

Shire

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

No. 602 - March 2022 www.shire.org.uk 5,000 copies monthly



Have you got a job that needs doing? Go to YOUR LOCAL EXPERTS section on pages 19-21 to find a local business who can help.

Exhibition Pages 12-13

Work Starts on New Railway Station for Bristol

Construction of a brand-new railway station to link Portway Park & Ride with the Severn Beach railway line has got underway. Bristol City Council and Network Rail are working together to build the first new railway station in the city of Bristol in 95 years.

The £4.2m project at the Portway Park & Ride site in Shirehampton forms part of the West of England Combined Authority's wider plans to enhance the local rail network through the ambitious MetroWest programme.

The station is being jointly funded by Bristol City Council, the West of England Combined Authority, and the UK Government's Department for Transport.



Richard Cole (Programme Sponsor for Network Rail), Cllr Don Alexander (Cabinet Member for Transport), and Tom Pierpoint (Business Development Director for GWR).



Portway Park & Ride will be the first new railway station to be delivered as part of the MetroWest programme, and the first new station to be launched in Bristol since Parson Street station was opened in 1927.

Network Rail completed preparatory work in December, ready for the first stage of construction to get underway. This includes replacing the safety fencing along the railway line, installing a ramp down to the tracks, and excavating the area of the platform in preparation for laying the foundations.

Much of the work will be carried out overnight to reduce disruption to rail passengers. However, the Severn Beach line will need to close temporarily from 19 to 27 February, to allow Network Rail's

Continued on page 10.

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Shire

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Submit articles editor@shire.org.uk

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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 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

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PUBLIC INFORMATION FOR MARCH

BRISTOL CITY COUNCIL

Bristol's current rate of infection is 1,162 cases per 100,000 population. This is above England's average of 939. There have been 5,415 new cases in the last seven days with 177 people currently in our hospitals unwell with COVID-19.

UPDATE TO INTERNATIONAL TRAVEL

From **Friday 11 February**, the rules around travelling to the UK are changing.

If you have had two or more doses of COVID-19 vaccine you will no longer need to take a COVID-19 test either before or after you arrive in the UK. You still need to complete a passenger locator form which is available on the government website: www.gov.uk/provide-journey-contact-details-before-travel-uk

If you are not vaccinated or have had less than two doses of COVID-19 vaccine, you will still need to take a pre-departure test. After you arrive, you will need to take a privately-ordered PCR test on or before day two, but you will only need to quarantine if it's positive. You still need to complete a passenger locator form.

For more information on international travel guidance, visit: www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19

WHAT'S ON?

What's On was a community information service posting free notices of free, not-for-profit community group activities or events. These were simple listings of two or three lines, no large colourful leaflets. During the Covid outbreak and lockdown while local groups were not meeting we posted local government information about the epidemic instead.

Now as Community Groups are resuming their activities and we no longer need up-to-date information about Covid, we're wondering what you would like to see in *What's On*. For the moment we will reduce Public Information to issues of local Shirehampton concern and include more information about local not-for-profit community group activities as we receive it. Please let us know what you'd like to appear in *What's On* Listings (no more than three lines) will continue to be free but we will be charging for leaflets/posters. Commercial groups will continue to be treated as advertisers.

Email: editor@shire.org

SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club (except July & August)	10:00am - 12noon	Hall
	Little Joys Toddler Group (Term time Only from 28/02)	1:30pm - 2:30pm	Hall
	Yoga	6:00pm - 7:15pm	Hall
TUESDAY	Messy Play Toddlers	9:00am - 11:00am	Hall
	Line Dancing	2:00pm - 3:00pm	Hall
	Puppy Training	6:30pm - 8:30pm	Hall
WEDNESDAY	Bristol Healing Rooms (every 2nd Wednesday)	11:00am - 1:30pm	Hall
	Pop-Up Play Village Bristol North (every 3rd Wednesday)	9:30am - 1:30pm	Hall
	Over 75s Exercise Class	2:00am - 3:00pm	Hall
	Extraordinary Links	3:30am - 5:30pm	Hall
	Model Railway Club	7:00am - 10:00pm	Club Room
	Shire Stitchers (every 3rd Wednesday)	7:30am - 9:30pm	Hall
THURSDAY	Women's Fellowship (every 2nd and 4th Wednesday)	7:30am - 9:30pm	Hall
	Shirehampton Community Art and Social Group (formerly Sea Mills Art Club)	10:00am - 12noon	Hall
	Tai Chi	2:00pm - 3:30pm	Hall
FRIDAY	Grainger Players	7:30am - 9:30pm	Hall
	Shire Stitchers (1st Friday of the month)	10:00am - 12noon	Springfield
	Stay & Play (formerly Playtots)	9:30am - 11:00am	Hall
SUNDAY	Shire News (last Friday of the month)	4:00pm	Hall
	Tree of Life Church (1st Friday of the month)	6:00 - 10:00pm	Hall
	Cycle Tots (from January 2022 - term time only)	9:00 - 10:00am	Hall
	Church of Grace	11:00am - 4:00pm	Hall

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

FRIENDS OF SHIREHAMPTON LIBRARY ACTIVITIES

These projects are delivered in partnership with Bristol Libraries and are funded by the Library Innovation Fund.



Library Living Room	Tuesday (Weekly)	3:00 - 5:00 pm	Library
IT Literacy Course	Wednesday (Weekly)	6:00 - 7:00 pm	Library
Family History Group	Thursday (2nd Thursday of the Month)	6:00 - 8:00 pm	Library



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The *Shire* Community Pages

Looking After Children's Mental Health

Here in Bristol, we want to make sure our children and young people feel safe and have the support they need to grow into happy and confident adults. We also want to make sure they know it's OK to say when they're not OK.

The COVID-19 pandemic has been tough on all of us, and particularly on many of our children and young people. If you think your child may be struggling, you can find out more about the signs to look out for and the local support services that are available on the **Are You OK?** website.

Go to www.bristolsafeguarding.org/communities/support-for-bristol-residents/are-you-ok/
Parents and carers can also find helpful resources on the Children's Mental Health website: www.childrensmentalhealthweek.org.uk/

HIGH STREET IMPROVEMENTS

Our high streets and the city centre are a vital part of what makes Bristol special. To support their recovery Bristol City Council needs your help.

The council engaged with businesses and residents from September to November 2021 to understand what improvements are needed in the city centre and nine priority high streets, and to gather ideas on the type of events and activities people would like to see.

They are now looking for more detail on the improvements and activities people have suggested to make sure funding is put to best use. If you live near, visit or work on one of the priority high streets please share your views in the online high street recovery survey or register for an online focus group.

The priority high streets include the City Centre, Brislington (Brislington Hill and Bristol Hill), Church Road (St George), East Street (Bedminster), Filton Avenue, Filwood Broadway, **Shirehampton High Street**, Stapleton Road, Stockwood (Hollway Road and Stockwood Road), Two Mile Hill.

