family and neighbours
- get extra help when you need it

Head over to the **Bristol City Council website: [www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support](http://www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support)** to get help related to fuel bills, benefits, accessing food, as well as mental health and wellbeing. **You can also call the freephone We Are Bristol helpline on 0800 694 0184 between 8:30am to 5pm, Monday to Friday.**

## SPRING BOOSTER FOR COVID 19

**COVID-19 continues to infect thousands of people every week and those at highest risk of severe illness should top up their immunity ahead of the planned autumn booster programme.**

For this reason, **over-75s and those with weakened immune systems** will be offered a further dose of the vaccine **this spring**.

The vaccine offers the best protection against the virus and helps to reduce the risk of becoming seriously ill or hospitalised. But immunity wanes over time, so it is important to top it up by getting a booster if you are eligible.

The **NHS** will plan to begin offering spring boosters to eligible members of the **public from 17 April 2023** with vaccination in **care homes** beginning slightly earlier on **3 April 2023**. The last date for the public to book spring boosters will be **30 June 2023**.

The NHS will let those eligible know when they can be offered the vaccine. Please wait to be contacted by the NHS if you believe you are eligible.

## BOWEL CANCER EARLY DIAGNOSIS

**Bowel cancer is the fourth most common cancer in the UK. However, the number of people dying has fallen in recent decades, with earlier diagnosis being the key. The latest data shows that almost one third of people who were sent an NHS bowel cancer screening kit in England last year did not go on to complete it.**

The NHS bowel cancer screening kit detects signs of cancer before you notice anything wrong. Detecting bowel cancer at the earliest stage makes you up to nine times more likely to be successfully treated. So if you're aged 60 to 74, live in England, and are registered with a GP practice, you'll be sent a kit in the post automatically, every two years.

The kit is quick to complete and can be done in the privacy of your own bathroom using the step-by-step instructions on the box. You only need to collect one tiny sample of poo using the plastic stick provided, pop it in the sample bottle and post it for free, to be tested. If something is found, you will be invited to have further tests, usually at a hospital.

*So if you're sent the kit help yourself to remember and put it by the loo. Don't put it off.*

For more information, visit the **NHS website: [www.nhs.uk/conditions/bowel-cancer-screening/](http://www.nhs.uk/conditions/bowel-cancer-screening/)**

## BRISTOL PARKS

Bristol City Council is currently looking at where and how it can manage more green space for nature. We are inviting key organisations and groups to engage with us on this work by taking part in a survey. There is also the opportunity to use an interactive map to put a pin on green spaces that you would like to see being managed for nature.



If you would like to take part in this you can access the survey form, map and further information here: [www.ask.bristol.gov.uk/managing-more-green-space-for-nature](http://www.ask.bristol.gov.uk/managing-more-green-space-for-nature)

*Becky Belfin, Bristol City Council Project Manager, Pesticide Reduction and Managing More Green Space for Nature*



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# The *Shire* Community Pages

## Avon Primary School in the 1970s, 80s and 90s

Former pupils, parents, staff and those associated with Avon Primary School in the 1970s, 80s and 90s will be sad to hear of the death of Mrs Joyce Gunstone who taught at the school during this period.

Before joining the staff at Avon Primary Joyce taught at Beachley Walk Nursery School. When asked for a reference Headteacher Christine Yabsley described her as a godsend. Initially at Avon Primary Joyce had responsibility for the Infant Department, later she became the school's Deputy Head. Former staff members describe her as an outstanding and dedicated teacher who was kind and fair. They regarded her not just as a colleague but also a friend. She was always willing to spend time supporting others, especially young and less experienced teachers.

Former pupils recall that, over many years, she guided, educated and supported numerous children giving them the best chance to do well in life. In particular she played a crucial role in the transfer of children from infants to juniors, the big jump from year two to year three.

After her retirement Joyce continued to support the school as a Governor. She was devoted to this role and exceptionally generous with the time and energy she offered. Her professional experience was invaluable and ensured that decisions were taken in the best interests of the school. Her priorities were always the wellbeing of staff, children and the entire school community.



Joyce's final years were spent in a care home in Derby close to her daughter's home. As one former pupil has said '*There was only one Mrs Gunstone, on behalf of all of us over the years, thank you!*'

*John Potter, with contributions from former pupils and staff members.*

## Shirehampton Primary School

Phase two at Shirehampton Primary School have been having a very busy time this term.

Year three are busy rehearsing for their production of **Splash!** An all-singing all dancing story about life on the ocean waves with a band of pirates and a treasure map! The children are learning songs, lines and dances all ready to perform to their families and friends at the end of term. We can't wait to see the final extravaganza!

Year two are busy learning the poem '**The Owl and the Pussy Cat**' in English lessons. They are making up lots of actions to remember the poem. Next we are innovating our own versions of the poems. So far we have '**The Bee and The Unicorn.**' We are also learning about the life and art of the French artist **Henri Matisse**. The children are enjoying learning about how Matisse expressed himself through his art and copying his style to create their own interpretations.

In year one we have loved learning about the story **Handa's surprise**. We retold the story changing some parts and were very excited to make fruit kebabs using the fruit mentioned in the story. In science lessons we have been learning more about mini beasts and enjoyed being scientists in the green space.

## Cotswold Community Centre "Welcome Space"

Following the success of our "Welcome Space" we have decided to continue holding this event after the funding ends at the end of March.

This event is held every Thursday between 10:00 am and 12:00, where coffee, tea and biscuits are available at no cost.

We have crafting sessions, board games and plenty of "chats" and is open to all.

Come and join us – meet old friends and make new ones over a cuppa.



*We look forward to seeing you!*

*Jill Williamson (on behalf of the Cotswold Community Centre Committee)*

**Yoga Classes**

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LETTERS TO  
THE EDITOR

We especially enjoy spreading community news 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](mailto: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.

## WOOLWORTHS - THAT WAS!

Dear Editor,

Regarding Luigis' reference in the 'Shire' about a large store for the village, Woolworths (lately the Gym) has been empty now for a very long time. Perhaps the Factory Shop could be persuaded to come back to Shire. It is very sadly missed by a great majority of us living here. Also there is a large catchment area e.g. Avonmouth, Lawrence Weston, Sea Mills and further afield.

