

Shire

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

No. 628 - May 2024 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL TRADESPEOPLE section on pages 18-19 to find a local business who can help.

Are You
Dementia Aware?
- See Page 14

FUNKY Funky
Pineapples Pork Chop
Drawing Challenge!
- See Page 10

Outstanding Teamwork from 191st St Mary's Shirehampton Scouts

On Saturday 16th March, five Scouts from 191st St Mary's Scout group took part in this year's 'Kohoutek' competition. The day, which was attended by 28 teams of Scouts and Guides from the Cabot district, comprised of 20 themed challenges that aim to improve teamwork and problem-solving skills.

The group of young people from 191st group dominated every activity and won their award, 'The teamwork spoon' for outstanding teamwork. Points were awarded for how well the team worked together during the day. The spoon is a replica of the original trophy first awarded in 1973.

Congratulations to the boys who took part and well done on all your hard work. Thank you to Hawkeye and Jakala.



© 191st St Mary's Shirehampton Scout Group

The Beavers, Cubs and Scouts are continuing to go from strength to strength. Please contact us if you have a child interested joining. If you would like to get involved and become a volunteer, you would be most welcome on GSL191stbristolscouts@gmail.com for more information.

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The advertisement features a green background with a white starburst shape containing the text 'Burger & Fries for £10!'. To the left, there is an illustration of a burger and a basket of fries. To the right, there is a QR code and a 'SCAN ME' button. The Ruby Jeans logo and contact information are at the bottom.

Shire

Official address: The Library, Public Hall, Station Road, Shirehampton, Bristol BS11 9TU.

Please note the Shire contact number is: 0117 938 1709

'SHIRE' Contact Details

Web address: www.shire.org.uk

Submit articles: editor@shire.org.uk

Sport & Activities: sports@shire.org.uk or 07981 927787

Advertising: adverts@shire.org.uk or 07742 804737

Finances: treasurer@shire.org.uk

Distribution: distribution@shire.org.uk or 0117 982 0478

Requests for SHIRE by Post 0117 904 3037

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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.

Articles should not exceed 500 words. Any material published is at the editor's discretion and may also be included on our website www.shire.org.uk unless the copy is clearly marked 'not to be included on the world wide web'.

Contributions submitted to: editor@shire.org.uk

For our current privacy policy visit our website at www.shire.org.uk/privacy_policy

ADVERTISERS!

Contact: adverts@shire.org.uk

Telephone: 07742 804737



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REGULAR EVENTS IN SHIREHAMPTON

Events in our library



Every Tuesday afternoon 3pm – 5pm

Shire's Living Room –

Free soup & bread/tea/coffee/biscuits/board games and a friendly chat.

1st Wednesday of the month 6pm – 7pm

IT Literacy Class –

If you have a Smartphone, iPad, Tablet, or Laptop, but aren't sure how to use it, come along, we're help you!! We're now playing Board Games too!!

1st Wednesday of the month 7:30pm – 9pm

Record Appreciation Club –

Using analogue equipment, we play a classic vinyl album every month and have a discussion afterwards.

2nd Thursday of the month 6pm – 8pm

Family History Group –

We have a team of experts at hand to help you navigate the Ancestry.com website and other online tools and find out more about your family's history.

If you'd like to attend any of the above sessions, either email friendsofshire@gmail.com or phone/text 07943-401575



Cotswold Community Association
Dursley Road, Shirehampton,
Bristol, BS11 9XH
Registered charity no. 1101427
Website: cotswoldcommunity.org
Email: cotswoldca@gmail.com
Phone: 07943-401575

REGULAR EVENTS

MONDAY	Pilates 9.30-10.30am Kettlebells 5:15-6:15pm 6:30-7:30pm
TUESDAY	Film Night 7:30pm (1st & 3rd of month)
WEDNESDAY	Keep Fit 10:30-11:30am Kettlebells 5:15-6:15pm Pilates 6:30-7:30pm
THURSDAY	Bingo 2pm Kettlebells 5:15-6:15pm 6:30-7:30pm Table Tennis 8pm
SATURDAY	Coffee Morning 10am-11:30am (2nd of month) Bingo 7:30pm
SUNDAY	Soul Space 5pm-7pm (1st & 3rd of month) Cotswold Christian Community Service 4:45-6pm (2nd of month)

Come along and join in the fun

For more details and regular updates, join our mail list by emailing cotswoldca@gmail.com

SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club (except August) Yoga	10am - 12noon 6pm - 7:30pm	Hall Hall
TUESDAY	Music with Mummy (term time only - pre-book) Extraordinary Links Parents Group (every 3rd Tuesday) Line Dancing Puppy Training	10am - 12noon 10am - 12noon 2pm - 3pm 6:30pm - 8:30pm	Bradley Room Hall Hall Hall
WEDNESDAY	Bristol Healing Rooms (every 2nd Wednesday) Pop-Up Play Village Bristol North (every 3rd Wednesday - pre-book) Over 75s Exercise Class Extraordinary Links Shire Stitchers (every 3rd Wednesday) Women's Fellowship (every 2nd and 4th Wednesday)	11am - 1:30pm 9:30am - 10:30pm 2pm - 3pm 3.30pm - 5:30pm 7:30pm - 9:30pm 7:30pm - 9:30pm	Hall Hall Hall Hall Hall Hall
THURSDAY	Shirehampton Community Art and Social Group (formerly Sea Mills Art Club) Tai Chi Model Railway Club	10am - 12noon 2pm - 3:30pm 7pm - 10pm	Hall Hall Club Room
FRIDAY	Shire Stitchers (1st Friday of the month) Music with Mummy (term time only - pre-book) Shire News (last Friday of the month) Create to Elevate Youth Group	10am - 12noon 10am - 12noon 2:30 - 4:30pm 7pm - 10pm	Bradley Room Hall Hall Penpole
SUNDAY	Church of Grace	11am - 5pm	Hall

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

SHIREHAMPTON COMMUNITY ACTION FORUM (SCAF) SHIRE COMMUNITY LITTER PICKS 2024

Meet at 10.30am at Shire Public Hall, Station Road, BS11 9TU

Pick up equipment & we'll go to different areas of Shire and tidy up for 1-1.5 hours

Thursday 16 May

Thursday 20 June

Thursday 18 July

Saturday 17 August

Thursday 26 September

Thursday 17 October

Thursday 21 November

Thursday 19 December

Please come along and help us clean up Shire! All litter picking kit will be provided





**Contact: Ash Bearman at SCAF on 0117 982 9963
or email ash@shirecaf.org.uk**

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The *Shire* Community Pages

Phillip Sims 1947-2024

Many in the community will have been saddened to hear of the recent passing of Philip Sims. Known to many as the Conductor of the Band at Shirehampton's Carols on the Green, he was also a cornerstone of the musical lives of many in the area.

Having started playing tuba in the brass bands of **East Bristol**, Phil's early career saw him join the band of the **RAF** and was for several years stationed at **RAF Locking**. During the 1970s Phil retrained and became a brass instrumental teacher for the local education service, travelling around schools in Bristol and Avon.

From then until his retirement, Phil was the brass instrumental teacher at **Portway School**, working within the music department with **John and Nicky Berry**. At this time he set up what was originally the **Shirehampton Wind Band** (now the **West Bristol Concert Band**) which originally rehearsed at the Public Hall in Station Road, then at Portway School and now based at Patchway. Under his guidance the band performed numerous concerts in the wider Bristol area and also achieved several awards at the **National Concert Band Festival**.

