

Shire

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

No. 655 - August 2026 www.shire.org.uk 5,000 copies monthly

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

Shire
AGM Friday
7th August at 6pm
- See page 2.

DAVE ROWLEY
- The first of
Shirehampton's
Unsung Heroes
- See page 13.

BANNER MAKING WITH PRIDE

The 4th July may have been Independence Day in the USA but in Shirehampton there was the opportunity to take part in making the *LGBTQ+ Pride Banner*.



Shirehampton Action teamed up with **Curly Red Sam Art** for a free Banner Making Workshop with all materials provided. Despite a slow start, within half an hour people started coming into Shirehampton Public Hall to try out their artistic talents not only for a joint community project but also individual banners they could take home with them.

For three and a half hours the venue was a hive of activity where socialising, chat and laughter could be heard. Refreshments, fruit and cake were made available in the morning, and pizza was the choice for lunch along with additional snacks to keep everyone going. From children to Grandparents, families and friends, it was certainly a very mixed age range.



© Kathryn Courtney

I asked **Ludo**, one of the organisers why they switched from a social event of a couple years ago to a banner making event?

“One of the great aspects of pride marches is seeing the efforts people have put in to design their own placards and banners to speak to the things that matter to them. We wanted to bring people together exactly one week before **Bristol Pride** so they could be prepared for the Pride march and contribute to that great creative atmosphere! “

“The event was simply brilliant! There was such a friendly vibe. Around 60 people joined us throughout the day and got stuck in, making their placards and contributing to a community banner. **Sam** of Curly

Continues on page 6.



© Kathryn Courtney

Pembroke Road Garage

A friendly, family-run business
offering:

- MOTs & free retests • Servicing
- Repairs & Diagnostics
- Tyres • Aircon Servicing

All makes of cars,
motorcycles
and light commercial vehicles
Free estimates • Courtesy vehicles

Pembroke Road,
Shirehampton BS11 9SB

Tel: 0117 982 7396

Mob: 07798898721

KINGS WESTON HOUSE

WEDDINGS • PRIVATE HIRE • CORPORATE
FILM, TV & PHOTOGRAPHY • WAKES

WWW.KINGSWESTONHOUSE.CO.UK

Shire

We hold regular monthly meetings on the first Monday of each month at 6pm in Shirehampton library. All welcome!

Official address: The Library, Public Hall, Station Road, Shirehampton, Bristol BS11 9TU.
Please contact Shire on: chairperson@shire.org.uk

‘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

ADMINISTRATIVE COUNCIL

Mrs S. Matthews, Chairperson
Mrs J. Williamson & Mrs L. Bradley, Co-Vice Chair
Mrs J. Helme, Secretary
Mr Ed Amphlett, Treasurer
Mr Paul McMillan, Advertising Manager
Mrs Marilyn Gorry, Archivist
Mrs Bobbie Perkins, Distribution
Mrs L. Bradley, Website Manager
Editors: Mrs Jill Williamson, Mrs Sarah Matthews,
Mrs Lucy Bradley, Mr Robert Andrews,
Miss Amelia Osborn, Mr Richard Coates,
Mr John Rohde (Sport & Activities)
Artwork: Iain Chaffey of Crimson Goose Design
Photographers: Kathryn Courtney, Bob Pitchford

N.B. To meet the deadline with our designer, 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 450 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 or call 07742 804737



SHIREHAMPTON PUBLIC HALL
Station Road, near shops
HALL, LARGE AND SMALL MEETING ROOMS FOR HIRE

For availability and bookings contact
The Hall Manager 0117 982 9963
www.shirepubhall.org.uk

REGULAR EVENTS IN SHIREHAMPTON

SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club (Except August) Yoga	10am-12noon 6.30-7.30pm	Main Hall Main Hall
TUESDAY	Jolly Melodies (Term Time) Line Dancing Community Living Room Elevate Dance (Primary School Children – Contemporary) (Term Time Only) Bereavement Support (1st Tues) Puppy Training	10am-12noon 2-3pm 3-5pm 3.30-5.30pm 5.30-7pm 7-8pm	Main Hall Main Hall Library Main Hall Library Main Hall
WEDNESDAY	Healing Rooms (2nd Weds) Better World (1st Weds) Over 70s Exercise Extraordinary Links (Term Time) Women’s Fellowship (2nd and 4th Weds) Shire Stitchers (3rd Weds)	10.30am-1.30pm 11am-1pm 2-3pm 3.30-5.30pm 7-9pm 7.30-9.30pm	Main Hall Main Hall Main Hall Main Hall Main Hall Main Hall
THURSDAY	Shire Social Group Healing Rooms Tai Chi Family History Group (2nd Thurs) Pilates Model Railway Club	10am-12noon 10am-1.30pm 2-3pm 6-8pm 7-8pm 7-10pm	Bradley Room Main Hall Main Hall Library Main Hall Club Room & Basement
FRIDAY	Shire Stitchers (1st Friday) Chair Yoga Yoga	10am-12noon 11-11.45am 12noon-1pm	Bradley Room Main Hall Main Hall
SATURDAY	(Private and Public Functions)		
SUNDAY	Church of Grace	11am-4pm	Main Hall & Springfield

The Hall is also home to Shirehampton Action and Tandem Arts.