Could someone with a bit of clout (Darren Jones MP?) contact their Head Office and have a talk.

Regards Mrs P.M.Christisen

(Thankyou for your kind donation-Editor)

## SHIREHAMPTON PHOTOS

Dear Editor,

For some time now I have been interested in putting together a book of Shirehampton photos, particularly focusing on the **evolution of the High Street**, from it's earliest days up to and including present day. I think this would be a great way of preserving these images for future generations.

I'm asking for people to dig out their old photos of Shire, taken around the shops on the **High Street, Lower High Street, The Parade, Pembroke Road, Station Road, Nibley Road and Bradley Crescent?** It may also be possible to

include pictures taken in residential areas as these would also be of interest to future generations.

If the photos are already in electronic format, they could be emailed or shared to Google drive. If they are physical photos, they can be taken for scanning, or even scanned on site if people would prefer.

I hope you can help.

**Jon Golder - Contact [j-golder@live.co.uk](mailto:contactj-golder@live.co.uk) or 07838 240932**

*Life Long Shirehampton Resident*

# APOLOGY

We apologise to Kathryn Courtney for not crediting her with the Winter Wanderland article and photos in the March edition.

# APPEAL FOR A DELIVERER

I am appealing for a new deliverer on the Cotswold Estate who could spare about half an hour once a month to deliver 56 Shire papers. The current volunteer has sadly had to retire, and has kindly offered to do next weeks round, but this will be her final time.

The round is as follows: **Kemble Gardens 18 papers, Nibley Rd 156/166 that's 6 papers, and Dursley Rd 111/173 that's 32 papers.**

If you can help us, please call me, **Bobbie, on 07811 385385.**

## Family Announcements

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

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*Linda x x*

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- **Kettlebells are Monday 5.15 - 6.15pm and 6.30 - 7.30pm, Wednesday from 5.15 - 6.15pm and Thursday from 6.30 - 7.30pm at the Cotswold Community Centre. Message for 1:1 technique session.**
- **Bootcamps: Monday and Wednesday 6.15-7.00am. Please message for details.**



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

Email: [t.linda1206@gmail.com](mailto:t.linda1206@gmail.com)

[www.shirestrong.co.uk](http://www.shirestrong.co.uk)



**Cotswold Community Association**  
Dursley Road, Shirehampton,  
Bristol, BS11 9XH  
Registered charity no. 1101427  
Website: [cotswoldcommunity.org](http://cotswoldcommunity.org)  
Email: [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com)  
Phone: 07943-401575

### REGULAR EVENTS

<b>MONDAY</b>	<b>Pilates 9.30-10.30am</b> <b>Kettlebells 5:15-6:15pm</b> & 6:30-7:30pm
<b>TUESDAY</b>	<b>Film Night 7:30pm</b> (1st & 3rd of month)
<b>WEDNESDAY</b>	<b>Keep Fit 10:30-11:30am</b> <b>Kettlebells 5:15-6:15pm</b> <b>Pilates 6:30-7:30pm</b> <b>Zumba 7:45-8:45pm</b>
<b>THURSDAY</b>	<b>Bingo 2pm</b> <b>Kettlebells 5:15-6:15pm</b> & 6:30-7:30pm <b>Table Tennis 8pm</b>
<b>FRIDAY</b>	<b>Trainmaster North Somerset</b> 10-11am (1st of each month) Contact Sophie on <a href="mailto:somersetnorth@trainmaster.co.uk">somersetnorth@trainmaster.co.uk</a>
<b>SATURDAY</b>	<b>Coffee Morning 10:00-11:30am</b> (2nd of month) <b>Bingo 7:30pm</b>
<b>SUNDAY</b>	<b>Soul Space 12:30-3pm</b> (1st & 3rd of month) <b>Cotswold Christian Community Service 4:45-6pm</b> (2nd of month)

For more details and regular updates, join our mail list by emailing [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com)

# Shirehampton Public Hall Newsletter April 2023

The Public Hall is not just one large hall with a stage, we also have three meeting rooms available for hire, plus the library space can be used when the library is not open. Our meeting rooms can be used for a number of things, including hotdesking. The Springfield Room is particularly good for this, and our newly refurbished Wi-Fi system won't let you down! In the May issue of the Shire paper we hope to give detailed analysis of the sizes and availability of our meeting rooms, but in the meantime more information is available on our website at [www.shirepubhall.org.uk](http://www.shirepubhall.org.uk), or contact the office Manager for details on 0117 9829963 or email [bookings@shirepubhall.org.uk](mailto:bookings@shirepubhall.org.uk).

Were you aware that the Hall is a designation Warm Space? Especially on a Thursday morning, please feel free to pop in for a cuppa and a chat with our Shirehampton Art and Social Group. You don't need to be arty, or bring any art if you don't want to – just come along for a friendly social!

The Gardening Volunteers Group which meets in the Hall garden from 10am on the first Saturday of the month will start meeting once again now

that things are growing once more! Everyone is welcome, and bring tools if you can! Contact the Hall for more information if necessary. Contact Gail Amphlett on 0117 9821879 for further details.

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?!

## URGENT APPEAL FOR TRUSTEES! (3 year voluntary role)

(Current Trustees must hand over their tasks in 2025)

The Public Hall is very keen to hear from anyone with drive, determination and a flair for listed buildings to join their team of Trustees.

Even if you are simply good at finance (Treasurer role) or like to organise (Chair role), or you simply enjoy volunteering for an excellent community asset, please do make an enquiry.

For details on how to support the Hall as a volunteer or Trustee, or to book meeting or party/celebration space, or any other questions, please contact the Hall Manager on 0117 9829963 or email [bookings@shirepubhall.org.uk](mailto:bookings@shirepubhall.org.uk).