Visit the council website for a summary of what people have said about each high street: www.smartsurvey.co.uk/s/bristolhighstreetsuggestions

FIRST BUS - NEW ROUTE

Service X5: Weston-super-Mare – Clevedon – Portishead – Bristol
Timetable & route map from 30 January 2022

Following a review with North Somerset Council, Service X5 will follow a new route to provide more direct, faster journeys. From Bristol, buses will run via the **Portway** as now, additionally serving the **Akeman Way stops (Avonmouth)**. In **Portishead**, Service X5 will run via **Sheepway, Sainsbury's, Harbour Road, Portishead High Street, Gordano School** and via **Clevedon Road to Clevedon**. In **Clevedon**, buses will run via **Walton Road, Old Street, Clevedon Triangle, Old Church Road, Southern Way** and **Central Way** to the M5.

Shire COMMUNITY GRANTS & FUNDING?

As you know Shire has just celebrated its 50th Anniversary. The paper has always supported itself from its advertising revenues and for many years Shire was able to offer small grants to community groups.

Now we have lost advertisers to Covid and costs are rising everywhere. We are just managing to cover our printing costs and once again we will not be able to offer small community grants. Indeed, Shire itself will be applying for sponsorship or community grants this year.

We know Shire is a much-appreciated Community resource. So, we are asking for your help. If you know of any likely sources of sponsorship, please get in touch with chairperson@shire.org with your suggestions.

Thank you, Shire Committee

Creative High Street Event Shirehampton High Street

Join us on Shirehampton Green by the bus stop and fountain and Station Road by the post office
Saturday 5 March
3pm to 6pm

Shirehampton High Street is one of nine Bristol High Streets receiving support from the council's City Centre and High Streets Recovery and Renewal Programme. The programme is focussed on helping high streets recover from the impact of COVID-19.



This is your street and we want to hear how art, culture and events could bring people together and make Shirehampton High Street a better place to live, connect, and have fun. The funding could support cultural events, planting, art work and much more.

Drop in for 5 minutes (or stay longer) for fun, free activities that will help shape the future of Shirehampton High Street

*This activity is being funded by the Reopening High Streets Safety and Welcome Back Fund, with monies from the England European Regional Development Fund (ERDF) as part of the European Structural and Investment Funds Growth Programme 2014-2020.



Scouts



191st Bristol
St Mary's Shirehampton

Sections we currently run at the Scout Hut, St Mary's Road, Shirehampton during term time are as follows:

BEAVERS Age 6 to 8 years
on a Tuesday 17:30 to 18:30

cubs Age 8 to 10.5 year
on a Monday 18:15 to 19:45

SCOUTS Age 10.5 to 14 years
on a Tuesday 19:00 to 20:30

You may not be aware but Scouting runs entirely on volunteers. These volunteers help by sitting on the Executive committee and running a section. We are keen to keep the workload we ask of our volunteers manageable and the only way we can do this is by having a strong community of volunteers backing the 191st.

If you would like to volunteer to be part of our Leadership team, Executive committee, or any other assistance you can give or if your child would like to join one of our sections please contact us at the email address below.

GSL191stbristolscouts@gmail.com

We enjoy spreading community news especially at this time and we love to hear from all our readers of both the online and printed versions. Please, send in your letters and stories to editor@shire.org.uk.

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

Many thanks.



THE PORTWAY BOYS SCHOOL BRASS BAND

Dear Editor,

The Portway boys school brass band. This was taken in 1965. I had recently joined the band and was twelve years old.

The teacher and bandmaster is Fred Turner who was also our French teacher. Great changes were about to begin, the younger boys were moved down to the Portway girls' school, the old American army huts were removed and a new comprehensive school built.



I remember coming back to school after the long summer holiday to find most of the old brass instruments had been renovated or replaced with shiny new ones to match our new School.

Colin Chidgey

SNOWDROPS

Dear Editor,

I have just read with interest on The Green Pages of Shire that Renee Slater's snowdrops haven't appeared this year. I too have had snowdrops for around twenty years, and I am delighted to say that ours are in beautiful display throughout our garden. Last year when I split them, I gave a group to a neighbour who had always admired them, last week he told me that he had split them into seven

bunches and to his delight all seven had come up. I don't know why Renee's haven't appeared this year, but I don't think it is climate change to blame. I have checked on the RHS website to see if they had any suggestions but other than keeping them from drying out in autumn there wasn't anything helpful unfortunately. Such a shame as they are a real delight at this point in the winter.

Kind regards,

Sue Knight



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:

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- Improve muscle tone and bone density
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Individual programme to suit you, your goals and your level of fitness. Hope to see you soon!

Linda x x

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

- 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

www.shirestrong.co.uk



Family Announcements

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Larger picture box = £15.

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Friends of Shirehampton Library

The Friends have been offering a regular Tuesday afternoon Living Room in the Library from 3:00 to 5:00 when the Library service is shut.

Our new IT Literacy Course for people of all ages who have little or no experience of using a computer will begin on Wednesday 2nd February and will meet weekly on Wednesday evenings from 6:00 to 7:00 pm. We will also be offering a monthly Family History Group starting on Thursday 10th February, 6:00 -8:00 pm. The Family History Group will meet monthly on the second Thursday of the month.



If you are interested in joining either, or both, of these groups or if you would like to help run these courses please email friendsofshire@gmail.com or leave a message on 07943 401575.

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FAMILY HISTORY

Last month we had our first Family History Group session. A number of interested people came along and listened to our panel of experts from the Avonmouth Genealogy Group explain the principles of family history

research, with lots of tricks and tips as to how to proceed.

The group is meeting on the 2nd Thursday of each month from 6pm to 8pm in Shire Library. Next time folks will either bring their own laptops or use ones provided, start to delve deeper. All welcome!!



© John Hastings

Workshops for the Soul!

SHIREHAMPTON PUBLIC HALL
Penpole Room, Mondays 7.30 to 8.30 pm

March 21st - Healing Art

March 28th - Meet your Guardian Angel

April 4th - An Introduction to Reiki Healing

April 11th - Mandala Drawing

£7 each; £20 for all 4 if paid in advance

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keith@keithbeasley.co.uk 0117 239 5047

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News from 191st Bristol St. Mary's Shirehampton Scouts Group



Congratulations to Matt Melias on receiving his Chief Scout 5 year Service Award. Matt is the Chairman on our Executive Committee.

Thank you to Jean Barnes and her family for the kind donation to 191st group following the passing of her husband Roger. Roger had been involved in scouting since the late 60's starting with the 153rd group and then becoming a cub leader with 191st where he volunteered for many years.