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 at the Cotswold Community Centre

MONDAY	Pilates 9.30-10.30am Kettlebells 2pm-3pm 5:15-6:15pm 6:30-7:30pm
TUESDAY	Over 70s Exercise Class 2pm-3pm Sing For Fun 3pm-4pm 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	Welcome Space 10am-Noon Bingo 2pm Kettlebells 5:15-6:15pm 6:30-7:30pm
FRIDAY	Happy Space 2pm-4pm (3rd of month)
SATURDAY	Coffee Morning 10am-11:30am (2nd of month) Bingo 7:30pm
SUNDAY	Cotswold Christian Community Service Songs of Praise Café 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

Avonmouth Ladies Club

We meet on the 1st & 3rd Tuesday
at Avonmouth Community Centre
2.30-4.30pm
(But not in January & February)
A warm welcome awaits
For information contact
Julie on: 07814 183976

SHIRE ADVICE SERVICE

Free Advice Sessions
Shirehampton Health Centre, Pembroke Road,
Shirehampton
Tuesdays from 10am
To make an appointment call 0117 9515751

Shire AGM

SHIRE paper would like to invite readers to their AGM. This will be held at the Cotswold Community Centre, Dursley Road on Friday 7th August at 6pm.

So, if you’re curious of how we work - come and meet the committee and volunteers who will make you very welcome and explain how we put your paper together. You’ll be surprised! Light refreshments will be provided. Everyone welcome.

ADVERTISE IN YOUR LOCAL PAPER

Phone: **07742 804737**
or Email:
adverts@shire.org.uk



Let us help you find your perfect place this summer – if you're thinking of moving, give us a shout.



oceanhome.co.uk



Scan to get an instant valuation for your home.


ocean
estate agents

The *Shire* Community Pages

Happy Birthday! - Lawrence Weston Community Market is 1 Year Old!

Join us on **Saturday 1st August, 10am–2pm**, at **Ambition House, BS11 0PZ**, to celebrate our first birthday!

Enjoy **FREE** birthday cake, live music, delicious burgers, doughnuts and ice cream, plus plenty of fantastic local stalls.

There's lots of fun for the children too, including **face painting** and our **"Hunt the Letters"** challenge – find the hidden letters, make the special word and win a prize!

Can't make it or missed it? Our next market is **5th September**, and then on the **first Saturday** of every month.

Follow us on **Facebook** and **Instagram** for updates.

Beulah and Katie, Lawrence Weston Community Market

Lawrence Weston Market



Follow us on Facebook



LAWRENCEWESTONMARKET



'Arts, Crafts & Conversation' – Can You Help?

Shirehampton Markets are looking for a volunteer who can help us run our monthly **'Arts, Crafts & Conversation'** activity from 10am until 1pm.

If you love arts and crafts and are happy to get others involved and share the experience you just might be the person we are looking for. You will be joining a community market that is open the **first Thursday of each month** and joining a team who look out for each other and help each other where they can. We will cover the costs of materials involved.

Please contact us for more information via email at shirehamptonmarkets@outlook.com or call the office on 0117 982 9963 and we will get back to you.

Shire Newspaper Needs Your Help!

We are looking for *volunteers* to help our operation here at *Shire* run as smoothly as possible. This time our plea is for someone to help with **distribution and delivery**.

The role involves delivering small paper bundles from our sorting office (at **Shirehampton Public Hall**) to various households across *Shire*. You will need a vehicle and a couple of hours a month around sorting time (which is usually the last Friday of the month).

Please do let us know if you think you can help by emailing us at editor@shire.org.uk.

STOP PRESS:

Shire Race Night

Saturday 26th September • 7 for 7.30
Cotswold Community Centre,
Dursley Road.

Cash Only • Raffle • BYO Drinks
Sausage and Chips for £2.50 (Bargain!)

Helping to raise funds for the paper.

More information in the next issue.

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 £7.95

PLEASE NOTE:

Any submitted Personal Announcements or other Notices to the paper may incur a charge and must be accompanied with the submitters contact details or their submission will not be able to be published.

In Loving Memory of Robert (Bob) Pople



A devoted husband, wonderful dad and a doting grandad. He filled our lives with love, laughter and wisdom. Your presence we miss, your memory we treasure, loving you always, forgetting you never.

Also remembering son, Darren (Percy) Pople
9/11/65 - 22/10/25



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.

What's Happening to our Village?

Dear Editor,

Why do retailers, companies and individuals never open “shops or businesses” in Shirehampton? Can you blame them! Looking around the village over the last couple of months, I have noticed considerable anti-social behaviour. And I’m not the only one!

Over recent months, many people have been posting photos and comments on various social media sites about the state of Shirehampton. The owner of **Rose’s Café** has, on many occasions cleared up rubbish in the back lane behind his shop – not his! But waste, that inconsiderate people are dumping. Going around the village, it seems some residents feel it’s ok to dump their household waste and unwanted items wherever they like. Whether it be on public land or outside empty property. There is no need for this behaviour, use bins provided by the council, use the local tip. You can even get larger items picked up by the City Council if you contact them.

We have many empty shops, even the bookies in Station Road have now closed. And I fear for “**The George**”. If no one takes that on, will it be another boarded up building, like the old Woolworths?

One question I ask, is why it takes so long for planning permission to go through in Shirehampton? The old **Coles Nursery** is a prime example. If I were a prospective business looking to expand, I definitely would do a “drive by”.

Let’s have some pride in our village and then maybe we will get some decent businesses and shops opening in the area.

Anon. (name & address supplied)

Please visit the Bristol City Council website www.bristol.gov.uk Where you can report any street issue, including fly tipping. You can also find links here to the reuse and recycling centres and to book bulky household item collections.