## SPOTLIGHT ON GROUPS AT THE PUBLIC HALL:

# SHIRE STITCHERS

Recent editions of the Hall newsletter have showcased some of the groups which regularly use the Public Hall as their club/group meeting space. This month it is the turn of the Shire Stitchers! This is what Denise Wright had to say about the group:

“Helen Brandt, a founder member of the Craft Exhibition asked a quilter at the exhibition if there would be any interest in a quilting group and an article was put in the Shire newspaper. Founding members of Shire Stitchers included Janet Thomas, Monica Carp, Janet Andrews and Gail Amphlett. The group first started their meetings in the Bradley Room of the Public Hall and has been running for over 30 years. Since its conception Shire Stitchers has always contributed displays of its work to the Craft Exhibition.

The Group has completed many projects over the past thirty years, including an outdoor exhibition along the local river bank and completing group quilts including wall hangings in the Springfield Room at the Public Hall.

We have a lot of talented ladies in the group doing patchwork, quilting, embroidery, dress making, knitting and lots of other crafts. We have sewing evenings, speakers and a couple of Saturday workshops throughout the year.

To join the group all you need is an interest in sewing and a willingness to learn. Members of the group all have different abilities and are always keen to share their expertise.

**The group meet on the 3rd Wednesday of the month 7.15 - 9.15pm. Guests and new members welcome.”**



## FRIENDS OF SHIRE LIBRARY UPDATE

Shire's Living Room has been continuing throughout the winter on Tuesday afternoons, and providing a warm, Welcome Space, from 3pm till 5pm. It's a lovely atmosphere, open to all ages and a great place to call in for a free cuppa and biscuits. We play board games, and have informal quizzes, and just have a bit of fun and always a friendly chat.

Our IT Literacy Classes still meet every Wednesday evening from 6pm till 7pm. We've helped over a dozen people in the last year, and given them confidence to use their Smartphones, tablets, laptops or PCs and provided lots of useful information and support. We are now able to offer

more opportunities to people so do either drop in during the session or phone 07943 401575 for a chat or leave a message.

The Family History Group also meets on the 2nd Thursday of the month, from 6pm till 8pm. We have 3 experts at hand who can steer you through

the myriad of information available on the internet. Again, we have helped many folks over the last year and now have the capacity to help more.

Finally, we have started off the Vinyl Record Appreciation Club, meeting every month. The first albums we've listened to and discussed, were Astral Weeks by Van Morrison, Bookends by Simon and Garfunkel, and Tapestry by Carole King, all provoking lively conversations. The next session will be on Wednesday 3rd May from 7:30pm till 8:30pm and the album will be Abbey Road by the Beatles. Free refreshments, and all welcome!!

## SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

<b>MONDAY</b>	Twyford Art Club (except July & August) Extraordinary Links Parents Group (every 3rd Monday) Shire Paper Yoga	10am - 12noon 1pm - 3pm 5:30pm 6pm - 7:15pm	Hall Springfield Room Library Hall
<b>TUESDAY</b>	Extraordinary Links Parents Group (every 2nd Tuesday) Music with Mummy (pre book only - term time only) Line Dancing Community Living Room (FOSL) SCAF Bereavement and Loss PSG (FOSL) (1st Tues of month) Puppy Training	10am - 12noon 10am - 12noon 2pm - 3pm 3pm - 5pm 5:30pm - 7pm 6:30pm - 8:30pm	Bradley Room Hall Hall Library Library Hall
<b>WEDNESDAY</b>	Bristol Healing Rooms (every 2nd Wednesday) Pop-Up Play Village Bristol North (every 3rd Wednesday) Over 75s Exercise Class Extraordinary Links I.T. Literacy Sessions (FOSL) Shire Stitchers (every 3rd Wednesday) Women's Fellowship (every 2nd and 4th Wednesday)	11am - 1:30pm 9:30am - 1:30pm 2pm - 3pm 3.30pm - 5:30pm 6pm - 7pm 7:30pm - 9:30pm 7:30pm - 9:30pm	Hall Hall Hall Hall Library Hall Hall
<b>THURSDAY</b>	Shirehampton Community Art and Social Group (formerly Sea Mills Art Club) - <i>Warm Spaces Initiative</i> Tai Chi Family History Group (FOSL) (2nd Thursday of the month) Model Railway Club Grainger Players (not meeting at present)	10am - 12noon  2pm - 3pm 6pm - 8pm 7pm - 10pm	Hall  Hall Library Club Room
<b>FRIDAY</b>	Stay & Play (formerly Playtots - term time only) Shire Stitchers Shire News (last Friday of the month) Create to Elevate Youth Group (2nd and last Fridays)	9:30 - 11am 10pm - 12noon 4pm 7pm - 10pm	Hall Bradley Room Hall Hall
<b>SUNDAY</b>	Church of Grace	11am - 4pm	Hall

The Public Hall is also home to Shirehampton Community Action Forum (SCAF) and Tandem Arts (Portway Room).

# AVONMOUTH LADIES CLUB

We meet on the first and third Tuesday of each month at 7pm in the Avonmouth Community centre (but not in Jan and Feb).

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

*A warm welcome awaits.*

### Diary of events April – May 2023

4th April - British sign language (Louise)

18th April - Bring and Buy (Charity Auction)

2nd May - 'Israel' (Rachel Haig)

For any information – contact Julia on 0117 982 9390

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# How to be the Change

While the government refuses to acknowledge the Climate Emergency and continues to support the fossil fuel industry ordinary people are joining together to address the climate crisis as best they can at local and regional levels. Leonie Hastings writes about attending two city-wide climate events:

“A few of us from **Shirehampton Climate Emergency Group** attended a meeting recently, entitled ‘**Stronger as One**’. It was a gathering of 100 individuals from varying & diverse groups around Bristol, with a common interest of looking after our planet and the creatures that live on it. The outcome of the meeting was clear, that working together, with a shared understanding, we can develop a shared commitment of action and activity. **Bristol Activists** supported by **Bristol Green Capital Partnership** are creating Stronger As One.

With the same subject of **Climate Change** in mind, we listened to a talk by **Dr Gail Bradbrook**. She pointed to the facts of Climate Change, and highlighted the seriousness of the impact of a

rapidly warming planet, with devastating human & ecological costs. She urged us to continue to educate ourselves, communicate with our local communities and also a wider society, and then to lobby those in power to stop investing in fossil fuels.”