If you are interested in volunteering either at one of our groups or on our Executive Committee, please also see our advert on page 4 or email: GSL191stbristolscouts@gmail.com



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

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 each month)
Shire Climate Emergency Group
7:30pm (2nd and 4th of each 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
- FRIDAY** Mindful Bubbas Mother and Baby Group 10:30-11:30am (contact Joy on joylleelarose3@gmail.com)
Create to Elevate Workshop 7-9:30pm (2nd & 4th of each month)
Contact Tom on 07455 956826 for more details.
- SATURDAY** Coffee Morning 10am
(2nd of each month)
- SUNDAY** Cotswold Christian Community Service 4:45-6pm
(2nd of each month)

*Booking must be made, either by email: cotswoldca@gmail.com

or leave a message on 07943 401575

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

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The Carveries are usually held on alternate Sundays, with sittings at 1pm & 3pm.

To Book, please email housemanager@spgc.uk or call 0117 982 2083. Further Information regarding the dates/booking of the Carveries can be found at www.spgc.uk.

Please note we operate a smart casual dress code, which can be viewed at www.spgc.uk



0117 982 2083

WWW.SPGC.UK

PARK HILL, SHIREHAMPTON, BS11 0UL



Come and visit Mama Bear's Day Nursery at Groveleaze, Shirehampton



Mama Bear's at Groveleaze is one of our most popular nurseries. Children benefit from a cosy home from home environment yet have the opportunity to explore and benefit from such a large facility.

This nursery is perfect for primary school transition with its own designated main hall for activities.

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The nursery and pre-school has been awarded a 'Good' grade by Ofsted

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SUPPORT YOUR LOCAL HIGH STREET:

Ruby Jeans The Parade

Liv Garriock and Mark Pummell diversified with Ruby Jeans Coffee Shop to remain open during the Coronavirus pandemic and became very much part of the community selling essential and artisan food and ingredients as well as their take away coffees, teas and cakes. “It’s become part of the High Street and a resource that people continue to go to. It’s established itself and it’s sustaining it’s own clientele regardless of opening up this new premises” said Mark, as he refers to ‘Ruby Jeans The Parade’, a new independent restaurant that has opened in Shirehampton.

It took a bit longer than planned to open up ‘Ruby Jeans The Parade’ and the omicron variant of Covid has played it’s part but Liv and Mark persevered and pushed on through to open up on 17th December 2021. “It’s been a huge learning curve” said Liv “And it didn’t go as planned” added Mark. “Maybe with hindsight we should have waited but we were conscious that people wanted to have somewhere to go for their Christmas parties. Traditionally Christmas is good time for hospitality so that’s why we wanted to be open but omicron happened and people started to become a lot more cautious going out and socialising. They didn’t want to be in isolation over Christmas”.

Social distancing, isolation and Covid-19 are still having a knock on effect in hospitality but the industry is recovering slowly. “Almost everyone who has come in has loved it, saying The Parade is what Shire needs. The excitement from the local community before we opened was extremely positive. We are seeing people come through the doors, the locals and the regulars you know every week but I wouldn’t say it was as much as promised but we understand the pandemic has made people wary.” said Liv.

Mark takes charge of front of house, dealing with customers whilst Liv is in charge of the kitchen and back of house. “We want to try and offer different things throughout the year to bring people back” said Liv. “We’ve had a Valentine’s weekend and we have Mothering Sunday coming up where we will be doing High Tea. Then there is Easter and hot cross buns. We’ll be doing our popular supper clubs in the future but we are establishing ourselves first so we can then have time to focus on new ideas” said Mark.

“Once our function room upstairs is completed we’ll be able to hire it out to the community for events and celebrations. We might even have a cheese and wine tasting event. The ideas are endless. We have already started our parent and toddler event on a Tuesday morning. We are very much a family friendly place and children are always welcome. We are also looking at an IT help session too”.



© Kathryn Courtney



© Kathryn Courtney

I had to move our conversation onto food as I am a bit of a fan of their brunch and they are able to provide for my dietary health needs as I live with Crohns Disease. A lot of ‘The Parade’ menu is made from fresh ingredients, meals are made from scratch, no frozen food. They wouldn’t have it any other way but I wanted them to explain about the sharing menu as it is certainly unusual. “It’s our favourite way of eating and a new style that is becoming very popular. Our time in New Zealand, Auckland in particular, it’s an exceptionally multicultural place with so many amazing influences with food and taste. You share a little bit of everything with plenty of choice and we wanted to offer something different on our menu” said Mark

“Our menu is about 99 percent gluten free with the exception of sourdough, brioche buns and some pasta but we can offer alternatives. You can have delicious tasting food without gluten” said Liv and I totally agree with her on this.

Then there was the question about the Sunday Roast Dinners as a couple people mentioned to me it was a tad expensive? “We are in line price wise with venues of equivalent food quality and we did our market research. We peel our own vegetables to cook that day, make our own cauliflower cheese and home-made gravy. Our beef is smoked for 3 hours and we then slow cook it over night for about 12 hours. The chicken we marinade in butter, herbs, lemon, salt and pepper over night and then cooked normally. The nut roast is home-made with mushrooms, carrot, celery, onion, garlic, walnuts, almonds, cashews with seasoning and it’s really tasty. Other places might be cheaper but we don’t know



© Kathryn Courtney



© Kathryn Courtney

where they source their ingredients and with the cost of living increasing these places may need to put their prices up” said Mark **

As ‘Ruby Jeans The Parade’ provide menus for very much everyone I did ask if they’d be introducing anything new to their menu? “We’ve been asked if we plan to do a full English breakfast and we sort of resisted it initially because there are a few other places in the village where you can get a full English. However, due to the continued requests we will offer something slightly different called ‘The Ruby Jeans Breakfast Stack’ and there will be a vegetarian and vegan option too” said Liv.

And finally when will outside dining begin? “We really want to make the outside usable but it’s privately owned land and the Landlord of that land doesn’t want us to use it. They haven’t spoken to us directly about it, but we need to negotiate with them because in our contract it says that we must keep that land, tidy, free from rubbish, weeds, which implies a level of upkeep, even though it’s not our land. It’s a very unknown situation at the moment as our plans for this have basically stepped backwards for the time being.” said Mark.

You can find Ruby Jeans The Parade at 3-4 The Parade, Shirehampton, Bristol, BS11 9TS Tel: 1179824811 www.rubyjeans.co.uk You can also book your table by phone or online.

Kathryn Courtney

** I did a check of similar independent restaurants within a 6 mile radius or just over and pricing is similar.

Activities at Lawrence Weston Community Farm



Please do not come to the farm if you feel unwell or are experiencing other symptoms of Covid-19.

NEW! Knit and Natter

Tuesdays 10am-12pm • £3
Starting Tues 8th March

Everyone welcome! Beginners or experienced. Bring a project you're working on, or start to learn how to knit or crochet. Come and enjoy some hands-on craft, tea and company.

Farm Tots

Wednesdays 10:30-11:30am • £2.50

Help feed the animals. For under 5s and their carers. Drop in most Wednesdays. Please check Facebook for any changes.