Over the years people will have known Phil either as a music teacher, conductor, fellow musician, colleague or friend. Indeed he is a key part of the musical fabric of not only Shirehampton, but far and wide, as many of his students have gone on to

become musical educators, professional musicians or keen amateur players around the country further influencing those around them.

He has been highly influential in shaping the lives of many people who have been taught or conducted by him. The musical path, which many are still on, has guided them to able to take these musical and life skills and apply them to other careers and their wider lives. This has been very much in evidence of the kind comments and happy memories people have shared recently on social media.

Many have seen Phil as a quiet man, but those who were lucky enough to get to know him better will reflect on a man who gave his knowledge and time freely and generously.

He will be greatly missed by many in this community, and further afield, but we are grateful that our paths were able to cross.

At this sad time our thoughts and condolences are with his family he has left behind.

Rest in peace Phil Sims.

Simon Derrick



The committee of the Shire paper were greatly saddened to hear that Phil Sims died recently. For many years we have been delighted to have the West Bristol Concert Band conducted by Phil, accompanying Carols on the Green on Christmas Eve. They have never let us down, whatever the weather, and Phil's mischievous sense of humour when conducting, added an extra dimension to the event. His presence will be sadly missed. Our condolences and thoughts are with Phil's family and the members of the band.

The Editor, Shire

House of Dobey

Domestic & Commercial Laundry Services

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<p>WASH & DRY</p> <p>Shirts £3.00</p> <p>Trousers £3.00</p> <p>T-Shirts £2.50</p> <p>Bedding from £3.00</p> <p>Curtains from £20</p> <p>WASH & DRY</p> <p>Overalls & Work Wear from £2.00</p> <p>Hi-Vis Coat £7.00</p> <p>Sports Kits from £15.00</p> <p>Throws from £15.00</p> <p>Blankets from £10.00</p> <p>Duvets from £14.50</p> <p>Pillows from £6.60</p>	<p>IRON ONLY</p> <p>Shirts £2.00</p> <p>Trousers £2.00</p> <p>T-Shirts £1.80</p> <p>Bedding from £2.00</p> <p>Pillow Cases from £0.90 each</p> <p>SERVICES WASHES</p> <p>From £16.00 (wash, dry and fold)</p> <p>DRY ONLY</p> <p>From £4.00</p>	<p style="font-size: x-small;">Find us on Facebook</p>
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Saturday 11th May
10am - 12noon Public Hall

Come to a FREE fashion morning at the Public Hall.

Explore ways to REPAIR, RENEW, UPCYCLE, MAINTAIN and SWAP your favourite clothes.

Create affordable sustainable fashion for yourself.

Advice on clothes from expert clothes repairers, block printing, a tie-dye table, swap shop.

Advice on heat and energy and insulation from Bristol Energy Network.

FREE coffee and cake.

Join a general discussion on how we feel about climate change and what we can do in our own lives to reduce our impact.

HAVE YOUR SAY!

FREE and ALL WELCOME



We especially enjoy spreading community news and we love to hear from all our readers.

Please, send in your letters and stories to editor@shire.org.uk or deliver to The Library at The Public Hall.

If requested, we will not print the name of a letter written to the Editor, but we cannot accept an anonymous letter.

Many thanks.

SHIRE JTE HUB

I recently had a call from a lady who wanted to express her immense gratitude to **Darren and Kirsty at the hub** who helped her through some very difficult times recently. For many reasons, she wishes to remain anonymous and wanting to express a public *“Thanks”*, turned to her local paper to ask us to express those heartfelt thanks on her behalf. There are many great things going on in our community and it gives a huge boost to the morale of those people who make them happen when someone goes out of their way to say *“Thank you.”* We should do it more often.

Paul McMillan, Shire News

Personal Announcements

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

To book contact: adverts@shire.org.uk Prices Start from £7.50

Brenda Mary Cook



Brenda Cook passed away on the **23rd of March** having lived at **Penhill residential home** for over 20 years. Very well looked after by the lovely caring staff. She was very artistic and had a very happy nature.

Sadly missed by all her family.

Allan and Tinker Nelson-Case RIP October 2023



Allan passed away on **8th October**, followed by our beloved **Tinker** on the **23rd**. I know many of you miss seeing them out on walkies together, and will be missing Allan around & about in the village too. I take huge comfort knowing that they are together.

Thank you for all the support & love during this very difficult time.

Fay

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Izabela Rogalska
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10 Clayton Street
BS11 9AH • Bristol

Shire Newspaper AGM

Shire Newspaper will hold its Annual General Meeting Friday 7th June 2024 at 5:30pm at the Cotswold Community Centre, Dursley Road, Shirehampton, BS11 9XH

The meeting is open to the public and we would urge anyone who might be interested in joining the editorial team or contributing to any part of the production process to come along and find out more.

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

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

- Improve health and fitness level
- Improve muscle tone and bone density
- Improve mobility and coordination

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

Individual programme to suit you, your goals and your level of fitness. Hope to see you soon!

Linda x x

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

- **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.

 SHIRE STRONG

SHIRESTRONG
WITH LINDA

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



Shire Bereavement & Loss Peer Support Group

Our Group is based on the STAR (Share, Talk And Remember) model. We meet in Shire Library on the 1st Tuesday of every month 5.30-7pm – no need to let us know you’re coming, just turn up – we are here for you.

For more information please contact Ash Bearman, Shirehampton Community Action Forum (SCAF) on 0117 982 9963 or email: ash@shirecaf.org.uk

Presentation from Avonmouth Ladies Club to Avonmouth Sea Cadets

Avonmouth Ladies Club were pleased and proud to present a cheque to C.O. Alison Fowler for Avonmouth Sea Cadets.

Monies were raised from various events during the past two years, for a local charity chosen by our members.

Alison was able to update us on the recent challenges that Officers and Cadets have experienced at the Sea Cadet Unit. Also of the activities where adventure, friendship and life long memories are all part of the Sea Cadet experience.

We wish them well for the years ahead.

Avonmouth Ladies Club

We meet on the first and third Tuesday of each month at the new time of 2.30 – 4.30pm (but not in Jan and Feb) at Avonmouth Community Centre.

Diary of Events 2024

- Tue 7th May - Dementia (Lisa)
- Tue 21st May - Oral Hygiene (Nikki and Julie)
- Tue 4th June - Food Bank (Emma Murray)
- Tue 18th June - Bingo (Carol Turner)
- Tue 2nd July - Summer Outing – TBA
- Tue 16th July - To be arranged
- Tue 6th August - Cream Tea

A warm welcome awaits. For any information contact Julia on 0117 9829390.



© Avonmouth Community Centre Association

50 Years and Still Counting

On 18th May 1974 Colin and I “tied the knot” at St. Peters Church, Lawrence Weston and so to celebrate our 50-year anniversary we decided to do something special rather than just have a party or a nice meal.

We had travelled to **Australia** many times, not only to visit friends and family but to explore the country. We had visited the east coast on several



© Jill Williamson

occasions so decided to fly into **Perth** and explore **Western Australia**. What a contrast! We picked up a car and map after spending 3 days in the capital and travelled from town to town, going south east towards the border with **Eastern Australia**, travelled through the middle visiting **Kalgoorlie** where we visited the biggest gold mine in Oz and then headed towards the **Indian Ocean** again and north.

Some towns weren't as big as the Cotswold Estate and had a police station, one pub and a motel. We would travel for 2/3 hours along the highway and not see another car. The distances between towns were amazing! I won't bore you with all the details but in all we spent 8 weeks travelling and saw some fabulous places and met some great people. I'll miss



© Jill Williamson

walking down the high street alongside an Emu! I would recommend anyone who wants an adventure to try it!