Dr. Bradbrook’s talk, “**Heading for Collapse while Being the Change**”, stressed the need for us to work together if we are to mitigate for the collapse of our climate and survive the collapse of our civilization. **COLLABORATION IS ESSENTIAL.**

With the aim of working more collaboratively the **Shirehampton Climate Group** held a supper meeting in **March** with **Sea Mills Climate Action** to learn about their carbon survey and how we

might use it here in Shirehampton. We’ll be using the survey as a talking point at public events in the coming months as we try to encourage everyone to take what action they can to reduce carbon emissions.

Meanwhile some of us joined **Christian Climate Action** outside the **Roman Catholic Cathedral** to demand that **Catholic Dioceses** which have not already done so announce their commitment to divest from fossil fuel producers “progressively and without delay” as **Pope Francis** has urged. We must reduce our dependence on fossil fuels if we are going to reduce climate change.

If you are worried about Climate Change and would like to share your concerns with others you can come to our next meeting on Tuesday April 11th. For more information contact us at: [m.renee.slater@outlook.com](mailto:m.renee.slater@outlook.com)

Renee Slater & Leonie Hastings



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# Nature Notes

Can you guess? Granted it's not what you might call an attractive picture, but this is a miracle of nature that appeared in my daughter's and son-in-law's pond recently!



Yes! Of course it's an amazing collection of **frog spawn**, which I was more than happy to get a shot of for Shire.

My hope is that this will survive long enough to produce the next generation of froglets for us to observe going through their fascinating transformation - from minuscule eggs in their jellylike shield, to tadpoles, to captivating froglets! Can you imagine the picture of this lot departing from the pond in their droves in a few weeks time? Please hope I can be there to see that!!

Moving on, I am so pleased to report that Spring is really starting to change things for the better here on the estate. It has been a pleasure to enjoy just being able to hear nature as well as seeing it in action. Sounds such as the woodpecker across the river. He has been very busy for the last few weeks hammering away on the ancient trees, and also giving out the occasional call, both of which echo across the divide!

There's the Canada geese too, wending their way above the river with their unmistakable honking! So uplifting.

I still see the pair of blackbirds in the lane behind our home. I do hope they manage to rear their young near here.

And of course I've everything crossed that last year's great tits will return to the box in our back garden that was so successful last year.

*More to follow next month folks!*

*Happy nature watching,*

*Bobbie*

# Bee Happy Shire Joins a Hedge Planting Party

**What is a hedge planting party? It may sound odd but three community organisations - Bee Happy Shire, Neighbours For Nature and Shire Greens - joined together on Saturday 11th March to plant a selection of hedges on a piece of land in Penpole Lane that can also be viewed from Lower High Street.**

The small piece of land may not be much to look at with uneven ground, tufts of grass and litter! There are big plans to make this into a thriving green space and a welcoming view for everyone. It will be made into a community garden with a mini-orchard, a spring-flowering bulb bank and a pollinator-friendly shrub border. The idea came from **Sonia Grogneuf** who made a plan and then contacted **SCAF** for help and advice. From here **Ash Bearman, Community Development Officer for SCAF** was able to source information to bring Sonia's idea to life and involve two additional voluntary community organisations to help.

The first part of this project meant clearing away litter, overgrowth and a general tidy up. This was followed by volunteers planting hedge saplings for them to eventually provide shelter, food source and eventually a wildlife corridor including birds.

Future events will see a wild flower and bulb area being planted, shrubs, perennials, and a mini

orchard with dwarf fruit trees will follow. It will continue to be a work in progress for some time but the benefits of this are vast, not only for the wildlife but also the community. In the meantime watch out for more events happening in this area and become a volunteer.

Bee Happy Shire was set up in 2020 before the pandemic struck and came into being with a group of enthusiasts wanting to **make Shirehampton a Pollinator Friendly Village**. They have been involved in planting parties, for Spring flowering bulbs, Bees love weeds and now planting the wildlife hedge.

To find out more visit the Bee Happy Shire Facebook page <https://www.facebook.com/groups/564573427747094/> They can also provide information on how to become a volunteer.

*Kathryn Courtney*



## SHIRE COMMUNITY LITTER PICKS

Meet 10.30am at Shire Public Hall on the 3rd Thursday of every month & tidy for 1 hour

**Next Meeting: Thursday 20th April**

Contact: Ash Bearman at SCAF on 0117 982 9963 or email [ash@shirecaf.org.uk](mailto:ash@shirecaf.org.uk)

# Friends of Lamplighters Marsh Update

Things have been happening apace on the Lamplighters Marsh Nature Reserve in the last few months. The Yellow Brick Road footpath reopened just before Christmas, a huge relief for the many people who access the Reserve from the Avonmouth end, and enables a round walk again, incorporating the Daisy Field too.

The contractors, **BAM**, have been working flat out now to try and complete the **Flood Defence** works by the end of **April**. This will include planting a lot of saplings and also restoring the hard, nutrient poor, surface in the former siding near the railway line. This area has taken a real bashing and we all hope the rare flora will come back again too.

The **Environment Agency** also hope to engage local graffiti artists to work with schools and brighten up the concrete barrier. There has been a significant increase in dog litter in the area since the reopening so we do urge folk to pick it up and bin it.

The **Daisy Field** has had a massive uplift in the last few months. Many of you will have seen the new steps going up the mound, improving access for all. There is also a new pond too, dug out by both **Bristol City Council** and local volunteers. Ponds are seen as being huge wildlife assets with the diversity of species they attract. The recent rain has helped fill it but there may need to be some topping up, plus plants added, then a fence placed around it. There is also a new **Woodland Walk** starting opposite the dog litter bin and finishing at the far end of the Reserve. The path has always been there but it was opened up with several fallen trees and branches removed. Let's hope we can experience the Bluebells and Wild Garlic this year.



Unfortunately, there has been a **spate of fly-tipping** in both areas, which is fast becoming an epidemic, it seems. Also, someone has seen fit to dump a large number of dog poo bags in the bushes at the far end too!!!

Finally, the **Warhorse Statue** is close to installation. We hope to announce the **Grand Opening** date in the next edition but it should be some time in June, fingers crossed. Watch this space!!