NEW! Woodland and Orchard Club

Thursdays 10-11:30am • FREE

Come and spend time outdoors, making friends, learning new skills and having fun. Together we will look after the farm's orchard and woodland. We'll prune, coppice, weed, harvest and nature-watch. No prior knowledge necessary. For more information call Amy on 0117 9381128 or email amy@lwfarm.org.uk

Walking Group

Wednesdays 2-3:30pm • FREE

Improve your health and meet new people by joining our free, friendly, weekly walking group. If coming for the first time, please arrive at 1.45 to sign up.

Gardening Group Fridays

11-12:30pm • FREE

Interested in getting involved in gardening on the farm? Come along Fridays to help with our gardens. Call Amy 0117 938 1128 or email amy@lwfarm.org.uk for more details.

Farm Hands

Saturdays and Sundays • FREE

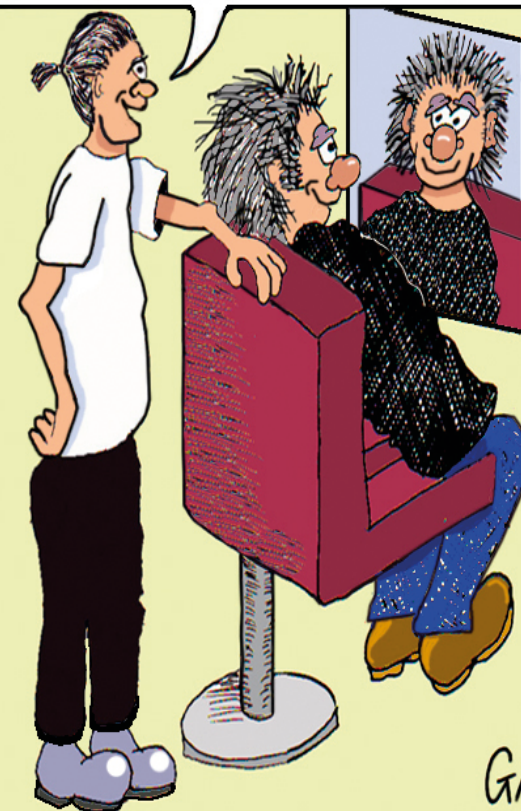
Local 8 - 11yr olds can come and help look after the farm. If you are interested in any of these activities or need an application form for Farm Hands then please contact Helen on 0117 9381128 or helen@lwfarm.org.uk

Volunteering

If you'd like to help look after the animals or maintain the farm, please contact Ian on 0117 9381128 or ian@lwfarm.org.uk Come and meet new people and have fun outdoors

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Teresa Cox



Adam Lenik



Jess Duncan

Continued from page 1.

team of engineers to make the changes to the signalling needed to accommodate the new station and build the concrete foundations in preparation for the new platform. Improvements to drainage along the railway line will also be made.

During this time, trains will not call at stations between Bristol Temple Meads and Filton Abbey Wood, or between Severn Beach and Stapleton Road. A rail replacement bus service will be in operation and the Portway Park & Ride facility will remain open throughout the work with Park & Ride buses operating as usual.

When launched later this summer, the station will be served by the recently improved half-hourly services between Bristol Temple Meads and Severn Beach. It will complement the existing Park & Ride bus service and be a useful extra transport option for the local community, as well as providing Park & Ride users from further afield a rail option to destinations along the Severn Beach line or for onward travel on the wider rail network from Bristol Temple Meads.

Bristol City Council is also planning improvements to its Park & Ride facility, including more parking spaces, following the opening of the new station.

Councillor Don Alexander, Bristol City Council's Cabinet Member for Transport, said: "It's really exciting to see work starting on the first new rail station within the city in almost a century, and this is a major milestone for the project.

"Portway Park & Ride station will improve connectivity to the rail network for the local community and more widely for users of our Park & Ride site, allowing many more people to choose to travel by rail to work, study and for leisure.



"It will help us to ease congestion on the roads in a sustainable way and reduce air pollution, as we work towards our ambitious goal to be carbon neutral and climate resilient by 2030."

Mike Gallop, Network Rail Western Route and Strategic Operations Director, said: "We are delighted to be working with Bristol City Council, the West of England Combined Authority and GWR on opening this new station for Bristol.

"The start of construction for the Portway Park & Ride station heralds the latest development in our efforts to transform rail travel for our passengers in and around Bristol and the wider West of England area and will help further connect communities served by the Severn Beach line with this new, additional station."

Dan Norris, West of England Metro Mayor, said: "I'm pleased building work is beginning on the

Portway Park & Ride station. The West of England Combined Authority is investing over £1 million here which is good news for future passengers.

"Improving our public transport network is crucial so local people can get more easily to work, study and to enjoy our great region and is vital to meet our ambitious net zero targets."

Tom Pierpoint, Business Development Director for GWR, said: "We are delighted to see work starting at Portway Park & Ride station. Recent improvements to the Severn Beach line increased services to half-hourly, starting earlier in the morning and finishing later in the evening.

"This new Portway Park & Ride station will help more people to switch to rail for their journeys into central Bristol, which is great for the environment and supports Bristol's clean air campaign."

Queens Platinum Jubilee Celebrations

It is a huge achievement for Queen Elizabeth II to reach her 70th Anniversary since ascending the throne in 1952. It also marks the sad death of her father King George VI.

This year there will be many ceremonies, celebrations, special events and street parties held throughout the UK to mark this special occasion.

Shirehampton Markets and SCAF are planning a special event called 'The Queen's Platinum Jubilee Celebration' which will be held at the **Public Hall, Station Road, Shirehampton, Bristol, BS11 9TX on Saturday 21st May 2022**. This will be a community event that the 4 villages can get involved with. There will be stalls, refreshments, cake as well as some fun family and community elements added in for good measure. More details will follow in due course, and it all sounds rather exciting.

One thing that is planned is a mini display/exhibition of photos that tell the local stories of street parties and celebrations from **Queen Elizabeth II** Coronation

right through to present day and this is where your help is needed. If you live in **Shirehampton, Sea Mills, Coombe Dingle, Avonmouth, Lawrence Weston and Kings Weston**, do you have any photos that you can loan to Shirehampton Markets and SCAF of street parties and events during **Coronation and jubilee years**? Have you been lucky enough to meet the Queen or any member of the Royal Family you'd like to share? Please get in touch. All photos will be returned and remember to add your details so they can be returned to you in due course.

Shirehampton Markets and SCAF are also looking for volunteers to help on the day, such as decorating the Public Hall with bunting, flags and balloons and help set up tables and chairs for example for the activities taking place. They also need help clearing and tidying away at the end of the event too.



Photo Credit: Sandringham Estate.

If you are able to provide photos for the display you can drop them into the Public Hall in Shirehampton and mark for the attention of Shirehampton Markets and SCAF by **Friday 6th May**.

If you want to volunteer for 'The Queen's Platinum Jubilee Celebration' community event and help out please email shirehamptonmarkets@outlook.com or contact them via their Facebook Page: www.facebook.com/shirehamptonmarkets or phone: 0117 982 9963 and leave your contact details with SCAF.