I would like to thank Colin for 50 great years together.

Happy Anniversary xx

Jill Williamson

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Oasis Academy Brightstowe

My name is Melanie Powell, and I am the Careers and Employability lead at Oasis Academy Brightstowe. I have worked with children from the local community for 23 years, including 5 years when the school was known as Portway. I have always lived in the local community and strive to offer young people living here amazing opportunities.

Our Year 10 students (aged 14-15) have their work experience week from 8th-12th July this year. Many are struggling to find opportunities in the local area, and I lost many local contacts during the covid pandemic.

If you are a local business and can offer a placement or placements to students from Brightstowe, please can you contact me via email – melanie.powell@oasisbrightstowe.org. Businesses must have public liability insurance and placements cannot be with a sole trader.

Thank you in advance for your support of local young people.



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The Lifeboat Upcoming Events

Tea and coffee available daily.
Freshly made rolls available
Monday to Saturday from 12pm.

May

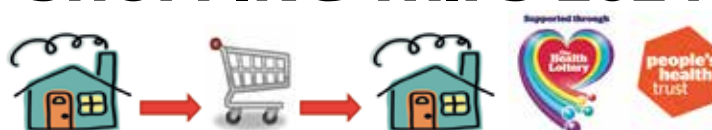
Thurs 2nd 8pm - Karaoke
Fri 3rd 8pm - Michael Hennessey
Sun 5th 6pm - Tony Rook
Weds 8th 8pm - Live Karaoke
Sat 11th 8pm - Mike Bess
Weds 15th 8pm - Open Mic
Sun 19th 6pm - Tom Stenniford
Tues 21st 7.30pm - Quiz Night
Fri 24th 8pm - Ryan Haines
Tues 28th 7.30pm - Bingo

Deals & Offers

Sundays & Mondays Bath Gem £2 per pint
Monday - Saturday Fresh crusty cob and
a tea or coffee £3.50

For more information follow us on Facebook
www.facebook.com/LifeboatPub

SHIRE DOOR TO DOOR SHOPPING TRIPS 2024



PICK UP FROM 9AM UNLESS STATED

WEDNESDAY 17 APRIL: PORTISHEAD

WEDNESDAY 24 APRIL: IMPERIAL RETAIL PARK

WEDNESDAY 1 MAY:

SPECIAL TO BURNHAM-ON-SEA

WEDNESDAY 8 MAY: NAILSEA

WEDNESDAY 15 MAY: CLEVEDON

WEDNESDAY 22 MAY:

SPECIAL TO WESTON-SUPER-MARE

WEDNESDAY 29 MAY: YATE



These trips are organized by SCAF especially for Shire residents Aged 60 +

Lawrence Weston Community Transport (LWCT) are providing this door to door service in 2 fully accessible minibuses
COST = FREE!

Booking on a first come first served basis. Please book your own trips, you can book to go on all of them, but no block bookings will be accepted.

**TO BOOK CONTACT LWCT ON
0117 329 4647
office open from 8.30am**

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An Update from Darren Jones MP, Bristol North West

www.darren-jones.co.uk | [fb.com/darrenjonesmp](https://www.facebook.com/darrenjonesmp) | [@darrenpjones](https://twitter.com/darrenpjones)

In my last column, I discussed changes to bus service 3. I've since seen the detailed route maps, which show that, whilst the new 41 service connects Shire to Avonmouth to counter most of the negative impacts for our village, we have lost a direct route to Kings Weston Lane for workers in Avonmouth. I have also now received a response to the letter that I sent to Doug Claringbold, the Managing Director of First Bus in the West of England. Sadly, it doesn't offer much hope. In his response, Doug claimed that the Avonmouth section of the route "was poorly used." He goes on to say that they "empathise at an individual level with those who have lost a direct service" but that "it is critical that we evolve our network to provide services that are attractive to many users and to encourage more journeys to be undertaken on public transport."

This isn't the first time we've seen changes to bus services that people rely on with very little notice. It wasn't so long ago that Shire lost the **10 and 11 services to Bristol Parkway, the university and Aztec West**. That's why I made a request in my letter that all future changes to services are announced six months in advance and be subject to a public consultation.

In response, Doug said they "seek to consult with local communities, but it would not be practical to consult with every community along that time-frame for each change of timetable". (You can read the letter in full on my Facebook page – it's pinned to my featured content to make it easy to find.)

All is not lost. Having read media reports of a London-based bus company called **Transpora** reintroducing

a few bus routes in Bristol in recent months, I decided to reach out to its Managing Director. This time, the response was much more positive.

"Generally, as a business we are small and agile, and have fewer overheads than a PLC like First Bus," the email read. "This means that we can sometimes do things that First cannot. For example, we stepped in to provide the route through **St Pauls and St Werburghs** where First pulled out. We are now also restoring **route 90 through Knowle** from April. We would be happy to talk about Avonmouth."

There's no commitment at this stage, but I will present a strong case for the need for a regular bus service to cover the **old number 3 route** when I meet with Transpora in mid-April. I don't want to get ahead of myself but, if discussions go well,



© Darren Jones/Houses of Parliament

this could open the door to future talks about reinstating the 10 and 11 routes, too.

In other good news, I'm pleased to announce that I'm restarting my **Café Politics** events, where you can have an informal chat with me about politics over a cup of coffee. The first event will be held in Shire on **Saturday, 18th May from 10:30am-12:00pm**. Please visit darren-jones.co.uk/events for details of how to register or call my office if you don't have internet access.

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

LEGO at the Library



The LEGO group recently donated over 50,000 LEGO bricks for Bristol Libraries' popular and growing network of LEGO clubs. And now Shirehampton Library is one of the libraries benefiting from this generous donation.

The first session was held on **Saturday 30th March** 10.30am-11.30am and further sessions will be held on the following dates **Saturday 19th May, Saturday 22nd June and Saturday 27th July** from 10:30am – 11:30am. Sessions are run by volunteers, so if you would like to be involved in volunteering at a **Library LEGO session** or running another session on a weekend date to suit you, please contact staff at **Shirehampton library**.

At LEGO library sessions, children can build what they like or follow ideas, developing their science,

technology, engineering and maths (STEM) skills through play. **All sessions are FREE**. Children must be accompanied by an adult. Please call the library and check that your session is on before your visit.

A LEGO library session is also being held at **Sea Mills library** on the **second and fourth Saturdays of the month**, 10.30am to 11.30am, in term time. No need to book.

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Our High Street

The past year or so there has been a lot of talk across social media regarding the state of our High Street, on Facebook and NextDoor in particular.

I do despair with our High Street and it will be the building owners/landlords who will destroy our High Street. There are also rent increases on the horizon when leases run out and its time to renew. The Councillors have no say with the type of businesses that open on our High Street unless there is a change of use in which case the planning group can say yes or no. Bristol City Council have no say either as many of the shop buildings are owned privately.



We have reached a stage where our High Street can only handle one type of each shop such as Wood Family Butchers, Redland Bakery, Staddon Pet Supplies. We have two discount stores being A N Discount Store and Super Saver Store, but at either end of the village and they differ greatly offering a wide selection goods. The latter do greetings cards for all occasions plus celebration balloons and party accessories and the Post Office also sell greetings cards too. Suggesting another greetings card shop would push things over the edge with sales split again and could cause a business or all to close. Two pharmacies work well and very much needed to cater for large numbers of the local population in dispensing medications.