## Tynings Field

Snakeshead fritillary, tulip, daffodils and wild primroses next to Hazel, some wild, some added. Thank you all who donated bulbs. We accept donations of flowers and bulbs all year round.

There is still one plot available. Contact by text please on 07885 699701.



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**Workshops & Courses Guide - Green, Blue or Pink? Choose the right workshops for you.**

**Green Workshops(G):** Lighter workshops offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Workshops involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

**Blue Workshops(B):** More detailed workshops that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured workshops aim to provide you with helpful tools and strategies.

**Pink Courses(P):** In-depth and encouraging self-reflection, long-term planning and progression. Our courses provide an opportunity to share experiences and support each other. Courses require commitment to attend all dates and a willingness to complete homework.

**Online Workshops** - delivered via the free video conferencing app Zoom. Tue 11(B) & 18 Apr(G), 10:30am 11:30am. Wed 5 Apr(B), 12 Apr(B) & 26 Apr(G), Friday 14(B) & Apr 21(B) 10:30am 11:30am.

We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using Zoom.

**Wellbeing Cafe** - our online are relaxed afternoons of company and conversation Mon 24 Apr 3pm-4pm. The Wellbeing Cafe Space also takes place every Tuesday between 2pm and 4pm at the Boston Tea Party, 156 Cheltenham Road, Stokes Croft, BS6 5R

**Walks to Wellbeing Course** - 19 Apr 1/5 , Wed 26 Apr 2/5

**Classroom Workshops** - various locations to be confirmed upon booking.

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# Shire Window Wanderland

Photos: Bob Pitchford, Kathryn Courtney, Sarah Trigg and some of the residents.

*Continued from page 1.*

The event took place from **11th - 13th March from 6 - 9pm each evening**. However due to rain during this time the event was **extended until 18th March**. Thank you to everyone who kept their window displays lit up during this time.

With a short time frame for the High Street, lead artists **Annelies Egi, Juliet Le Feuvre** and **Sarah Trigg** liaised with many of the business owners. Other creative artists joined the project to help and you can read more about them and the artwork they provided on the **Facebook page**. The progression of the event was overseen by **John Hastings**, a prominent member of the community, who also volunteers for other community activities.

The added bonus was the **'Gremlin Hunt'** through the High Street. A winner was chosen from many of the entries and an Easter Egg presented as a prize.

Sarah Trigg worked with local children to produce colourful and creative displays so much so that the **Blue Dolphin** and **Ruby Jeans** have requested to keep their window displays. Overall feedback to this event has been extremely positive from local residents and businesses. Meanwhile Sarah said: "This was a brilliant challenge for the artists and brought many locals and visitors to Shire. I think it has raised many smiles on grim rainy days and made everyone feel proud of our community and especially our precious High Street."

John Hastings concluded: "Shirehampton Window Wanderland has been a wonderful opportunity to promote our much loved High Street, and for local artists to work with the shops and businesses to help advertise them and the artists' work. This will hopefully be just the beginning for Community Art in Shirehampton, with potential projects at the Public Hall and Flood Defence barrier to come."

*Kathryn Courtney*





# Churches in the Shirehampton Area

## Shirehampton Baptist Church News

This April we look forward to one of the central Holy Days of Christianity when we celebrate the Resurrection of Jesus Christ three days after His death by Crucifixion on Good Friday.

On Easter Sunday April 9th we will celebrate this Joyful day in our building on Station Road at 10:30am. The Songs of Praise Café will also meet on April 9th at the Cotswold Community Hall, Dursley Road 4:45pm. All are welcome to both events.

Our next Life Café will open on April 27th from 10:30 to 11:30am. Come and taste the fabulous cakes baked by Zhyan.

One advanced notice. On May 7th we will be looking at Climate Change at our morning

service at 10:30am. Guest speaker Sally Hunter is a Lay Reader and a member of the Green Party. Christianity teaches that we humans have a responsibility towards the environment and to do all we can to be environmentally responsible. This should be a very helpful time so make a note of it and join us on May 7th.

April is a beautiful month, Spring in its glory, Easter egg hunts. May we enjoy this time of year and above all know the knowledge of a Christ who is not dead but Risen and relevant today as that first Easter.

*Greetings from all at Shire Baptist Church.*

Contacts 07743 683684 or email rhodespaul.360@gmail.com

## Hats, Gloves and Blankets Donated by Cubs & Scouts

At the end of January the 191st Cubs & Scouts Group donated a selection of hats, gloves and scarves to the local community.

Joanne Pickford, Secretary for the Executive Committee said. "We thought it would be a good idea to contribute to the local community and local Warm Spaces. Vicky Bushell contacted John

Hastings about the idea and sourced most of the items, I then purchased the blankets and we put it together from there". John thanked everyone and collected the donation on behalf of the JTE Hub based in the local Methodist Church in Shirehampton where it has been distributed.



If you'd like to find out more about the Beavers, Cubs and Scouts 191st Group you can find their web site here: <https://191stbristolscouts.org> or send an email to: [gs191stbristolscouts@gmail.com](mailto:gs191stbristolscouts@gmail.com)

*Kathryn Courtney*

**BRISTOL HEALING ROOMS** are in Shirehampton every second Wednesday of the month.

Don't miss this opportunity to drop in between 11am and 1pm at the Shirehampton Public Hall, Station Road, to be prayed for in the name of Jesus. AS IT WAS IN THE GOSPELS! We have many stories of healing on a daily basis.

Jesus heals today as He did during His time on earth.



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# St Mary's News

Hi Folks!

Welcome to these notes for the month of April. The Rev Alison and our Youth Team Worker, Amy Boucher, have been working to find something different which might appeal to our younger generation. A recent Family Service started off with a playlet performed by some of the children from our Sunday morning Rise and Shine group. This certainly attracted parents and possibly some grandparents to this service which was very well attended and fairly informal. Is this something which might appeal to those of you with young families? There is no need to worry if the children cry or make a noise, no one will mind and all are welcome.

The first Sunday in April is Palm Sunday. Our Holy Communion Service starts at 10:30am and Palm Crosses will be given to each member of the congregation.