Lets make this event a day to remember!

Kathryn Courtney

DARREN JONES MP

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

No one in our country should have to decide between heating and eating. This winter, constituents from across Bristol Northwest have written to me about the large increases in energy bills, supermarket shops and the cost of living.

Soon, families will be facing a triple squeeze of increasing energy costs, higher taxes and inflation. If you are struggling to pay everyday bills, it is important not to suffer in silence. **Bristol City Council** can offer emergency payments for expenses like energy bills for those in urgent need, and the **North Bristol Advice Centre** offers advice on debt, bills, and welfare.

Since the Autumn of 2021, I've been pushing the **Government** to take action and shield families from the burden of sky-high energy bills. Over Christmas, following evidence taken by my **Business Committee in Parliament**, I called on the Government to take simple steps, including cutting VAT, to protect households. In February, I took evidence from **Ofgem** and others about the gaps in regulation that allowed so many energy

suppliers to go bust with bill payers left on the hook. We can not let this energy crisis happen again. That means we need to speed up home insulation and figure out ways to move away from gas dependency when heating our homes. The Government should also learn from community led solutions, including the ground breaking **Ambition Lawrence Weston Community wind turbine**.

Recently, I met with workers at the **Shirehampton Job Centre** to discuss the programmes available to people seeking work or hoping to change careers. I was energised by the enthusiasm that our job centre's staff bring to their work and their support for school leavers in **North Bristol**. I want it to be easier to access great jobs across Bristol. That is why it is so great that construction is underway at the **Portway Park and Ride train station**, Bristol's first

new station in 95 years. We also need safer cycle paths and more frequent buses in North Bristol, so there's a range of public transport options available in Shirehampton.

Finally, thank you to everyone that shared their experiences of dental care in Bristol. Based on your feedback, I secured a Parliamentary debate on the state of dental care in Bristol and the Southwest. **Members of Parliament** from across the Southwest took part to support **NHS dental care**. I argued for an updated settlement between dental practices and the NHS so that everyone can access affordable dental care. With many dental practices closing or not taking on new NHS patients, we need to act now or risk losing NHS dental care for good. I am glad that the Government has committed to increasing dental funding in the short term, but I will be following up with health Ministers to demand a long term plan.

As usual, if you need my help or have a question, I am running telephone surgeries and regular fortnightly catchups on Tuesdays on Facebook. Please get in touch on darren.jones.mp@parliament.uk or call the office on 0117 959 6545.

CONTACTING YOUR LOCAL COUNCILLOR

Shirehampton is in the Avonmouth and Lawrence Weston Ward

Your Councillors are:

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

CONTACTING YOUR MEMBER OF PARLIAMENT

Shirehampton is in the Bristol North West Constituency

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



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50 YEARS OF SHIRE NEWSPAPER 1972 - 2022

SHIRE 50TH ANNIVERSARY EXHIBITION

First of all an enormous **THANK YOU** to everyone who came to our Anniversary Exhibition on February 5th. There was such an atmosphere of friendliness and community as people who hadn't been able to meet during lockdown, or hadn't seen each other in years, greeted one another or recognized one another in one of the many photos of stories and events Shire has covered not just in the last ten years but in the last **FIFTY** years.

The **Lord Mayor, Councillor Steve Smith**, cut the anniversary cake provided by our local **CostCo** and gratefully accepted the lovely posy created for the **Lady Mayoress by Beau's Bouquets**. He had the opportunity to meet representatives of many of our local community groups including **SCAF, the local churches, the Sea Cadets, and the Scouts**.

People took their time to enjoy the extensive display of photos from the Shire archive curated by **Shire's secretary, local historian Judy Helme**. There was a real sense of togetherness as people shared memories or discovered more about the Village, both its past and its present.



Behind the scenes **Marilyn Gorry** organized the cake, ordered the posy, and served the tea with help from **Jill Williamson and Jackie Hares**. **Jeff and Bobbie Perkins** put up tables and helped take down the display. Everyone on the **Committee** helped create and enjoy the day.

But it is really all of you who came to the celebrations who made it such a wonderful occasion for all of us at Shire.

Renee Slater, Chairperson



5th Anniversary Shire Council in 1977.



30th Anniversary.



2017 AGM Shire Committee.



Shire Committee at the 2012 40th Anniversary.



All photos of the 50th Anniversary taken by and © Bob Pitchford



Avonmouth Sea Cadets

Avonmouth Sea Cadets had the immense pleasure of supporting the 50th anniversary of the Shire serving the community last month. It was great to be out in our local community on our first post Covid-19 event engaging with old members and recruiting new cadets and volunteers.



80th Anniversary year. We will have several events throughout the year and hope that we will have the opportunity to meet up with friends old and new at these events. The first of these is a Parade on Sun 01st May in Shirehampton, more details to follow soon.



In attendance at the celebrations were **Commanding Officer Lt Cdr (SCC) Alison Fowler RNR** along with **Unit Management Chair Terri Booker** accompanied by **Ordinary Cadet Charlotte** and **First-Class Cadet Ruby**.

Both cadets thoroughly enjoyed looking through the back copies of the Shire and spotting articles that featured previous cadets and family members but the highlight of the day for them had to be meeting the **Lord Mayor of Bristol Councillor Steve Smith** and getting him to sport a **"I love Sea Cadets"** sticker on his suit for the day!

During the afternoon we were joined by **First Lieutenant Lt (SCC) Mick Fitch RNR** and **Lt Simon Marr RN** who was a previous cadet at Avonmouth and is now a serving member of the **Royal Navy** and volunteers with us when he is available to do so.

This year will be a busy year for us as we prepare to celebrate not only our **Patron Her Majesty the Queens Platinum Jubilee** but also our



Sea Cadets is a youth organisation for young people from the ages of 10-12 Juniors, 12-18 Seniors. There are many activities for them to enjoy and if you would like to know more, please contact us at avonmouthseacadets@gmail.com

We are also currently looking for more volunteers to join our team. We have a range of roles available and offer many opportunities for volunteers to gain new skills and qualifications. For more information, please contact us at avonmouthseacadets@gmail.com



THE GREEN PAGES

CLIMATE NEWS FOR MARCH 2022:

It's hard for me to write the Climate Article this month.

COP 26 happened just three months ago but already the government seems to have forgotten all the promises and pledges it made to reduce carbon emissions. Even though we *KNOW* we *MUST* stop burning fossil fuels, the government has allowed Bristol Airport expansion, despite the clear wishes of the people and their elected Council. This is desperately disappointing. So, what next? What can we do now?

It seems to me more important than ever for us all to be well-informed about the challenges of **Climate Change**, to *REALLY* know what lies in store for us if we continue to burn fossil fuels.