Having four Barbers on our High Street has proved not to be cost effective hence the reason Luigi's Barbers is closing but renting out to a similar business.

The number of hairdressers on the High Street has reduced, we have a nail bar that is thriving and a beauty shop too. However the opening of 'another vape shop' and the latest news of another Nail Bar opening on our High Street has flung open the flood gates with heavy discussion that our High Street is

not providing what the community actually needs. Of course, like many I support small local business but not at the cost of long standing independent local business already providing the same service that is ingrained within our community, that could risk their closure.

We have Ruby Jeans The Parade Restaurant, Rose Cafe and AJ's Bistro all catering for a variety of clientele, providing a good choice for our High Street, but another similar business would tip the balance and again could spell the end for any of them. The number of Take-Aways hasn't increased but we have a good choice of traditional fish and chips to kebabs, Indian and Chinese food.

Shirehampton does not have the space for a supermarket, although the Co-op is a convenience store and not a supermarket we do have Heron Foods as well. We have two charity shops that have their own challenges with the cost of living crisis. We have the fondly known 'Polish Shop' with an Aladdin's choice of goods, Shirehampton Vets, Post Office, (thank goodness!) two pubs, two Estate Agents, Opticians, two Funeral businesses, a bed shop, a petrol station, a car wash, a carpet shop and the original mini mart of long standing years, Bargain Beers.

The important thing is we need to support these businesses or risk losing them but Shirehampton isn't the only High Street finding 'same shops' opening. Nailsea is full of coffee shops, whilst Yate is full of charity shops, even Thornbury has its challenges where the main High Street is meant to be traffic free with buses only and family and friends in these areas are fed up too.

The rents for shops however are high and the old Clic Shop for example would have business rates payable, you may refit the shop out, then you have utility bills, insurance, stock costs, staff wages, your own wage and with shoplifting rife in the village can a new small business sustain such costs? I don't mean to have a downer on this but opening up your own business on any High Street needs a lot of thought and number crunching especially in the current economy crisis. Even I have approached a



couple Landlords in the past for 'peppercorn rents' for a Community Shop to showcase the talented arts, crafts, and gift items produced by locals. This would also include a repair shop/men's shed at the back of the buildings but fallen on deaf ears.

Many Landlords are shareholder businesses who need to make money for their shareholders. It all boils down to making money, increasing profits. And to knock one myth on the head the Co-op do NOT own additional buildings on the High Street, they do own a couple plots of land that shops stand on but they have no sway in business choices.

The many suggestions of a gift/homeware shop, clothes shop, footwear shop and a fruit and veg shop would be great additions, but all long gone for various reasons and the focus of the High Streets has changed in recent years. If only we had a magic wand and the days of Woolworths & The Original Factory Shop were still with us. In the meantime we have a monthly community High Street Market that provides goods not on our High Street with the Fishmonger always a favourite.

Please note that these observations/thoughts are my own and not the Shire Newspaper and may answer some questions as to why our High Street lacks the variety we need.

Kathryn Courtney

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Shire Inspire

During March and April, Simon Gamble was showing a selection of his work in our post office window. They depicted views of places that have become significant to him over time. In amongst them there was a painting of a local place; certainly, a very familiar one to those of us who regularly use the trains. The glow of an early morning light brings to life an otherwise dull industrial fence and site behind it.

Art can make us see familiar places in a new light and encourage us to be open to seeing the unexpected. Simon used to work in cancer research and draws parallels: 'There are far more similarities between art and science than people imagine. There is technical ability, knowledge of the field, recording and interpreting and of course experimentation. My sketchbooks are now just like my old lab books, my imagination and desire to explore possibilities is just as relevant now as it was when I worked in a lab. Just as

science pushes back the boundaries of understanding, so too can art. That is what I want to bring to my work.'

Will Lane, a Bristol based street artist and illustrator will be our next exhibiting artist. 'I work across a range of mediums and styles from traditional illustration work to large scale public murals, I also have a fondness for recycling salvaged frames and canvases. My work often blends the natural world with contemporary pop culture into vibrant, surreal, and off kilter images.'



© Simon Gamble

If you are interested in taking up a two-month slot to showcase your work in the post office window, please email shireinspire@gmail.com in the first instance.

FUNKY Funky Pineapples Pork Chop Drawing Challenge!

This month's episode is a set of step by step instructions from Loops on how to draw Pork Chop, aka Karate Pig. If you would like to have a go at drawing Pork Chop, you can email your entries to adverts@shire.org.uk or drop off paper copies in the Shire folder in Shirehampton Library. Entries must be received by May 10th and Loops will choose the best ones to publish in the June edition of Shire.

How to Draw PORK CHOP™

- First, draw a circle (this doesn't have to be 'perfect')
- Next, add two lines in the circle so they cross. It should look like an addition sign.
- Add two dots on each side of the head for eyes.

- Now, in the middle of the face add a sideways oval with two dots inside. This is the snout.
- Then, you can add a mouth. You can choose any emotion but I've gone for happy.
- Now, we can draw two curvy triangles for ears. Pork Chop's ears move when he feels different.
- Rub out the cross in the circle and add a tear drop like shape for the body.
- Let's draw the legs and arms. I drew him in a superhero position.
- Finally, we add his cape. We make this with three connected wiggly lines. You can also add initials (this is optional.) Don't forget the tail and belly button.

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The Strange

An original story by Gil Osman

Chapter 17

When the herbalist parents of The Strange were banished from the village to live with their grotesquely-deformed twin babies at the village's edge to save them from being killed by the hunters, they (the parents) died not long afterwards from an infectious plague, leaving the babies parentless. They were brought up by Friend.

Friend was the name assumed by the young 13-year-old boy who had joined the village farming-collective to escape vicious teasing and bullying by a group of children, when he suddenly, for no apparent reason, stopped growing. He remained stunted throughout his life, being mercilessly abused for being different and called Little Man in a derisory manner. The gang of children was led by the biggest boy - a bully and Little Man's worst enemy. The herbalist and farmer adopted the boy and protected him from further teasing. Having no children of his own at that time, Little Man became the son he had always wanted. Then, when the herbalist was banished, he secretly took Little Man with him to the village outskirts where he remained a member of the family. Little Man had witnessed the birth of the disfigured boy and girl twins (The Strange) and, later, the birth of the girl and boy twins of The Strange themselves. The husband-and-wife herbalists had no wish for anyone to know that Little Man was living secretly with them at the edge of the forest; neither did Little Man himself.

A year after the herbalist parents died from the plague infecting the whole village, Little Man (still merely a 13-year-old teenager) was the only one left to become parent to the baby twins (The Strange). The villagers had no knowledge of the deaths of

the herbalist couple and assumed that they were still alive. As The Strange twins grew Little Man taught them to call him Friend - so that if the villagers heard this from behind the large bushes, which now grew around the house and screened them from view, they would think it to be the name of an imaginary play-companion.

So now we have in this narrative the new Strange Family, consisting of The Strange themselves, Friend (their teenaged adopted father/mother) and Girl and Boy, twin children of The Strange.

After the parents of The Strange twins died Friend brought them up as if they were his own. He was only too pleased to be of service to the dead parents for adopting him and giving him a family who truly loved him, unlike his natural parents. He, in turn, loved them back with all his heart and would do anything to preserve his new family, so that, when the herbalists died of the plague he cherished the disfigured and disabled twins and took the greatest pleasure in bringing them up. Indeed, had he not done so they would have perished.