More Litter Problems in Shire

A resident from Ryeleaze, Shirehampton has also been in touch with Shire to tell us of their concerns regarding overflowing bins in the area, which they say has been a regular, ongoing issue since 2023. They report that open bin bags regularly spill across the pavements and local area providing a potential health and environmental hazard to anyone who lives nearby. It seems there are not enough bins provided by the Housing Association and black bin bags which are being left near the bins by residents are then being pulled apart by local wildlife, leaving rubbish and waste across the path and around the local area.



EDITOR NOTE:

Shire understands that this issue has been raised with the Housing Association and that they have replied that they are aware of the situation and hope to address the issues raised. Local councillors and Shirehampton Action have also been contacted regarding this and are in talks with both the Housing Association and residents to try to get the issue resolved.

Shirehampton Cemetery – an Update

In last month’s issue we printed a letter from a local resident highlighting the lack of maintenance at Shirehampton Cemetery. Since last going to print we have heard that some further work has been undertaken to maintain and tidy some areas of the cemetery, although the work has not yet been fully completed.



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.



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



Household Cleaning Services
Reliable, thorough, professional.
gemma.wozniak35@gmail.com
07576 219583

Banner Making with Pride

Continued from page 1.

Red Sam Art had prepared some stencils and materials for people to use and stepped in whenever people looked like they need some inspiration. Rosie and Michelle were our super friendly volunteers who not only did a great job setting up and packing down, but also made sure people were having a good time. I really enjoyed speaking to people who came in from other parts of Bristol too,” said Ludo.

The team would like to give a huge thank you to Ocean Estate Agents, the Bristol Port Company and Collistear Hair and Beauty for their support because they simply couldn’t afford to put on this event without them.

The community made LGBTQ+ Pride Banner was displayed on The Green railings round the Victorian

tree on Pride Weekend and it serves as a reminder that we can all work together to be part of the human race that we all belong to.

Kathryn Courtney & Photos © Kathryn Courtney



A Visit to ‘Number 10’

Darren Jones MP invited people from across his constituency to an informal reception in Downing Street, to thank them for their contributions to the area.

Pictured here from left to right are three local Shire residents: Ludo Tolu co-chair of Shirehampton Action, Rev Alison Sowton of St Mary’s Church, and John Hastings of Cotswold Community Centre. They enjoyed forging connections with people from across North West Bristol, having conversations about housing, inclusion, nature activities and lots more Plus, of course meeting Larry the Cat - Chief Mouser at No 10!



FRIDAY 11TH SEPTEMBER at 7:15pm

THE IAN TOWERS DUO

at the COTSWOLD COMMUNITY CENTRE,
DURSLEY ROAD, BS11 9XH

Get your party dress on, come and listen, and dance, to music you will all know and enjoy. Bring your own drinks

TICKETS £10 EACH (inc. nibbles)

Ring JAN on 0117-9821750 or email: cotswoldca@gmail.com

Ears to Hear
Shirehampton

Ear wax removal
Via irrigation or microsuction

Appointments - call Karen 07828005413
Fully qualified ear health practitioner
& ear wax removal specialist

“We Are Ear for You”

Shirehampton Primary School Summer Fete

Shirehampton Primary School held their annual summer fundraising event on the school playground on Thursday 2nd July. This year we advertised beyond just our school, and it was lovely to see members from the wider Shirehampton community come along to enjoy the afternoon. We were lucky enough to have beautiful weather, this of course meant that the queue for the ice cream van snaked impressively around the playground, well done to those who persevered in the heat!

There was lots to see and do, including games, stalls, craft, tombola's, inflatables and refreshments. We held two tombolas, one bottle and one chocolate (which proved to be very challenging in the heat - lots of squashy chocolate bars!), donations to these were made by the families at our school in exchange for a non-school uniform day earlier in the week. We also had an inflatable hall this year, with a Bouncy Castle and Gladiator Dual game, which proved very popular, these were kindly sponsored by **Mercury Mortgages** www.mercury-mortgages.co.uk.

One of our most popular stalls was Soak the Teacher, where pupils delighted in throwing wet sponges at one of the schools deputy headteachers, **Mr Lohan**!

Our wonderful **Year 5 & 6 pupils** helped us to run games, and they did a fantastic job, as always. We also had various stalls run by children of the school as part of another of our fundraising activities, the £20.26 fundraising challenge, where we asked pupils to come up with their own ingenious ways of raising £20.26 for 2026, this was also very successful.

Everything we have raised from these 2 fundraising events will go towards new equipment for the playground which all the children in our school can benefit from.

It is always so lovely to see everyone enjoying the events that we organise and is not only a chance to raise vital funds for the school but also a chance for our school and the wider community to come together and enjoy themselves.

We are looking for new members to join our committee, especially in the lead roles of chairperson, secretary and treasurer. Perhaps you used to be a pupil, or have grandchildren or children at the school? Or are just interested in helping in the local community? If you would like to get involved in organising events for the local school, then please do get in touch at shireps.pta@gmail.com.

Friends of Shirehampton Primary School & Photos ©



Elite Beds

AND MATTRESSES DIRECT



Unit 1, 23 Salisbury Street, Amesbury SP4 7AW

01980 874242

Unit 9 Wyevale Garden Centre, Bath Road, Thatcham RG10 3AN

01635 897665

1 and 2 Windsor Drive, Devizes SN10 2TH

01380 887943

The Wendy House, 3 Farrell Close, Cirencester GL7 1HW

01285 897426

62/64 High Street, Shirehampton BS11 0DJ

0117 233 8777

www.elitebedsandmattressesdirect.co.uk



MILLBROOK BEDS
HANDMADE ENGLISH BEDS SINCE 1846



THE ARTS IN SHIREHAMPTON

The Show Must Go On!