The **Climate Emergency Group** has been hosting **Climate Cafés** in the hopes of offering basic information on Climate Change. This month we'll be showing a short film, **Heading for Extinction**, and **What to Do About It**, at our Café on Saturday March 19th at 10am-12noon. The café will be held at the Cotswold Community Centre, Dursley Road, BS11 9XH. There'll be time for questions and discussion over free coffee and cake. There'll also be children's activities so families are welcome.



© Sarah MacDonald

Some of us will be resuming our **Climate Vigil** during Lent while Climate activists prepare for national action in April. I think I have to stand up and be visible, let my grief and fear be seen. I know not everyone is willing or able to take action in public, but those of us who know what is happening can let our government know what we think. We can all share our knowledge, voice our concern and support one another to be the change we know we must make.

Renee Slater



© Bob Pitchford

TYNINGS FIELD PLOT

We are enlarging growing areas please come to our volunteer session Sunday afternoon March 13th and Wednesday 30th March at 2pm.

Caroline Penny



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Messy play group for ages 6 months to 5 years

Allowing children to use their imagination and explore through different weekly themed messy and heuristic play activities.

Tuesday mornings at Shirehampton Public Hall

Book today Georgina@messycreators.co.uk

Yoga Classes

Mondays 6.00 to 7.15pm
Shirehampton Public Hall
Other classes available

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Contact Suzi Griffin (CYS, AYS, BWY)

07776 321 989 suzi@yogafriendly.co.uk

CLIMATE CAFÉ

SATURDAY 19th MARCH
10:00 - 12:00

COTSWOLD COMMUNITY CENTRE
Dursley Road, BS11 9XH

Concerned about Climate Change?

We'll be showing ...

HEADING FOR EXTINCTION

A short film that shows us what Climate Change really means.

Drop in for coffee, cake and a chat
ABOUT WHAT WE CAN DO

FREE

Families and Children Welcome
SHIREHAMPTON CLIMATE EMERGENCY GROUP

SHIREHAMPTON CLIMATE EMERGENCY GROUP

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



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Nature Notes

The terrible weather has rather restricted much nature watching lately! However, it also means that keeping the garden ladders full becomes more of a priority.



© Bobbie Perkins

The small visitors such as great and blue tits are enjoying the peanuts and fat pellets which I have hung in our big rose bush behind the garden shed. I do believe we have had a couple of warblers come a'calling too!

I checked my bird book which, to be frank, is getting on a bit, (if you remember **Robert Dougall** the newsreader, that will give you some idea!), as he wrote it!

According to him, these wee birds shouldn't have arrived on our shores yet! Still, I am sure those more up to date with these stats will put me right!! Anyway, the bird I saw on the wall was very pretty and only stayed the one day so far.

Yesterday I watched a couple of geese honking away as they headed across the river towards **Ham Green lakes**, and belatedly for me, I have spotted our herons on their nests opposite the **PBA**. I haven't negotiated the footpath alongside the river due to the level of muddy pools which not only could send me face down in them, but result in much washing down of my black and white collie, who has dramatically transformed into a tri-colour collie!!

The rather mild temperatures just now have made the pigeons a little romantic, although it would appear the ladies are more than capable of bursting their bubble as they bow and coo to no avail! They are so comical!

Whatever the weather decides to do, it's clear that Spring really is just around the corner, so fingers crossed for plenty to report on soon.

Happy nature watching all, Bobbie



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Churches in the Shirehampton Area

SHIREHAMPTON BAPTIST CHURCH

The last two years of Pandemic has been a frustrating time for Church Leaders and congregations Church buildings closed, activities stopped, hospital and care homes unable to receive visits and plans for future projects on hold.

Thanks to **Zoom and Online Services** we have been able to connect with each other and continue to worship **God** who is not limited to time or space.

We have been asking God through our prayers for guidance now that restrictions are lifted, It may not be possible to carry on where we left off but we long to fulfil our **Mission Statement** which is, *Closer to God, Closer to each other, Closer to the Community.*

We now meet at our **Church Building** every **Sunday at 10:30am** and on **Zoom at 4:30pm**. Our next meeting at the **Cotswold Community Hall, Dursley Road** is on **March 13th at 4:45pm**.

Our **Minister Paul Rhodes** takes a **Drama Class** every Thursday lunchtime **Shirehampton Primary School**. All being well the, **The Story of Joseph**, will be performed before **Easter Holidays**.

Plans are being made for a **Holiday Club** for junior aged children in the Easter Holidays

The Church Building is open on the **second Thursday of the month from 10am to 12pm**. We trust people will want to come to pray alone or if preferred with another person.

We were delighted to be invited to have a stall at the **Shire News Exhibition**, celebrating fifty years of Shire publications. It was a joy to see the success of the paper due to the hard work and commitment

of many volunteers over so many years, we were glad to share a little of our **Church History** and to offer **New Testaments** and **Good News Papers** to those interested.

All at Shirehampton Baptist, Station Road send our love and prayers. Please look at our Church Web Site for more up to date news www.Shirehamptonbaptistchurch.co.uk or contact **07743 683684**.



© Bob Pitchford

WORKSHOPS FOR THE SOUL

At long last we can start engaging again with things that matter; activities that stimulate heart and soul and make us feel fully human. This is so important after the last 2 years of isolation. Following the success of his Introduction to Reiki last December, Keith Beasley is leading a series of Workshops for the Soul, in March and April, in the Penpole Room at Shirehampton Community Hall. Here is what you can expect:

March 21st - **Healing Art:** even if you are no good at it, being creative is a wonderful things to do . . .

March 28th - **Meet your Guardian Angel:** a chance to share experiences of, and connect to angels . . .

April 4th - **An Introduction to Reiki Healing:** another opportunity to find out about and sample Reiki. Hopefully, this time, with actual hands-on!

April 11th - **Mandala Drawing:** from Aborigines to Tibetans, mandalas have always been considered powerful. This is a chance to create your own.

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Dr Keith Beasley PhD Reiki Master

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Hello from Shire Methodist

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We plan to continue holding Morning Worship each Sunday in our church building from 11am. A visiting preacher will lead the first Sunday, the second will be an All-Age Worship event, the third will be Holy Communion led by our minister Reverend Patrick Stonehewer (followed by a church council meeting) and the fourth will be a more informal event with conversation and coffee.

We'll continue to have a cautious Covid-19 risk management plan in place in our church building. Face coverings, social distancing, use of a one-way system, track and trace and sanitising are still encouraged; we also recommend using lateral flow tests.

The pandemic continues to make some of our plans a bit uncertain so please check with us before coming along to avoid disappointment.

Many additional support services appear to be lessening as the pandemic restrictions ease. However, all the churches in Shirehampton continue to hold

our community in prayer and will do our best to respond to any concerns and needs. You can contact us on the numbers below:

St Mary's Church 0117 9077026

Shire Methodist 0117 9248407

Shire Baptist 07743 683684

St Bernard's Roman Catholic 0117 982 3380

May God's peace be with you all during March and this season of Lent.