The next day is the beginning of Holy Week which leads up to Good Friday and Easter Day. On this Monday 3rd and Tuesday 4th April from 10:00am until 1:00pm come and step into our Time Machine in St Mary's and experience the Biblical world of Jesus - journey with him through our interactive and sensory Easter Maze where you can explore this world on a more reflective level. During this time refreshments will be available in church. **PLEASE NOTE THE TITHE BARN WILL BE CLOSED ON THIS MONDAY** so that refreshments can be served at church. On Wednesday 5th April the church will be open from 3:00pm until 6:00pm providing a livelier session to give children and families the chance to explore this world in interactive and sensory ways -

just drop in and discover tunnels, twists & turns and much more, again refreshments will be available.

**Thursday 6th April.** There is **NO 11:00am HOLY COMMUNION SERVICE** as our church members will be attending a special Maundy Thursday service at Bristol Cathedral.

**Friday 7th April is Good Friday.** From 2:00pm until 3:00pm Rev Alison is holding a service - "The Last Hour" where we remember Christ's sacrifice. We expect there to be a Walk of Witness in the village, but at the time of writing, the timings are not known - **Please check the noticeboard for details nearer the time.**

On **Saturday 8th April** there will be **NO COFFEE** served in the church, but at 2:30pm the **Shirehampton Area Choir** will be singing pieces of music of a devotional nature to which all are welcome. There is no charge for this event.



**Sunday 9th is Easter Day.** At 10:00am there will be a joint service of Holy Communion with younger members from our Rise and Shine group. Everyone is welcome!

**On Easter Bank Holiday Monday the church and Tithe Barn will be closed.** Tea and Coffee will be served again between 10:00am and 12noon in St Mary's on Tuesday 11th April.

On **Sunday 16th April** our Rise and Shine group of youngsters will meet as usual at 8:30am for **Church in the Woods** where they will be building **Easter Gardens!** If you are unclear where this is taking place, please get in touch. **Holy Communion** will be in St Mary's as usual at 10:30am.

Details of events surrounding **King Charles' Coronation on 6th - 8th May**, ideas currently being discussed.

Now, tell me - What do you call a rabbit with fleas? Answer: Bugs Bunny!

*Bye for now! C.M.E.*

## Hello from Shire Methodist

[www.shiremethodist.org/](http://www.shiremethodist.org/) • [www.facebook.com/shiremethodist/](https://www.facebook.com/shiremethodist/)

We will hold Morning Worship each Sunday (except the fifth Sunday) in our church building from 11am. The first Sunday is Palm Sunday, which will be led by a guest preacher, the second is Easter Sunday, which will be All-Age Worship, the third is Holy Communion, and the fourth will be a more informal event with coffee and conversation. Please note there is no worship in our building on the fifth Sunday, which gives us an opportunity to worship in a different place.

We recently enjoyed listening to our Minister, Reverend Patrick Stonehewer, talking about his sabbatical when he walked from Cape Wrath in the North West of Scotland to Dover, 1129 miles over three months with a heavy pack! Some of the themes that came across were the beauty of the landscape and the hospitality and generosity of the people that he met along the way. You can find out more at <https://walkingcapewrathtodover.blogspot.com/>

Our Hub has been operational for 18 months now and has helped many local residents. It began as a Jobs, Training and Enterprise (JTE) Hub

due to capital funding being available from the Port Resilience Community Fund (PCRF). This has been a great success, helping a number of people find jobs, receive training to improve their employability skills, and supporting some people to start their own business. We have become increasingly aware that there are many local people looking to us for support outside of the initial JTE Hub remit. So we are in the process of rebranding our Hub to make it much more welcoming and inclusive to everyone, no matter what your circumstances. We would love to welcome you to any of the events hosted by our Hub. You may be interested in the free movie nights

that are held every other Tuesday evening or the weekly board game evenings, also held on Tuesdays. There are many opportunities for volunteering your time and skills at the Hub, to help people in our community. We'd love to hear from you.

Our Welcome Space is still open every Monday and Thursday from 3:0pm until 8pm. Come along to save a bit of money on your heating, use our electricity to charge your phone, have a snack, just relax or join in a craft activity. We also continue to run a Community Fridge every day that the building is open.

If you are unsure where we are located, our building is opposite Boots, Lloyds Bank and the Job Centre on the High Street. The entrance is on Penpole Avenue. There are three doors; the most accessible entrance is the white door a little way up the road. Please don't hesitate to ring the doorbell if the door is shut to keep the building warm!

**May God's peace be with you all during April. Happy Easter!**

*Everyone at Shire Methodist*

# JTE at Shire Methodist Church

The Jobs, Training and Enterprise Hub (JTE) in Shire has been very busy with our warm Welcome Spaces on Mondays and Thursday afternoons - 3.30 to 8pm. In addition Darren our Coordinator can offer advice on the cost-of-living. The Welcome Spaces will now continue till the end of April thanks to some further funding from Bristol Churches City Fund.

The **Community Fridge** is available to deposit unwanted food (in-date) or pick up food on **Mondays to Thursdays** inclusive. This too has been very busy, along with the **Pet Food Bank**. Often people come in for food and find that they can get help with other matters such as a benefits check. Craft Activities and games or just food, a phone charge and company are on offer.

More courses are coming from **Community Learning** soon, the **ESOL Conversation group** also continues.

**Hot desking space** is available two days per week too. If you work from home or are starting a business and you want warmth and company or just free wi-fi, you would be welcome. Talk to **Darren**.

The **Easter Hols** will see more daytime activities for families, including films.

Please look out for posters, banners on the High St/Penpole Ave and Social media for up-to-date information on all our activities. Twitter and Facebook - @shirejtehub and Instagram - Shire JTE

Email: [projectcoordinator@jtehubshire.org](mailto:projectcoordinator@jtehubshire.org) to register interest in any of the above, or for a one-one appointment to discuss your needs.

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# An Update from Darren Jones MP, Bristol North West

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I've had a great response to the launch of my Better Buses or Bust! campaign, with the first 100 journeys logged in only a few days and the number of submissions increasing throughout the first week. Thank you to everyone who is getting behind the campaign! More data means more evidence, and it will strengthen my case if I need to hold the bus companies to account.