SMAD (Sea Mills Amdram) was formed in 2009, performing our first show which was a pantomime. Due to the success of this show, we decided that it would be fun to continue, keeping performing arts alive in the area, encouraging and welcoming people of many ages to join in with us. This has now been continuous for 17 years.

However, in 2019, the **Sea Mills Community Centre** closed, so we found a new home at the **Rock Centre in Lawrence Weston**, with a portable stage that we use for all our performances. On this stage, we have performed numerous musicals, plays, murder mysteries and music events, our most well-known being the pantomimes we put on every Christmas.

Funding we have received over the past 4 years, has allowed us to offer the opportunity for everyone to view our annual pantos free of charge; this funding has continued, allowing us to put on two more free shows in 2026 and 2027. Our last pantomime, which was inspired by **Disney's Tangled/Rapunzel**, was written by our own talented castmates, **Sophie (19)** and **Sophia (17)**, who both helped choreograph, direct, and handle costumes, as well as starring in it themselves. This show was incredibly successful and reflected the cast's enjoyment and pride in what they had created, displaying our writing, dancing and acting skills to audiences across three shows.

On **August 15th**, we are once again putting on an original and new production of a murder mystery and cabaret, which was written by another member of our cast: local girl, **Catriona Pearce (16)**. Catriona has dedicated her time to writing the show amidst her GCSE exam season.

The show is called **'Murder of A Showgirl,'** a period play set around the 1920s, with two shows, a matinee at **2pm**, and an evening performance at **7pm**. This production is in association with local charity **Hope Against Suicide**, tickets are very reasonably priced at **£10 (adults)** and **£6 (u16's)**, so any support for this show will also go towards benefiting this remarkable and significant cause.

As always, being a local volunteer group, we need support. You can support us just by attending our upcoming shows, or by volunteering to be involved with things such as staging, being on the door, sound, lighting, set design, ticketing, or even by just offering to display one of our advertisements, perhaps in one of your local community centres or shops/businesses.

As a group, we have shown nothing but endless resilience and commitment to creating and performing both entertaining and amusing productions, because we wish to give our audience the same amount of joy that we feel when performing for you. We would be extremely grateful for any support that our community can offer us.

If you want tickets or if you are able to offer your support in any way, please email: seamillsamdram@gmail.com or call Nick White on 07502 788111 or Angela on 07852 861961





An Update from Darren Jones MP, Bristol North West

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

The summer holidays are here – hooray! It's a time for families to spend quality time together, for everyone to spend time outdoors in nature – and, oftentimes, for parents to spend money to find ways to keep the kids entertained!

On the latter point, though, thanks to the **West of England Mayor Helen Godwin's 'Kids Go Free' initiative** for free bus travel over the holidays – a scheme that has now been rolled out nationally by this government – and the **Chancellor's 'Great British Summer Savings' tax cut** – with VAT reduced from 20% to 5% on admission tickets at attractions and kids' meals in restaurants – the government is helping to make it more affordable to create fun family memories this summer.

Of course, aside from visiting attractions, there are many beautiful green spaces to enjoy across Bristol North West that don't cost a penny – that is, if you can drag your children away from their smartphones!

In addition to keeping children indoors instead of engaging with the real world, the advent of smartphones and social media has had other adverse impacts on children, with bullies, for example, no longer left behind at the school gates. And then there's

'doomscrolling', in which children can be exposed to an excessive consumption of negative news, causing stress and anxiety.

That's why I'm pleased this government is banning social media channels for under-16s from spring 2027 – to give kids their childhoods back.

The ban will use the same model as **Australia**, whereby **Snapchat, TikTok, YouTube, Instagram, Facebook** and **X** (formerly known as Twitter) are banned for under-16s. But the UK ban will go even further, blocking functions such as livestreaming and communicating with strangers for under-16s.

Messaging services, such as **WhatsApp**, won't be included in the ban, and children will still be able to go online safely to access educational content.

For under-18s, the government will also consider overnight curfews and forced breaks in the otherwise endless scrolling that is possible on social media apps

– a design feature that is even more problematic because of the addictive nature of the algorithms.

To make this work, **Ofcom** will set out different options in the coming months for forms of age verification that are accurate, robust and fair.

Already, **1,070 constituents in Bristol North West have written to me in support of a social media ban for under-16s**. But I want to dig deeper and hear what you think about this government's plans, now that they've been published.

Please share your views in my survey at darren-jones.co.uk/social-survey

I'm especially interested to hear from those aged 16 years and older who have grown up with technology (so-called 'digital natives'), so please do encourage your children, nieces, nephews and grandchildren to take part. I'll also be visiting schools in the autumn to hear from younger children – the ones directly impacted by the ban. And I'll be visiting again in spring/summer to hear reactions after the ban has come into force.

Until then, I hope you all take some time to log-off this summer and relax. Enjoy!

As always, if you need my help or have a question, you can get in touch with me on e-mail at darren.jones.mp@parliament.uk, by calling my office on 0117 959 6545 or by writing to me at the House of Commons, London SW1A 0AA.