Everyone at Shire Methodist

St Mary's News



Here we are at last - into Spring once again and Winter begins to lose its grip! What a delight it is to see green buds on the hedgerows and trees once more. Colour is coming back into the World after the long grey winter days, although I must say the Winter has been very kind to us this year with very little snow in this part of the country.

If this edition of "Shire" reaches you before Saturday, 26th February, then I can tell you that at Coffee Time on this day, from 10:00am to 12:00noon, Pancakes will be served! Shrove Tuesday this year falls on the 1st of March which incidentally is also St David's Day, who is the Patron Saint of Wales. As the church is closed on Shrove Tuesday itself, Pancakes will be served for your enjoyment on the nearest Saturday, hence 26th February!

"Goldies" singing hour this month is on Wednesday, 2nd March from 10:30am until 11:30am and I must say that the February session was very well attended. Goldies ask for a donation of £2 to cover their expenses.

This day, 2nd March, is also Ash Wednesday - the first day of the season of Lent. To commemorate this occasion, a Service is being held at 7:30pm at St Peter's, Lawrence Weston. This is to be followed each Wednesday for 5 weeks with a Lent Course hosted by churches in the Avonside Mission Area. It is an invitation to follow the teaching of Jesus in our everyday lives. Each course will start at 7:30pm and last for approximately 75 minutes.

Session 1: 9th March - St Andrew's, Avonmouth.

Session 2: 16th March - St Edyth's, Sea Mills.

Session 3: 23rd March - St Mary's, Shirehampton.

Session 4: 30th March - St Peter's, Lawrence Weston.

Session 5: 6th April - St Mary's, Stoke Bishop.

Messy Church this month is at 3:30pm on Tuesday, 15th March - again, may I remind you that if you require refreshments to let someone at the Church know by the previous Friday, 11th March.

On Saturday morning 19th March from 10:00am until 12:00noon we will be serving Cream Teas to tempt your taste buds, ahead of Mothering Sunday that falls the following weekend. There will also be a Craft Stall so that you can buy some gifts. Don't forget to put the date in your Diary!

Sunday, 27th March is Mothering Sunday when we give thanks for our mothers and all they mean or meant to us. It is also the first day of British Summer Time when the clocks go forward one hour and the light evenings are back with us - Hooray!!!!

Now, for another yarn - which didn't come out of a cracker, honest! What happens if you cross a Sheep with a Cow? You get an animal with a very Baaaaaaaaaad Mooooooood!

Bye for now. C.M.E.

Jobs, Training and Enterprise Hub at Shirehampton Methodist Church

Well, it's exciting that we are currently planning for a Stakeholders Event on 22nd February - so we will report on this next Month! We have a 4-week course in Digital Skills run by the Community Learning Team, which was oversubscribed, so we will definitely book this in again. Please contact Stephany if you want to go on a list.

We offer a warm welcome to everyone. So, pop into our drop-in Hub's Cups Job Club - Fortnightly - on 2nd and 4th Tuesdays from 11am to 12:30pm. We've helped a few people with skills and job searches over the last month and things are starting to roll.

Courses/sessions starting soon:

- **First Aid Course** - level 3 with accreditation (lasting 3 years) This is on 10th March from 10am to 5pm. Please book with Steph below - rates are £70 for businesses, £32 for charity/low wage and nil for unwaged.
- **Regular English Conversation Class** - to help those with English as a second or third language. Details to be announced soon.
- **Tai Chi classes**
- Another session will be booked for **Dementia Information**, which was cancelled due to illness.

For these and other ideas or your own needs please call Steph on 07305 066478 or email projectcoordinator@jtehubshire.org

The Hub is aiming to offer a mixture of courses and drop-in sessions to help people build up their skills and confidence for life and the workplace, including support for sole traders. This includes a number of well-being-oriented courses and those that will benefit the community as well as individuals.

Pearl Luxon - on behalf of the Management Group

High Street Market

As covid restrictions are being relaxed, 2022 will see the High Street Market back for good with guest stalls being introduced over the coming months.

One new addition to the market is in the food court area in the garden. 'Cheeky Pancakes, Bristol' see Dan and Reuben as your hosts and they make small Dutch pancakes known as Poffertjes with a savoury choice of cheese and paprika or a sweet choice that includes fruity tooti and biscoff. The pancakes proved to be very popular indeed along with the Jamaican and Sri Lankan Street food. From March, a new idea will be tried out where you have the opportunity of a three-course meal for lunch or to take away for dinner that evening. The savoury starter and dessert would be provided by 'Cheeky Pancakes, Bristol' whilst the main meal would be a choice between 'Food By Sophie' or 'Kottu Hut'. These are individual small business owners, and a discount is not available. However, make it your once a month treat, meet up with friends or family for lunch and enjoy the food. The High Street Market is the perfect place to eat and where else would you find the local favourite, fresh cockles from the market fishmonger.

Guest stalls for February included 'Jennie's Crafts' with her selection of cross stitch, baby knitwear and accessories whilst 'Haskell's Hot Sauces' provided a selection of six different hot sauces that are vegan friendly and gluten free. March and April will see 'Fond Memories' selling wooden window decorations and items for the home. Watch out for more guest stalls over the coming months as well as seeing your favourite market traders.

The High Street Market is held at the Tithe Barn on Shirehampton's High Street from 10am to 3pm on the first Thursday of every month as follows: 3rd March, 7th April, 5th May, 2nd June (this will include a small celebration for the Queen's Platinum Jubilee), 7th July, 4th August, 1st September, 6th October, 3rd November and the Christmas Market on 1st December.

There are an additional three community fayres being held at the Public Hall in Station Road, Shirehampton to mark in your diaries for 2022. The first is 'The Queen's Platinum Jubilee Celebration' on Saturday 21st May. The Summer Community Fayre will be on Saturday 16th July whilst the Autumn Community Fayre takes place on Saturday 15th October.

The High Street Markets and Community Fayres are supported by SCAF - Shirehampton Community Action Forum. New volunteers are always welcome for the High Street Markets and community events. You could assist with helping stall holders set up in the morning, handing out leaflets, putting up signage and posters, clearing up at the end of the day. The choice is yours.

Any questions or for more details please contact Shirehampton Markets via email: shirehamptonmarkets@outlook.com or via their Facebook page: www.facebook.com/shirehamptonmarkets or call 0117 982 9963 and leave a message with SCAF.