So The Strange grew into adulthood, prematurely ageing in the process, so that, eventually, they could do little for themselves and much had to be done by Friend, 13 years their senior. The Strange rarely ventured from the house, while Friend searched the

(Previously: The Chief and his wife were very happily married and expecting their first child when tragedy struck: there were difficulties with the pregnancy and the child, a little girl, was born prematurely and still-born. The parents were utterly devastated and inconsolable, consumed by their grief. The Chief and his wife decided to build a barrow - normally a tomb for a chief, but in this instance a family tomb, the little daughter being its first occupant. The Chief built the tomb himself, refusing all help, on a small rocky hill near the village, dragging soil on a sled from the woods below and making a long barrow)

woods for herbs to supplement the herb-garden planted by the house, and for food. He also taught them all the herbal knowledge which had been passed on to him by the herbalist couple.

Friend fashioned wooden sticks from willow branches to help The Strange husband and wife move around the house, for they were, by now, severely crippled. However, this did not stop them from falling down several times a day. Sometimes, they had to wait for Friend to return to help them get upright. Eventually, Father Strange became bed-ridden, with his wife tending him for most of the day and doing most of the cooking.

When The Strange gave birth to their own twins, Boy and Girl, Friend was overjoyed at this extension to his family and doted on the pair, as he had doted on The Strange when they were born. When Girl and Boy were old enough, they delighted in repairing the dilapidated straw roof of the family home, which Friend was unable to do any more, although he helped with the wall panels. They also gained the knowledge to build their own simple house in the secret glade later when they were older. The Strange and Friend still (secretly) dispensed herbal medicines and other remedies to villagers who sought them and 'paid' for them with bartered goods, there being no currency. Only Friend performed this service, anonymously, speaking through closed doors and leaving the 'prescription' and donated goods outside the house for collection. The family kept themselves to themselves and knew little of what was going on in the village, neither were they interested.

(to be continued)

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Unseasonable Weather

Sunshine and showers with unseasonable high winds bringing unseasonable warm weather. Everyone is grateful for any dry days. We've had the wettest February ever, but we're told to prepare for drought and hosepipe bans because we haven't the infrastructure to store and conserve the excess rain.

Climate change is firmly in the news lately, popping up in conversations and discussions as more and more of us realize just how far-reaching its effects are. The increased flooding caused by the endless rain doesn't just impact homes and businesses, it hits transport, construction, agriculture as well. **Network Rail** is investing billions in making rail infrastructure more flood resilient. Developers trying to address the housing crisis wonder where it will be safe to build as floods are becoming bigger and more frequent. Some crops can't be planted or are rotting in water-logged fields. And the situation will only get worse until we finally take steps to seriously reduce carbon emissions.

By the time you read this the **May 2nd local elections** will be around the corner. We'll all have the opportunity to vote for the people and parties that have the best climate policies. **We still have time to research our candidates' policies and make informed decisions when we vote.**

I know many of you do all you can to reduce your own carbon footprint, re-cycling, up-cycling,



Flooded fields near Luckington.

reducing consumption in every way you can. **So I'm very pleased to say we'll be running our REPAIR CAFÉ again this month on SATURDAY 11th MAY 10:00 am to 12noon in the PUBLIC HALL.**

Hope to see you there.

Renee Slater



Severnside Wind Turbines looking towards Shire from Severn Beach.

Nature Notes

This was the view just a few days ago, after so many days of gloom! And we were also treated to several days of extremely high tides. Our country is certainly capable of changing the seasons on a whim. I have another example of how magical our weather can be, especially on a wintry morning, which should have been in last months paper!!



I hear you shouting out that the nature notes were nowhere to be seen, and must just say a big 'sorry' for missing the deadline. Note to self, must try harder!!

However, a lovely moment to tell you of in recompense. I have been watching a beautiful pair of blackbirds who have been building their nest in our neighbours' hedge opposite our back garden. They have been hunting for worms on our grass and it has been so great to watch them. Then a few days ago I spotted them enjoying a rather different hunting game which resulted in them mating on the top of our garden wall!

I so hope their time together results in us seeing their offspring in the next few weeks. Although I feel that the bird numbers are way down on a few years ago, I keep my fingers crossed that perhaps numbers can recover from the bird flu, and that paved gardens can soon be replaced by more 'green' gardens again!

Happy nature watching folks!

Bobbie

Shirehampton Awarded Climate Bursary

Shirehampton Community Action Forum (SCAF) has received funding to support and develop a community climate action plan for Shirehampton. Bristol Climate and Nature Partnership provide mentoring, support and funding so that Bristol based organisations can lead in-depth community engagement on climate action. SCAF is excited to lead this work alongside local groups including the Shire Climate Emergency Group, and the Shire Environmental Action Group "Shire Greens".

In Shirehampton there is long-standing commitment to nature and many volunteers and groups contribute to our local green spaces, making them better for everyone. The Friends of Lamplighters Marsh look after Shire's designated local nature reserve. The BEE Happy Shire project is building a new pollinator park on lower high street. We want to build on Shire's connection to nature to develop a climate plan that is fair, just, and inclusive.

We will share more details of engagement events once the programme starts. If you'd like to contribute do get in touch with ash@shirecaf.org.uk



Shire Meadow Magic



On Saturday 23rd March a group of enthusiastic local volunteers from Bee Happy Shire, Shire Greens and Neighbours for Nature, prepared the ground for our Magical Wildflower Meadow at the new Penpole Lane Community Garden.

On Sunday we sowed a seed mix of colourful annuals especially chosen for pollinators. We are creating a wonderful habitat for bees and butterflies, with flowers that will provide nectar and pollen for them from July through to September.

Plans for more exciting Planting Parties are already underway - three Seasonal Flowerbeds, that will flower in Spring, Summer and Autumn and then a Shrub Bed for plants that will flower through the Winter. Keep track of our events by joining the Bee Happy Shire Facebook Group <https://www.facebook.com/groups/564573427747094/>

Our thanks go to WECA's Community Pollinator Fund for making all this possible.



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Are You Dementia Aware?

The word 'dementia', even the mention of it strikes fear into many and brings life as we know it to a dramatic change, followed by stigma and assumption. However, one local organisation, Bristol Dementia Action Alliance (BDAA) are determined to change this outlook and show you can still have a good quality of life even with a diagnosis of dementia. Medications and treatments continue to advance, maybe not as quickly as we would wish, but it's the here and now that matters.



One in two of us will be affected, either through receiving a diagnosis or caring for someone with dementia. They feel misunderstood, stigmatised, and isolated, being an individual or as a family. It is here that the **BDAA** are working hard to change this and I for one welcome this as family and friends have been affected by this devastating disease.

Shirehampton has become the first dementia aware village in Bristol. "The community and businesses have been supportive and wanted to be involved. Many retailers received a 'Retailers Guide On Understanding Dementia', which they found useful, providing a greater understanding of how they can help any customer who might be having difficulties or becoming confused. Some retailers undertook an audit of their premises and took on board the advisories that were suggested, such as contrasting coloured signage to help with wayfinding and orientation." said **Lisa Dicker, BDAA Community Development Manager**.

"Our Memory Café has been running successfully at the **Cotswold Community Centre** with wonderful volunteers and is a fun, safe space for people living with dementia and their carers to spend time with others on the same journey."

"Whilst we remain in Shirehampton, we have moved onto the adjoining villages to start conversations, thanks to funding from **St. Monica Trust**." added Lisa.

The organisation has taken one step further and has been featured in **ITV West Country News** with a series of four short reports that show how BDAA want to bring dementia out of the shadows and get it talked about openly just as cancer has been in recent years. It is about people being accepted as part of the community and not be afraid to go out. The BDAA say that this is possible with the right support and simple adjustments.