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

Zoë Peat - Labour: Cllr.Zoe.Peat@bristol.gov.uk

Tom Blenkinsop - Labour: Cllr.Tom.Blenkinsop@bristol.gov.uk

Labour Members' Services Office: 0117 922 3827

CONTACTING YOUR MEMBER OF PARLIAMENT

Shirehampton is in the Bristol North West Constituency

Darren Jones Phone: 0117 959 6545

Email: darren.jones.mp@parliament.uk

Website: www.darren-jones.co.uk

House of Dobey

Domestic & Commercial Laundry Services

WASH, DRY & IRON

Shirts £4.00

Trousers £4.00

T-Shirts £3.50

Bedding from £3.50

Curtains from £20

IRON ONLY

Shirts £3.00

Trousers £3.00

T-Shirts £2.50

Bedding from £2.50

Pillowcases from £0.90

WASH & DRY

Overalls & Work Wear from £2.00

Hi-Vis coat £7.00

Sport Kits from £20.00

Throws from £20.00

Blankets from £10.00

Duvets from £18.00

Pillows from £6.60

SERVICES WASHES

From £20.00

(wash, dry and fold)

DRY ONLY

From £8.00

Collection and delivery service (FREE in the BS11 area)

70-72 Portview Road, Avonmouth, Bristol BS11 9JF

Tel: 0117 982 2555 Email: houseofdobey@btconnect.com

Agents for DRY CLEANING • SERVICE WASHES • IRONING SERVICES • OVERALLS & WORK WEAR • SPORTS KITS



Community events

Scan the QR code to find our local community events calendar and stay up to date with what's on in Shire!



shirehamptonaction.org.uk/events



THE GREEN PAGES

The Climate Emergency Continues

It's early July as I write this. You're probably still reading about the *NEB (National Emergency Briefing)* film in the July issue of Shire. The film is intended "to inform every one of the severe impacts of climate change". But you don't need me to tell you about that. It's as if the earth itself is trying to get our attention with day after day of dangerous heat, not just here but all over *Europe* and all over *America*.

And so today after a brief respite, the heat begins to build again. Here in Shire on the edge of the city with leafy roads, open spaces and a nearby river we don't feel the worst. But the freezer cabinets in the supermarkets are empty, unable to function in temperatures they weren't designed for. People pick up their dogs because the pavements are hot enough to burn their feet. We see pictures of little kids having fun playing in fountains, but we don't see any photos of the people who are standing for hours on overcrowded platforms hoping their train will eventually arrive.

Ever since Parliament declared a 'climate emergency' back in May 2019 I've been writing cheerful little pieces reminding us that there **IS** an emergency and urging us all to do what we can to reduce the fossil fuel emissions that are causing it. And we do what we can. Which is unfortunately not enough. The climate is changing and the impacts are severe already. Right now, the best we as individuals can do is support efforts toward 'net zero' and look after each other through the next heat wave.

RS



Volunteers Wanted for Public Hall Garden Group

Shirehampton Public Hall Garden is looking very well cared for. Relaxing, colourful, tranquil, it is a great place to sit during the day and listen to the birdsong.

This is not down to a regular gardener but a group of volunteers who meet up on the first Saturday of each month.

I met with **Gail Amphlett** to talk about the garden and the need for more volunteers six years after the Garden Group formed under the lead of **Esther Giles**.

"Our first challenge were the brambles that were twelve foot high and then came down to root again. Meeting up once a month meant we were able clear the garden and make changes."

"Since then, over the last six years we have seen an improvement in the variety of plants grown, where donations have made a big impact. Volunteers have built composting bays and the flower boxes by the library. The monthly maintenance of the flower beds and cutting back bushes have improved the appearance of the garden month on month." said Gail.

They are now asking for new volunteers to join them and help keep the garden a welcoming place for all.

"We would certainly welcome more volunteers to take on tasks including watering, weeding, cutting back plants and collecting leaves. The idea is we do as much or as little as we are comfortable with". Gail said.

One family, **Tom and Lucy** along with their daughters **Sophie & Eve**, attend on a regular basis and the bug hotel was their idea. With the help of their parents, the girls built the bug hotel, which makes an impressive feature in the garden.

"Although I co-ordinate the team, I'm no gardener so ideas are always welcomed as well as new volunteers." added Gail.

It's good to see the locals are visiting the Public Hall Garden and making use of a much-needed green space.

If becoming a volunteer appeals to you please contact Gail by email: gailsmpthlett833@gmail.com or call 07745 688076. Otherwise pop along to Shirehampton Public Hall, Station Road, BS11 9TX, the first Saturday of the month from 10am until 12 midday for a chat and maybe a bit of gardening.

Kathryn Courtney



© Lucy Bradley



© Kathryn Courtney



© Kathryn Courtney



© Kathryn Courtney



© Kathryn Courtney

Summer Break for the Repair Cafe

If there is one event that is an asset to the community it is *The Repair Cafe*.

There is the **clothes swap** where you can donate good clothing that can be worn again by someone else and you can choose an item of clothing that appeals to you too. No fast fashion but upcycling clothes you no longer wear.

You have **Rebecca, Sue and Juliet** who do repairs on clothing items, bags, gloves and more. They are prepared to have a go and fix whatever you bring to them by hand or with a sewing machine. There is also someone else who can fix knit wear.

You'll also find the **Talking Corner with Renee** who is happy to chat with you on most subjects, we have even tried to put the world to rights, Renee and I.

Shirehampton Climate Emergency Group is also present, where you can find plenty of information on how we can all do our bit to help the climate and our environment. There is also a mini library of books on the subject including recipe books from time to time.