Please keep the momentum going and continue to log your journeys at [www.darren-jones.co.uk/bus](http://www.darren-jones.co.uk/bus) throughout April and May so that I can do a month-by-month comparison to see if reliability improves from April – like one bus company has claimed it will – or if the long-running problems persist.

At the time of writing, about a third of journeys logged are for routes 3, 4 and the Portway Park and Ride, so there should be some interesting results for Shire residents to come. Although, I do hope we get a good spread of data to cover all bus routes, operators and wards in the constituency.

Speaking of the Portway Park and Ride, a few constituents have contacted my office with concerns about rumours they've heard that this service will be axed from 2nd April. My team has looked into this matter, and I'm pleased to share the route will continue, but it will now be operated by Stagecoach and renamed/renumbered as

route 9. This will operate as a cross-city route, going from Portway Park and Ride to Brislington Park and Ride via the city centre.

Whilst we have this spark of good news, unfortunately Stagecoach will be putting the brakes on parts of routes 10 and 11, which will now only take Shire residents as far as Southmead Hospital. Several constituents who use the service to travel to UWE, Bristol Parkway train station and Aztec West have contacted my office, bewildered by the changes that will leave them high and dry for getting to work or university.

This isn't right. Whether you cannot drive, or you choose not to, you should be able to trust that the bus services that you rely on will not vanish in a poof. Frankly, we already have enough ghost buses.

Our bus services are run by private companies, but public transport is an essential public service, and so I have requested an urgent meeting with



Stagecoach to speak up for my constituents. I also have a few questions about their new ownership of the Portway Park and Ride route. I'll share details of the outcome of this meeting in my next column.

Last month, I mentioned that I had written to the Council about concerns raised on the planned introduction of parking charges in the car park behind the GP surgery in Shire. Bristol Mayor Marvin Rees has replied to my letter, informing me that the proposed charges will be subject to consultation before becoming Council policy, so you will still have an opportunity to make your views heard. I'll share information on this public consultation when it is announced.

As always, if you need my help or have a question, please get in touch on [darren.jones.mp@parliament.uk](mailto:darren.jones.mp@parliament.uk), call the office on 0117 959 6545 or visit [www.darren-jones.co.uk](http://www.darren-jones.co.uk). For the latest updates, follow me on social media: [fb.com/darrenjonesmp](https://fb.com/darrenjonesmp) @darrenpjones

## CONTACTING YOUR LOCAL COUNCILLOR

Shirehampton is in the Avonmouth and Lawrence Weston Ward

### Your Councillors are:

Donald Alexander – Labour: [cll.donald.alexander@bristol.gov.uk](mailto:cll.donald.alexander@bristol.gov.uk)

John Stephen Geater - Conservative: [Cllr.John.Geater@bristol.gov.uk](mailto:Cllr.John.Geater@bristol.gov.uk)

James Scott - Conservative: [Cllr.James.Scott@bristol.gov.uk](mailto: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](mailto:darren.jones.mp@parliament.uk)

Website: [www.darren-jones.co.uk](http://www.darren-jones.co.uk)

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# Local Dementia Charity Launches Dementia Awareness Villages

Bristol Dementia Action Alliance is launching its own Dementia Aware Villages pilot project in Shirehampton. Lisa Dicker, BDAA's Community Outreach coordinator is working with Community Leads to make Shirehampton the first 'Dementia Aware Village' in Bristol.

BDAA was launched on the 9th July 2013 as a result of holding a public meeting at Westbury Baptist Church asking the question "Is Bristol a Dementia Friendly City"? Agencies across the city were invited to share what they were doing and it was decided that awareness of dementia among the population was a priority. It is at the very start of the project but progressing well. Over the next few months, BDAA will be present in Shirehampton at several events.

This is a unique pilot project and Lisa would very much welcome support to spread the word around not only the residents and businesses of Shire but to make other areas aware of the project so that it can be further rolled out across the communities of Bristol.

With an estimated 900,000 people living with dementia in the UK, with around 5,000 in Bristol – a number predicted to rise substantially over the coming years, BDAA's work is vitally important. It is part of an "Alliance" of similar groups throughout the UK, working towards enabling their communities to become more dementia aware.

BDAA is a small local charity with a huge aim – to make Bristol THE Dementia Friendly City of the UK – something we can't do without, the support of so many others. These dementia aware villages are our way of celebrating all the good work that is happening within the communities of Bristol.



We have established good working relationships with other care agencies, relevant charities and organisations in the city.

We support the MP3 and Wristband initiatives

Chair Tony Hall who set up the charity nearly 10 years ago, said: 'We are delighted to launch this pilot project to recognise the hard work of local communities in becoming dementia aware.'

For further information please contact Lisa on 07467 428179, email: [community@bdaa.org.uk](mailto:community@bdaa.org.uk) or visit <https://bdaa.org.uk>



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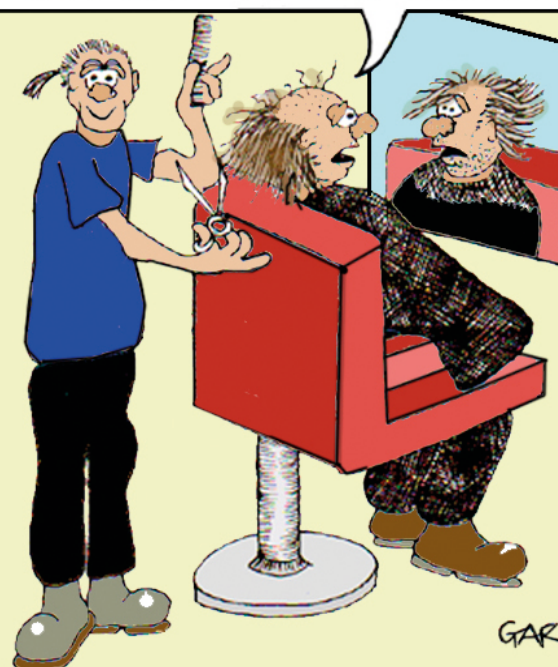
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# Bristol Noise Charity

Bristol Noise is a charity that facilitates community events and projects by equipping volunteers mainly from churches across Bristol to be involved. 'The Noise' event started in 2001 with 30 volunteers working in Lockleaze and around 100 volunteers in Barton Hill.