Presenter, **Seb Choudhury** and his team visited Shirehampton for one of the reports to showcase the work achieved by BDAA and interviewed **Claire & Oliver** from the **Redland Bakery**. They also visited our community **High Street Market** where the BDAA had a stall and filmed **Tony Hall - co-founder and Chairperson of BDAA** - and **Derek** who lives with dementia but continues to follow his hobbies and plans to sell his creative metal work designs at the market. The report shows how we can change things and make a difference together with the outlook of dementia and how important inclusion is for everyone.

"ITV felt it was an important subject of particular relevance to its audience with a series of reports shown on ITV West Country News featuring **Bristol Dementia Action Alliance's** campaign to make Bristol the most dementia aware city."

"Seb enjoyed his visit to Shirehampton and the Redland Bakery. He was also given a lovely welcome at the monthly market at the **Tithe Barn** where the atmosphere was friendly and inclusive. Seb enjoyed chatting to stall holders and visitors and he was happy to go along with requests for "selfies"." said **Jenny Walmsley, Producer** for ITV West Country News.

The series of reports were originally screened from **22nd April** on ITV West Country News but are now scheduled to be available to view on **ITVX**.

'**Let's Talk Dementia**' is an upcoming event taking place on **Saturday 18th May 10.30am – 16.30pm** at **the Watershed**, Canons Road, Bristol, BS1 5TX. It is free entry and will be opened by Seb Choudhury.



(The event is being jointly run by **Alive Activities, Bristol Dementia Action Alliance, and BRACE Dementia Research**)

We are looking for volunteers for a new Memory Café opening at the **Avonmouth Community Centre** on **Tuesday May 14th** at 2-4pm to help before and during. **Contact: lisa@bdaa** or **Tel: 07467 428179**.



To find out more about BDAA go to their web site: <https://bdaa.org.uk> Email: office@bdaa.org.uk Telephone: 07741 142701.

Kathryn Courtney



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St Mary's News



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Hi Folks!

We begin this month by asking - would you value prayer? It could be for something significant happening in your life or simply to know inner peace more fully. Every Wednesday from 15th May 10.15 - 11.45am, in the side chapel of St Mary's Shirehampton, there will be a couple of people ready to pray for and with you. You may or may not choose to share what it is you would value prayer for - that's up to you. We will lift you and your concerns in prayer both in silence and words.



You can book in, or drop in, it's up to you. Bookings will take priority however, so to guarantee a time of your choice we would encourage you to book. The planning and organisation of this is based at St Mary's Stoke Bishop - the easiest way to book is via their QR code (on this page and flyers are also printed and available at church to pick up). They can be contacted on 0117 968 7449 for more information. Tea, coffee, and biscuits will still be available as usual 10am to midday, so you can sit with a cuppa comfortably before and after. We believe God can meet us when we come before Him in prayer, and that prayer has the power to change things, so why not come and find out for yourself.

And here we are in the merry month of May, with flowers and leaves on the trees all well established. On May Day it was a tradition many years ago for children to dance around the May Pole and I recall seeing one on Iron Acton's Village Green when I was a teenager whilst on a mystery coach trip and stopped for a picnic tea - oh what happy memories!

May Day this year is on Wednesday, 1st May and is also the date of our monthly gathering in St Mary's of The Goldies singing group. They meet at 10.30am for an hour singing favourite songs from the past. As it is May Day, who knows - they might end up dancing around the church!!!

Monday 6th May is the May Day Bank Holiday, so the church will be closed for Tea & Coffee that morning, but watch out for details of a pop-up event taking place in the churchyard from 2pm until 4pm that day.

Sunday, 12th May will be a busy day as we have 2 events in addition to our church services. After the 10.30am Holy Communion service, our Annual Parochial Church Meeting will take place. This is the time when we elect a new Parochial Church Council to run the affairs of the church for the following 12 months. It is also a time when you can ask or comment on church activities. You may stand for election if your name is on the Electoral Roll for St Mary's. Tim Forder is our Electoral Roll

Officer and will give you information on how to join the Electoral Roll, should you wish to do so.

Also at 5.00 pm that same afternoon, Shelley Cox, a Mezzo Soprano Singer, will be holding another of her Concerts in the church alongside pianist Suan Lee. It is Classical music for solo voice and piano. If you are a lover of classical music and solo singing this is for you - I shall definitely be there as her previous concerts have been wonderful. Tickets are £5 on the door and include refreshments.

Sunday, 19th May, is Pentecost or Whit Sunday as some people prefer to call it, and at 10am there will be an 'All Age Service' with lots of celebration. Afterwards, there will be our Church Birthday Party to celebrate the Birth of the Church! At 11.30am please stay after the service for a Bring & Share birthday buffet, cake refreshments and lots of party fun for all!

Now, an early note to watch out for an ASMA celebration event during the afternoon of Sunday 2nd June - I keep you all in suspense!!

Finally, a question for you: What type of boats do believers want to go on? Answer: Disciple-ship and Wor-ship!

Bye for now! C.M.E.

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.

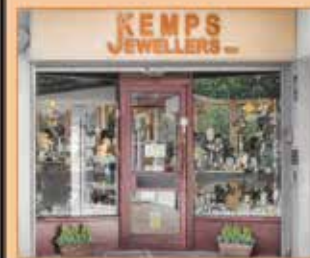


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Greetings from Shirehampton Baptist Church

Welcome May. Longer and warmer days, lots of bright flowers and the trees fresh with new leaves.

One significant date in May for Christians is **Pentecost**. On **Sunday May 19th** we celebrate the descent of the **Holy Spirit** on the apostles and other disciples. This took place after the Crucifixion, Resurrection and Ascension of Jesus Christ and marks the beginning of the Christian Church's mission to the world, equipping them with power to witness boldly in a hostile world.

During May, **Rock Steady Club** for primary school children will be rehearsing their next drama about Pentecost. Our minister **Paul Rhodes** runs a drama class at **Shirehampton Primary School**. This term their next production will be about **William Wilberforce**, one of the great campaigners against the Slave Trade in the early 19th century. During **Holy Week**, end of March, we were deeply moved by Rock Steady's presentation in full costume of the Crucifixion and Resurrection of Jesus Christ in drama, Bible readings and song with scenery which the children helped to make.

Sadly **Zhyan** who makes the delicious cakes and runs our Life Cafe is living in Weston-Super-Mare for a while. We hope she will return to Shirehampton but at the moment we need someone to take her place. The cafe opens on the last Thursday of the month 10:30 to 11:30am.

The next **Songs Of Praise Cafe** will be on **Sunday May 12th**. Our guest speakers **David and Sarah Mitchell** will have some interesting stories to tell. We meet at the **Cotswold Community Hall**, Dursley Road, 4:45 to 6pm. The Cotswold Christian Community invites all to join us for an hour well spent. Always a varied programme including a drama by the children.

On **Sunday Morning** we meet for worship at our building in Station Road at 10:30am and we now have an **All-Age Service** on the **4th Sunday** of the month. On the same day there is the 4:30pm Zoom where we watch DVDs and discuss what we have seen.

For further information on all our activities use our contact number. We welcome all and make sure you will feel at home.

Love and prayers for our village from all at Shirehampton Baptist Church.

Contacts:

07749 683684 or rhodespaul360@gmail.com

Climate Change Concern at the Songs of Praise Café

Renee Slater was one of our guest speakers at the Songs of Praise Café on 10th March. She gave a very moving account of her concerns for the planet and how our community will be so important when serious problems such as flooding hit us. Just 2 days later the Portway was shut due to flooding and these photos show the scene from the road bridge on the Portway at Sea Mills looking towards the railway line, which was also closed for a time.