Sometimes you'll find home grown plants for the house and garden available for a donation and a refreshments stall with a selection of cakes, again a donation tin for this is available. There is always

a warm welcome at the Repair Cafe, and it is a good place to socialise for a couple hours.

And we can't forget the **arts and crafts** table open to all ages. This time around you could plant your own pomegranate tree which several people happily took part in. Even I had a go and can only hope my attempt to grow one shows some life soon!

This is a project being run by **The Bristol Rain Forest** and you'll be able to take part in this activity again at the **High Street Market on Thursday 6th August** at **Shirehampton Methodist Church/Hub**. It's a free activity open to children and adults across the generations.

The Repair Café will take a well-earned rest over the summer and will return at Shirehampton Public Hall, Station Road, BS11 9TX on Saturday 26th September.

You can visit: <https://shirehamptonaction.org.uk> or FaceBook page www.facebook.com/ShirehamptonAction/ for regular updates.

Kathryn Courtney & Photos © Kathryn Courtney



August Allotment Diary 2026

"All the flowers of the tomorrows are in the seeds of today."

– Indian Proverb

In August, after such a scorching July, edible flowers are blooming in abundance on **Myrtle Hall C Allotment**, with splashes of colour drawing the eye, they produce nectar, sustenance for bees and insects. As bees collect nectar (a sugary fluid) to make honey, they buzz from flower to flower, collecting and dispersing pollen at the same time.

Nasturtium flowers proliferate on the plots, and come in many different forms and colours, from burnt orange, yellow, red, pink and cream adding the colour of summer to the allotment. Native to the Andes mountains, South and Central America, the Spanish explorers brought them back to Europe in the 16th century to be used in cooking, for their peppery flavour. A bright, cheerful addition to any dish.

Squash flowers form huge yellow cups into which the bees disappear head first, bottoms up, to raid the nectar laden centres. Many varieties of squash sprout from these flowers and range from long cylindrical yellow vegetables or fruits to round green balls.



Nasturtium Flower.

Originating from Mesoamerica (Mexico, Guatemala, Belize and Honduras) squash was domesticated around 10,000 years ago for its nutritious seeds, then eventually brought over to Europe. In Turkey and Greece squash flowers may be stuffed with rice, meat and spices, whilst in Italy and Catalonia they are battered and made into fritters.

Atop the **artichoke** sits a lavender- purple spiky beauty, similar to a large thistle with its globe like appearance. Although not edible, the flowers attract an abundance of pollinators as they are laced with nectar and provide tall ornamental blooms to please the eye. Originating from the Mediterranean basin, ancient Greeks and Romans were some of the first to cultivate the magnificent globe artichoke.

Borage, an annual self-seeding herb produces large numbers of delicate, usually bright blue, star shaped edible blooms. Originating in Syria, then the Mediterranean it was brought to England in the 14th century, as a culinary and medicinal herb, now often used as a garnish in salads, cold drinks and deserts, or frozen in ice cubes.

Finally, spotted around the allotment we see the **Sunflower** raising its huge bright beautiful yellow, red or orange head



Clockwise from Top Left: Borage flower, Squash flower and vegetable, Sunflower, Squash flower and Globe Artichoke flower.

to brighten everyone's day and bring a smile to your face. Growing up to 3 metres tall and native to USA, south Canada and northern Mexico, it was first domesticated in the Americas and brought to Europe in the 16th century for culinary purposes as sunflower seeds and cooking oil.

Once again, August sees the plots on Myrtle Hall C Allotment blooming with flowers and bursting with colour, a time for allotmenters to enjoy the fruits of their labour and perhaps a month of well-deserved rest from planting and sowing.

Cotswold Community Day Out

Thanks to the *John James Foundation*, the *Cotswold Community Centre* were able to give their supporters and residents a day out. So, on a beautiful sunny Friday morning, a group of 35 people boarded a train from *Shirehampton* to *Temple Meads*.

From there they walked the short distance to board the *'Matilda'* for a trip round **Bristol** harbourside. Everyone thoroughly enjoyed the hour-long trip which was expertly commented by one of the crew. Everyone arrived back at the Community Centre to be greeted by a refreshing cold drink and a buffet lunch set out by **Debbie** and **Bridget**. Thanks to all the Committee members for their continued hard work in making this Community Centre a great success.

Jill Williamson



The Little Paper with the BIG Reputation

Shire newspaper has recently been recognised as a best-practice example for *tackling isolation and maintaining communication* within our village. Teams from *Bristol Charities* and the *Impact Alliance*, who work with communities across Bristol and the South West to reduce isolation — particularly among older residents — reached out after hearing about our publication through several routes. They were keen to visit and see for themselves how we operate.

During our meeting, we shared the history of the paper, its 50-year tenure, and how it **continues** today thanks to our **editors, reporters, contributors, advertisers, and our army of volunteer deliverers**. They were struck by the voluntary nature of the newspaper's production, noting that "*This hyper-local approach involving the community ensures that the newspaper reaches all residents, including those who may not be able to access digital content or attend events.*" This is exactly the kind of model they hope to replicate in other communities facing isolation challenges.

The fact that we can produce and distribute this newspaper across the village is a testament to our volunteers. We are proud to serve an area where residents are willing to contribute and where there is such a strong sense of local spirit.