Since then we have seen 'The Noise' weekend grow hugely into what it is today. In 2019 (pre-pandemic) we had just under 1000 volunteers working all over the city and in 2022 over 700 volunteers. They were involved in garden clear ups for those referred to us, serving in a variety of other ways in their communities and hosting FREE community events for all ages.

From Saturday 29<sup>th</sup> April - Monday 1<sup>st</sup> May 2023, hundreds of volunteers will be completing practical community projects as part of The Noise 2023, to bring transformation to communities around the city.

We would love your suggestions for practical projects we can help you with! Does your community space need some painting or cleaning? Is there an outdoor space in your community that has become overgrown or full of litter? Is there a practical task that you need some people-power to make happen?

We are also keen to hear of any projects where we can provide support to vulnerable adults/families e.g. providing a bit of extra help in their garden/house, where a team of volunteers working for a day or even just an afternoon could really have a significant and long term benefit. Is there someone you're working with that would appreciate some practical help like this?

This year we are primarily working in Horfield, Lockleaze, Sea Mills, Knowle West, Brentry, Frenchay, Avonmouth and Lawrence Weston.

If you would like to know more about what Bristol Noise is about and what we have done, check out our website: [www.thenoise.org.uk](http://www.thenoise.org.uk) or contact us on 0117 9791399.



## Bristol Cycling Survey 2023

Bristol Cycling Campaign are currently running their annual cycling survey. The survey is designed to help them to understand more about factors affecting cycling in Bristol. It covers a range of topics, such as cycling safety, infrastructure, bicycle storage and the clean air zone. They are looking for responses from both cyclists and non-cyclists! The survey should take no longer than 10-15 minutes to complete.

Here's a link to the survey:

[www.bristolcycling.org.uk/survey2023/](http://www.bristolcycling.org.uk/survey2023/) or click the QR Code



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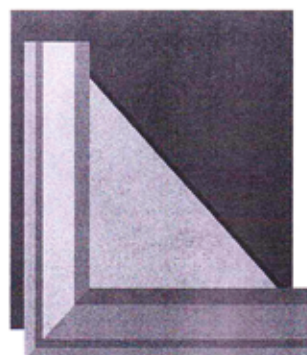


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Jack was succeeded by **Bill Evans** who worked for the council and his term of office lasted for 13 years. The following 2 Presidents, **John Brailey** and **Roy Whitfield** both worked for the port. **David Hinksman** took office in 2013 and did 3 terms of 3 years before standing down to take up other duties at the club. During his time in office David ran 5 **Presidents Days** including the one in 2015 when the club shirt was launched.

There was another year without a President before, just in time for the **Start of Season Meeting on March 14th** someone came forward and, after 7 male Presidents, it was a lady. **Flo Grimes** is set to be the clubs **first Lady President** and will serve for a period of 3 years. The club wishes Flo every success in taking on this prestigious role.



© David Hinksman

The indoor bowling arena at the TLH Torquay.

On **February 12th Gordon Dimond** kindly presented a quiz with a difference. All the answers started with a letter of the alphabet, starting with A and finishing at Z. 26 questions in all and he did 3 sets of 26 questions – 78 altogether. The teams of 4 thought very hard to find answers corresponding with the letter, and there was X and Z to find a word for. At the end **Nomad 2** consisting of **Charlie and Carol Maby and Dave and Sue Chilcott** managed 74 correct answers to win the prizes provided and presented by Gordon Dimond, big thanks to him for putting on such a great and very enjoyable quiz.

The **Winter Bowling Break** early in **March** at the splendid **Toorak Hotel in Torquay** is something to look forward to ahead of the new outdoor season. This year 30 bowlers, family and friends will head down the M5 for the 5 night break which, as well as indoor bowling will include a night of Ten Pin Bowling and a visit to the theatre. A full account of this year's event will appear in the next edition of Shire.

The green will open this year on **Easter Monday April 10th**.



© David Hinksman

Flo Grimes — the clubs First Lady President.



© David Hinksman

The first game of the Winter Bowling Break — Jill Hinksman is on the mat.

The **Winter Series of Sunday evening Social Events** has been enjoyable and successful in not only bringing people together but also providing much needed income for the club during the winter months when there is no outdoor bowling.



© David Hinksman

If bowling isn't going well - let's try something else!!

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

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# Shire Goldies Sing&Smile Group

The Goldies Charity are well known and loved for our fun daytime social Sing&Smile groups across Bristol, including our monthly session at the Tythe Barn on the High Street in Shirehampton which takes place on the first Wednesday of every month from 10.30am. Next sessions on Wednesday 5th April and Wednesday 3rd May, refreshments available from the café.

Why not try your local **Goldies group** and join us for a fun and friendly sing-along. Goldies is not a choir, you don't have to be able to sing, just love socialising and music. Some people like to sing out loud and proud, some just tap along and listen, some just like to chat! Everyone is welcome to join us at Goldies, where we sing the popular hits of the 50s onwards with tracks from our Patron **Sir Cliff Richard, Petula Clark, Elvis** and many more!

Goldies **Sing&Smile** sessions are open to everyone, but particularly aim to combat isolation with older adults. Apart from being fun and uplifting, singing has lots of health benefits. A good sing can stimulate your immune responses, release pain relieving endorphins,

improve sleep and reduce snoring, improve lung capacity and posture & tone facial and stomach muscles. Singing is a great stress reliever too and is well known for improving mental health, supporting those experiencing grief and bereavement, and developing a sense of belonging and connectivity.

There's no need to book, just turn up, there is a suggested donation of £3 to attend our monthly groups, carers are free. If you'd like more information please call the office and speak to our friendly team on 01761 470006 or email [events@golden-oldies.org.uk](mailto:events@golden-oldies.org.uk). We hope to see you there!!



© Goldies Group

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