Kathryn Courtney



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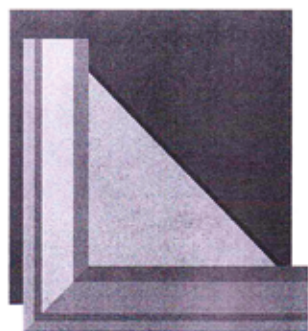
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Email for more details, contact one of the following with your name and contact number:

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

SPORT IN SHIREHAMPTON



NEWS FROM SHIRESTRONG KETTLEBELL CLUB

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

During January ShireStrong members concentrated on getting back into the swing of things after the Christmas and New Year break. Our focus for the month was improving core strength. Good core strength is really important in everyday life in the following ways:

- 1. A good core strength** helps you stand straighter as you go about your daily activities.
- 2. It improves balance.** That's because when you're working from a solid base, it's easier to stay upright on unsteady ground or recover from a stumble.
- 3. It supports better posture.** Your core isn't just your "six-pack" ab muscles at the front of your body. It includes muscles in your sides and back. So, when all of your core muscles are stronger, particularly your inner core muscles that attach to your spine, it helps you better keep yourself upright with good posture.

4. It makes everyday life easier. The stronger your core, the easier it is to execute everyday movements like bending down to pick something off the ground, standing for long periods of time, or doing household chores.

Each month during 2022 a member of the month award will be given to a club member. For January our **Member of the Month is Jo Robertson** who has received the award for consistently attending classes (sometimes twice a day), putting in a tremendous amount of work and entering her first sprint triathlon. Well done, Jo. This is what Jo had to say about training at ShireStrong:

"I first got in contact with Linda back in the summer of 2019. I was in search of local kettlebell group; having seen the results a friend had achieved. I wanted to find exercise I could enjoy, improve my strength and dreaded the gym!

Linda was friendly and informative, and it wasn't long before we met and she took me through kettlebell technique to ensure I was comfortable before joining the group sessions.



© Linda Thorne

Linda has a great rapport with her group, everyone is friendly, welcoming and there's a real sense of being in it together. The pandemic has been difficult for everyone but despite life's challenges Linda adapted to change and continued classes and her motivation online - she kept me strong, mentally, and physically. As well as kettlebells, I attend Linda's early morning boot camp. She is there whatever the weather, no two days are the same and it really sets me up for the day. It's been a lifestyle change for me, Linda has made me enjoy exercise and believe it or not, I look forward to getting up early in the morning.

I'd have no hesitation in recommending Linda, she's passionate about what she does and is great at it too! :)



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City and Port of Bristol Bowling Club

Frequently asked questions about bowling are:

What do you see in it?

What's so good about it, and do you have to reach a certain age before you do it?

The answers are very simple, anybody can bowl, irrespective of age, ability, or background, it really is the *'Sport for All'*. Why do I bowl and what is so good about it, not only does it provide healthy outdoor exercise, but it also provides the challenge of matching your skill against other bowlers and being a very social game, you meet lots of people and make new friends.



Dave Chilcott who scored 53 to win the Mini-Golf. Charlie Maby and Brian Crawley are looking on.

Come to the green and in a short time you can become a bowler. Perfecting the skills needed to become a good or great bowler will take much longer but from the time you start rolling woods on the green, you are a bowler.

There are many benefits to be had from playing bowls, both physical and mental. The game provides good all-round physical activity. In an average game you will bend more than 40 times, walk approximately 1260 metres, and swing your arm more than 40 times to deliver a bowl weighing more than three pounds.

Joining a bowling club means that you are a part of something worthwhile and there are always like-

minded people to share the experience of bowling with. Most of all bowling is something to enjoy, have fun with and, it is doable by anybody.

At the **City and Port of Bristol Club** there is a full programme of bowling, both friendly and competitive from Mid-April until late September. The first game of the **2022 season** is a friendly game against **Bristol St. Andrews**, at home on **Sunday 17th April**.

In 2021 children and young people were invited to the green to try bowling. It was successful and will be repeated in the coming season with the aim of opening a **Junior Section** and playing junior games.



Charlie Maby who won the Table Skittles competition with a score of 16.



Shirley Parker trying her hand at skittles.

There are social events throughout the winter at the City and Port of Bristol Club. On **January 23rd**, **Dee Crawley and Gill Hinksman** organised an evening of skittles, table skittles and mini golf. It was very successful, bringing bowlers and friends together to try their hand at the three games being played, and there were prizes for the winners of each of them. On the skittle alley two teams played four ups against each other, all great fun, and the top scorer was **Howard Surman** with 26. That game was followed by a traditional game of 'killer' where you must hit a pin to stay in it.

Brian Crawley was successful in this one. **Charlie Maby** was top scorer in the table skittles with 16 and **Dave Chilcott** mastered the art of putting to win the mini golf.

The **Start of Season** meeting will be on **Thursday 17th March** and the **Winter Bowling Break** at the end of March, once again in **Torquay**.

Would you like to know more about how to become a bowler at the City and Port of Bristol Club? Please call David Hinksman on 07932 387217.

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Old Mrs. Waters and Young Mr. Pace

Old Mrs. Waters had stopped for a breather.
“You forget, Mr. Pace, “I’m an old un, so either
We both goes more slow up this ‘ere Park ‘ill,
(My poor feet do ache me enough to kill)
Or else you must give me a bit of an ‘and,
And so for the moment just let me stand.”
Young Pace apologised and gave her his arm;
His heartfelt wish was to cause her no harm.
He helped her up the steps to the cricket-field;
then

Turned left towards Penpole. “ You agile young
men

Have got no ideal what it’s like to be old,”
Said the elderly lady, who was still catching hold
Of young Pace’s arm as they neared the new
school.

“I don’t usually come along ‘ere as a rule,”
She continued, and then, “Where we going to,
my luv?”

Mr. Pace didn’t answer but stared up above.
Not to Penpole, I ‘opes, cos the last I was there
‘Twere covered in brambles. I got quite a scare.
The path were so narrow, with bushes each side
And plenty of places for someone to hide.

I quickly turned back and made up me mind
That I dursn’t go there again. What might I find?”
By now they had actually reached Penpole ruin.

Mrs. Waters then gasped out loud: “What they
bin a-doing?”

Young Pace gave a laugh. Then he joked: “What
d’you mean?”

Mrs. Waters exclaimed: “ere’s a sight to be seen!
‘Oo’s cleared all them brambles an’ bushes away?

It’s all very different and nice, I must say.”
Young Pace agreed readily: “That’s why I brought
you.

I thought that it really was time that you ought to
See what’s been done by the KWAG volunteers.
They’ve been doing good work here in Penpole
for years.”

“The what?” said the lady. “What does that
mean?”

“King Weston Action Group, which is a team

Of all local people just doing their bit
To make Penpole better and somewhere to sit
In safety and peace; a beautiful place.”

“Like it were when I were young, Mr. Pace.”

“Exactly,” he said, “ but there’s still lots to do,
Before these hard-workers can restore the view
To the old River Severn and the Welsh hills
beyond;

A view that I’m sure of which you were once
fond.”

“Yore right there, my luv,” Mrs. W replied.

She paused for a moment, then cheerfully
sighed:

“I’m so glad you brought me to see what they doos.
I really look forward to seein’ the great views.

Now, a nice little rest on this bench I require,
Before I feels ready to walk back to Shire.”

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