© Lyn Morton

Flooding in Sea Mills on 12th March 2024.

Our other speaker that day was **Sally Hunter** who explained why as Christians we should all be very concerned about climate change and doing everything we can to help our environment.

The previous month **Vick Crane** gave a most interesting talk about the work of the **Hub at Shirehampton Methodist Church**. In addition to supporting people seeking skills and jobs it now distributes vast quantities of surplus food donated to the Hub (e.g. 20,000 eggs recently) and organises a wide range of activities focussed on supporting wellbeing as well as games and film sessions.



© Lyn Morton

The guest speakers in April were from the **Christian Motorcyclists Association** and on **12th May** we will be returning to the topic of Climate Change with 2 more speakers – **David and Sarah Mitchell**. All are welcome to attend at the **Community Centre in Dursley Road**. We meet from 4.45-5.30pm and enjoy tea and cakes around tables while singing a few favourite hymns and worship songs, usually enjoying a drama from the talented children and a talk from local people.

Lyn Morton on behalf of the group of Christians in the area.



© Lyn Morton

Speaker Vick Crane at the Songs of Praise Cafe.

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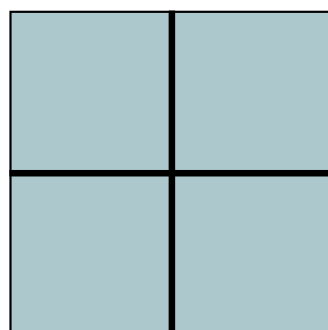


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Sport and Activities IN SHIREHAMPTON

“Portway Boy’s” Golf Tournament for Parkinson’s Awareness

Russell Slee is Shirehampton born and bred and describes himself as a “Portway Boy”. When I chatted to him at Shirehampton Golf Club, he insisted that this story is not about him, it’s about Parkinson’s Disease, a disease that affects the nervous system and brain. Russell was diagnosed with Parkinson’s two years ago and has nothing but praise for the NHS and the work they do with those affected by this progressive disease.

In order to try and give something back, Russell decided to organise a golf tournament at his local club, to raise money for the fight against this degenerative disease, but also to raise awareness of it and the work that is being done to understand it better, to diagnose it earlier and to treat it more effectively. He managed to attract 36 teams of four players, about two thirds from his own club and the remainder from other local clubs. The tournament took place on the 18th of April at the course on Park Hill and has raised approximately £5000 so far. There were two NHS specialist Parkinson’s nurses in attendance on the day, a testament to the support that Russell has had since his diagnosis.



A beautiful day dawns at Shirehampton Park Golf Club for the Parkinson’s Awareness Tournament.

Russell told me that his employers, **First Bus**, have been very supportive of him too. They have agreed to his working part-time and have funded prizes for the tournament. This is what people with the condition need; understanding of what they can do and how it affects their daily lives. Research into the causes of the disease, better treatments and probably most important, early diagnosis, as much of the damage to the nervous system is already done before



Russell Slee and family. Left to right: Sarah, Jenny, Russell, Bob, Carole and Jane.

diagnosis and treatment; the early symptoms are hard to spot and are often not even noticed. Funding for this research is in short supply and that is one of the reasons why Russell is putting on this tournament, but equally important is raising awareness of a disease that can strike anyone at any time, apparently out of the blue. It does not seem to be related to lifestyle in the way that other diseases commonly are. It can, as Russell found, strike “out of a clear blue sky” and have a profound impact on people’s lives.

Russell is still playing golf; on the afternoon that I met him on a beautiful day in the lovely clubhouse overlooking Shirehampton Park, he had just finished a round. He would very much like to keep playing for as long as possible and he is hoping to be able to make this tournament an annual event. He is acutely

aware that he may not be able to do this himself next year, but he is hoping that if he can’t, then someone else will take on the mantle. I am sure that there will be many volunteers who will help and support this immensely popular and well-known character to carry on his work to raise awareness of this cruel disease.

If you would like to know more about Parkinson’s and perhaps make a contribution to research, here is a link to follow: www.parkinsons.org.uk

Look out for a full report on the tournament results and more photos in the June edition of Shire.

Paul McMillan

Photos by Bob Pitchford

Keith Hoble; Tournament Starter: Keith’s job on the day was to see everybody off on the first tee. A member of the club for 55 years, ex Royal Navy, then 27 years in Avonmouth Docks and finally a greatly enjoyed spell with the NHS at Southmead. Keith also organises the senior tournament for, in Keith’s words, “recycled teenagers!”



Port of Bristol Youth Football Club Prepares for Annual Youth Tournament

Calling all young football enthusiasts! Get ready for an exhilarating weekend as the Port of Bristol Youth Football Club gears up to host its highly anticipated annual youth tournament from the 18th to the 19th of May at PBA Club in Shirehampton. This event is dedicated to showcasing the talent and dedication of youth players across various age groups, promising a thrilling display of skill and sportsmanship.

Year after year, the Port of Bristol Youth Football Club Tournament has emerged as a premier platform for budding football stars to shine. From budding talents taking their first steps onto the pitch to seasoned players honing their skills, this tournament

caters exclusively to youth players, providing them with an opportunity to showcase their passion for the beautiful game.

The allure of this tournament extends far beyond the boundaries of Shirehampton, drawing young

footballers from neighbouring communities to compete in a celebration of youth football. The PBA Club, renowned for its top-notch facilities and vibrant atmosphere, sets the stage for a weekend filled with excitement, camaraderie, and unforgettable moments on the field.

However, the success of this tournament hinges on the support of the community. Now, more than ever, we call upon the residents of Shirehampton and surrounding areas to rally behind our young athletes and make this event a triumph. Whether it's cheering from the sidelines, volunteering your time, or spreading the word, your support will play a pivotal role in making this tournament a memorable experience for all involved.

The Port of Bristol Youth Football Club Tournament isn't just about competition; it's about fostering a sense of community spirit and pride. By coming together to support our young talent, we not only nurture a love for the sport but also strengthen the bonds that unite us as a community.

So mark your calendars, spread the word, and join us at the PBA Club from the 18th to the 19th of May for a weekend of thrilling youth football action. Let's come together to celebrate the passion, dedication, and talent of our youth as they take to the field and showcase the future of the beautiful game. See you there!

Chris Williams



Why Sword Fencing - Skill, Nerve and Understanding

Why do I fence? I suppose I came into fencing, rather than any other sport, from its associations; Romantic notions of swordplay and derring do brought out of childhood.

Fencing is just that: the glamourised extract of the unlovely history of duelling. From the fall of the Roman Empire in the West, our social elites settled their arguments sword in hand. It was a brutal business everyone had to live with so they focussed on the excitement and triumph of it, rather than the bullying reality.

The art and sport of fencing took the training for duel or war, took the courage, the skill and athleticism - even the chivalrous respect of those qualities in others - and threw the rest away.

The good fencer needs to have skill; that magical quality of passing from not knowing to knowing. Like riding a bike; one minute we are wobbling along, safe in our Dad's reassurance he'll never let go, and the next we are riding the thing; making unconscious adjustments, we don't know how.

Skill doesn't mean anything without the confidence to do it; the self-belief to not just seize the moment but to be at one with it; to come in on the beat of the music.