Bristol Charities and the Impact Alliance were also impressed by the variety of content, the vibrant feel of the paper, and the sheer number of local events happening in Shirehampton and the surrounding areas. They commented that "*The Shire thrives in an area with a strong sense of community identity. Shirehampton benefits from active local organisations supporting a wide range of initiatives, as well as several schools and community groups. This network of activity both feeds into the newspaper and reinforces its importance as a shared platform for communication. The steady flow of letters, stories, and contributions from readers also demonstrates strong engagement.*"

Being recognised as a best-practice publication made me feel incredibly proud to be involved with *Shire*. It reinforces what a special community we have here in Shirehampton — one that continues to show up for each other.

SHIREHAMPTON'S UNSUNG HEROES

CELEBRATING THE SPECIAL PEOPLE OF SHIREHAMPTON THAT HAVE MADE A DIFFERENCE TO OUR VILLAGE!

Dave Rowley – Man of Sport and Science Education

Despite being involved in activities worldwide, Dave Rowley's life is Shire to the core. His family had lived in the now vanished Hung Road Cottages, on the river bank near the present Port of Bristol sports ground, and he was raised in Grove Leaze. He was a keen sportsman from the outset, playing cricket for *Shell Mex* as a 12-year-old and coached by *Gloucestershire*, captained the *Bristol National Association of Boys' Clubs* cricket side when at *Avon Boys' Club*; he has been a member at *Shirehampton Park Golf Club* for 60 years; he played football for Avon Boys' Club. He responded to *Avonmouth FC's* ad for new players and went on to success at *U17 level* with the club as a defender and has been involved with the club for over 60 years.

After realising that professional sport was not going to be achieved, he qualified as a **football referee**, and performed at a high level, acting as an assistant (linesman) for the **Football League** for ten seasons, and refereeing **Football Combination** and **Conference matches** – in all, 38 years as the *Man in Black*. His interest is still keen, and he is a **coach and assessor** helping young and new referees to advance on the **FA referee development programme**.

Back in our area, he was a long-time chair of Avonmouth FC and was deeply involved in negotiations as secretary of the **King George's Field Trust (KGFT)** over land and compensation when the land used by the Avonmouth football, rugby and bowling clubs was compulsorily purchased by the **Ministry of Transport**. The current division of land between the rugby, football, bowls, and now including the **NSC Boxing Club** in Barracks Lane and Avonmouth Road, owes much to the work of him and the Trust. Dave has kindly supplied the photo of the original rugby club pavilion, a hut transported bodily in 1948 from the wartime American army camp on the golf course.

When not keeping 22 boisterous footballers in order, Dave followed a professional life in engineering and education. He had an aircraft electrical apprenticeship on the **Concorde** programme at **British Aerospace in Filton**, but eventually found his niche as the company's recruitment and schools liaison officer,

founding and running programmes educating young people about careers in science and technology. He followed that with work in **Filton's Dynamics Naval Weapons Division**, and then in Aircraft's public affairs department where he introduced a young new **BBC graduate, Clive Myrie**, into Bristol's aerospace industry.

Dave eventually became head of the company's entire **education partnership programme** from **London and Farnborough** including the company's involvement with the **Millennium Dome** and a UK wide education programme. He then managed the national **Young Engineer for Britain** and **Young Electronic Designer Awards** schemes, which took the winners to world finals in the USA and Japan.

Then it was on to the **Royal Academy of Engineering** to promote **STEM subjects** (Science, Technology, Engineering and Maths) in both education and industry. Through this work he first met **Richard Noble** whose previous car **ThrustSSC** achieved a speed of 763.035 mph, the only time a four-wheeled vehicle has gone faster than the speed of sound. Richard's next car project brings us back in a roundabout way to Avonmouth. Richard was the director of the **Bloodhound SSC** project, whose aim was to beat the world land speed record and achieve a speed of 1,000mph using a jet and rocket-powered vehicle, which came to be known as Bloodhound. However, the number one aim was to inspire the next generation of scientists and engineers. The Bloodhound car was developed and assembled in a large building on the old MFI site next to the M5 bridge adjacent to Avonmouth Road. Dave's special role on this project, which became the biggest STEM education project in the UK, was to set up and direct an education programme where all Bloodhound's information, including its aerodynamic design, could be used by interested young people and adults to follow every detail of the car's design, build and performance. He then moved to **Kimberley** in the **Northern Cape of South Africa** to set up the project, which also



© Richard Coates

provided work for the locals around **Hakskeenpan**, a financially deprived area of South Africa where it was planned to run the car on a 12 mile long dried lake bed, where the local workforce removed 16,000 tonnes of stones and rocks to provide a perfectly flat track.

Since returning from South Africa in 2016, Dave enjoyed five years on his barge with wife **Wendy** in **Belgium and France** but, now back in Shirehampton, he is fully involved in local sport, again as **secretary of the King George's Field Trust Avonmouth**, where the four member clubs have amassed almost 400 years of providing sporting facilities for the local communities, and as president of **Avonmouth FC**. Dave also now volunteers at **Aerospace Bristol**, the museum housing Concorde and Bristol's amazing aviation industry since 1910.

Richard Coates, with thanks to Dave Rowley (of course!) and Paul McMillan



Do you know someone who quietly goes above and beyond for Shirehampton?

A volunteer, organiser, supporter, or all-round good neighbour?

We want to tell their stories. Let's celebrate the people who make our village great.

Contact us on: editor@shire.org.uk

Ahoy Skipper!