At last, the fencer needs understanding; the ability to read the opponent's capacity; to know better than they do, what they can and can't do and to read from their own outcomes what they need to do to improve. A good coach is a mentor here but it is the fencer who makes the decisions, takes the prize and deserves to feel the thrill of understanding.

That's why I do fencing. It was, for me, a unique package of romantic tradition, individual responsibility and a camaraderie of skill and courage that I, as a not very sporty person could take to my own. It's yours to try and take to your own or try on your path to find your own special, physical poetry that will let you fly.



That's sport's gift; not that it discovers the especially talented among millions but that it shows each and everyone of us what a magnificent thing it is to be human.

As ever, anyone who'd like to checkout fencing (5+ yrs) can drop in to take a look or have a free go, at our Shirehampton club (<https://bwefencingclub.com/>) or contact me at johnrohdeuk@yahoo.com. All kit is provided.

John Rohde

Avonmouth Sea Cadets

Apologies for not giving my usual monthly update, but it has been a busy time since the beginning of the year. Avonmouth Unit has been visited once again by the indoor water sprite, causing damage with more burst pipes. However, nothing as bad as 2023 thankfully. Repairs have been carried out and we are back to normal.

Unfortunately, we have also had some changes amongst the uniformed instructors, Lt (SCC) Mick Fitch RNR and CPO (SCC) Richard Lawes have both retired after giving many years of commitment to young people. We thank them for their loyalty, good humour and endeavour over the years. Lt(SCC) Sonia Lawes RNR has transferred to another unit and our gratitude and thanks go with her for all her hard work as our Training Officer. Mrs Christina Biggs joined us in March, she brings

with her a wealth of experience and qualifications in Sailing and as we return to boating in May, she will be busy.

We had four new cadets join in January and all are enjoying becoming Sea Cadets. **We still have spaces for both Junior and Senior Cadets and our next intake will be Monday 01 July, please contact avonmouthseacadets@gmail.com for further information.**

**Junior Cadets 10-12yrs
Monday evening 18.45-21.15**

**Senior Cadet 12-18yrs
Monday and Thursday evenings 18.45-21.15**

During the last month we have had some generous donations and gratefully thank the following organisation **Avonmouth Ladies Club, Temple Lodge, Merchant Navy Association and The Seafarers Lodge**. Like many organisations since the pandemic grants for Charities are becoming more difficult to obtain, donations such as these will go towards maintaining the building, which due to its age now needs regular maintenance.



© Avonmouth Sea Cadets



© Avonmouth Community Centre Association

Are you interested in helping young people, there are a number of volunteering roles within Sea Cadets for adults. Becoming a trustee on the management team, a parent helper or uniformed instructor. If you would like to know more then please contact avonmouthseacadets@gmail.com.

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City and Port of Bristol Bowling Club

To continue the story of the clubs final Winter Bowling Break and looking at what Winter Breakers do when they are not bowling, we look first at what is on offer within the hotel complex. The Toorak, where this year's bowling party were accommodated is one of four hotels known collectively as the Torquay Leisure Hotels. Whichever one you are accommodated in Derwent, Carlton, Victoria or Toorak facilities and attractions in all four are available for you to enjoy. So there is always something for you to do or take part in without leaving the complex and with bowling being for just two hours each day there is plenty of time to do it.



The second game against Moira Bowlers in full swing on Wednesday March 6th.

This year at least one bowler was seen at the magnificent Aztec Pool which is in an area that includes a sauna, Jacuzzi and steam room. For those preferring to stay dry there were daily activities in the Starlight Lounge anyone for Kurling. In the basement there is a four rink bowling arena, ten pin bowling, snooker and pool. Stories of snooker on Winter Breaks in years gone by are legendary. It was once said that a game between **Ken Davies** and **Bill Hatherall** took so long to play that it continued into the following year. **Gordon Dimond** was seen on the snooker table this year and he seemed to be potting balls much more quickly.

In the evenings it was eyes down for bingo in the Starlight Lounge and yes-we did have winners. Live entertainment followed each evening and this went on until late. A tradition on **City and Port Winter Breaks** is the playing of cards and this year was



Evening mealtime at the Toorak Hotel — always highly enjoyable and time to swap stories about the day so far.

no exception, particularly in the Conway Bar where some players were seen to be learning the game as they played.

For those looking to be out and about there was a disappointing start to the week. Monday was very wet. But after that the sun did appear and various excursions away from the hotel were very much on. Using the excellent local bus service made journeys to **Brixham, Paignton Zoo** and **Newton Abbott** or just into **Torquay** to visit the harbour and shops very easy and enjoyable. Some folk used the train to reach **Dawlish** but had to return by bus because a landslip at Dawlish Warren closed the railway line there.

Thursday evening saw the last ever end of week meeting, prize giving and thanking people for their contribution to what was an excellent week. Organisers **Dee Crawley** and **Gill Hinksman** thanked everybody for being there, taking part and in doing so make the week the great success that it was. Captains for the day **Gordon Dimond, David Hinksman, Howard Surman** and **Brian Crawley** were thanked with a card and a bottle of wine. **Tim Bartlett** and **Ray Cook** received prizes for being Ten Pin Bowling Winners. Tim was also top male bowler of the week and Dee Crawley Top Lady Bowler for which they received prizes.

Shirley Parker for many years in the past organiser of this event made presentations to Dee and to Gill on behalf of everybody for all they did to organise this year's break. Everybody left the meeting with something



Joint organisers Jill and Dee about to make presentations at the end of the final Winter Bowling Break - March 7th 2024.



The odd game of cards has always been seen here and there once bowling has finished for the day - this one was seen this March in the Conway Bar.

not long until Easter, so it was Easter Eggs all round before the final meeting closed and a group picture taken as a memento of it. Sadly no discussion about next year because there is no next year but the good news is that there are other clubs in Bristol running events just like it in 2025. **Bristol Arrow** being one.

It is good to report that twenty of last season's members have now found new clubs and will continue bowling outdoors in 2024.

There was sad news on **Monday April 8th** when the passing of **Ken Davies** was announced. Ken was for many years known as **Top Bowler**. He was a prominent and hard working member at the club for many years.

If you have any memories of Winter Bowling Breaks or the club in general please call David Hinksman on 07932387217 and tell him.



The final picture taken after the presentations had been made — March 7th 2024.



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Shire Green's Sunday Success Story

Formed by manager, Dan Rogers, in 2019, Shire Green Rovers has seen back to back to back promotions which sees them now play in the Top Sunday league division in Bristol; the Senior Division. It's a Men's (over 18) Sunday League Football team based in and recruited from Shirehampton.

Starting as a 5 a side team, they thought they could go a step further and create an eleven-a-side club. Currently sat third in the **Senior division**, they are technically, the third best **Sunday league** team in Bristol, with over 35 local men signed on to the team, they are representing **Shirehampton** to the highest standards.

Most players are friends of friends of friends so we are a close group but have welcomed others into the club throughout the years and very much welcome new recruits. The club was created to provide an opportunity for friends to play on a competitive level whilst still being able to watch **Bristol City** and local football on Saturdays, it is based in Shirehampton because a majority of its players live in and around the area. The team play their home games at **Penpole Lane**, and ground share with **Shirehampton FC** which now has a seater stand and is soon to have floodlights installed.

They welcome supporters to keep up to date on results and news on our social media pages on



Facebook, X and Instagram and would love to welcome supporters to home (and away) games. 10:30 kick offs on Sunday mornings.

It sounds to me like a great way to spend part of a Sunday morning, watching live sport and meeting local people. Shire Green's results and fixtures can be found at <https://fulltime.thefa.com/displayTeam.html?id=993046001>

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