TS Enterprise (Avonmouth Sea Cadets) are delighted to welcome the appointment of *Chief Petty Officer (SCC) Will Edge* as their new Officer in Charge. Will, a former *Royal Navy officer* and a long-term Sea Cadet volunteer has been at *TS Battleaxe (Thornbury & District Sea Cadets)* for many years. As a marine engineer, he also brings some new skills to the unit.

The unit's executive officer, **Petty Officer (SCC) James Skuse** said "Chief Petty Officer Edge and I have some exciting plans for the near future. As a small unit, his connections at Thornbury will ensure we are able to share expertise and resources to get the best experience for both units' cadets."

Liz Batt, Trustee and Treasurer of the unit said "2025 was a difficult year for the unit with the passing of our Commanding Officer, **Lieutenant Commander (SCC) Alison Fowler RNR** very suddenly in May. The year did not improve with the passing of a long-standing former Commanding Officer, **Lieutenant (SCC) Barbara Hillier RNR**. Both were not only firm friends but also started their decades of Sea Cadet volunteering at Avonmouth Sea Cadets. Anyone who had dealings with the Sea Cadets at events will certainly remember these wonderful ladies. Certainly, they had a big impact on my daughters."

Chairman of trustees, **Len Jacobs** added "**Captain (SCC) Sian Scholes RMR** has done an exemplary job

caretaking the commanding role during this difficult time. This has been on top of her Deputy District Officer duties, as a volunteer and her employment. She will be sorely missed but we look forward to seeing her again for our annual inspection in July."

Chief Petty Officer Will Edge concluded "I am extremely pleased to be joining a unit that has delivered excellent experiences to our young adults over the last few years, and I am keen to continue the fantastic work started by my predecessors. I am proud to follow in the footsteps of Lieutenant Commander Fowler, someone whom I knew and respected from our time together at my previous unit and ensure that the values and culture she instilled in this unit continue long into the future. Captain Scholes has played a phenomenal role in steadying the ship over a difficult 12 months for the unit and I look forward to meeting all our cadets and contributing to their development."

Avonmouth Sea Cadets is a registered charity and voluntary youth organization for boys and girls aged



Chief Petty Officer (SCC) Will Edge

between 10 and 18. It provides activities aimed at helping young people towards responsible adulthood by encouraging valuable personal attributes and high standards of conduct using a nautical theme based on the customs of the Royal Navy. It has been serving the West Bristol area since 1942.

The unit is based at TS Enterprise, Station Road, Shirehampton, Bristol BS11 9XA (opposite The Lamplighters pub)

The unit is open:

Sea Cadets (12-18): Mondays and Thursdays, 7pm - 9pm

Junior Cadets (10-12): Mondays 7pm - 9pm

Contact details: www.sea-cadets.org/avonmouth/get-in-touch



Lieutenant (SCC) Barbara Hillier RNR (with Lord Lieutenant of Bristol, Peaches Golding).



Lieutenant Commander (SCC) Alison Fowler RNR

THE AERIAL MAN

TV Aerial and Satellite Specialist



Now Offering CCTV and WiFi Installations

0117 967 9028 | 07818 413 451

www.theaerialman.co.uk

info@theaerialman.co.uk

Affordable Prices - Reliable Service

- Poor Reception Problems Solved
- 2 Year Guarantee
- Digital Aerials
- Additional TV Points
- Humax Recorders
- OAP Discount
- Satellites
- Repairs
- TV Sales

Shirehampton Community Forest Picnic

The rain stayed away and the sun did its best to remain during the afternoon of Sunday 7th June. *Shirehampton Action* in partnership with the *Festival of Nature* had organised Shirehampton's Community Forest Picnic held at *Kings Weston Estate*.

Eric Swithinbeck, a Community Ecologist was lead on the walk. It was free community event that people could book and around 30 people were in attendance from young children to parents and grandparents.

There was plenty to discover from plants to bugs, bees and ladybirds. Some of the children had a magnifying glass and Eric encouraged them to find out more. For an hour people asked questions, Eric answered them with a bit of history and folklore, the children were in awe of the creepy crawlies and seeing a bee up close in a sample jar (it was soon set free).

"It's been an amazing turnout today. There's so much to look at in Kings Weston Estate in terms of the wildflowers, the pollinators, folklore, history and also ecology about all the flowers. We found some cuckoo spit, which is a type of aphid, and it produces that sort of foam to protect it from predators." said Eric

"The Festival of Nature is all about people engaging with nature, getting excited about nature. We need people to care about nature because if they don't care about it, they won't protect it. There are so many good things happening across the city so to have one programme where it's all linked together, it's really good. It's really nice to actually be able to have a positive impact." added Eric.

Ash Bearman, Community Development Officer with Shirehampton Action put the event together:

"I wanted Shirehampton to be 'on the map' and part of the Festival of Nature and **Bristol Community Festival** events programme this year. A guided Nature Walk and a Community Picnic are great levellers, and I wanted this event to bring people together from across the Shire Community for a fascinating guided forest walk with the brilliant Eric, the Ecologist & enjoy a lovely picnic together in the wonderful setting of Kings Weston House Estate."

It was certainly an event enjoyed by all, with the picnic provided by **Ruby Jeans The Parade**. It did not disappoint with plenty of compliments.

Rita and **Karl** had travelled from **St. Pauls** for the event; "It's been quite amazing today, it's quite

wonderful here at Kings Weston, peaceful. We've met some lovely people too. Eric is very knowledgeable and we would come back again".

"We had a lovely time on the walk. We saw some ladybird larvae transforming into adult ladybirds, which was very exciting." said **Robyn**.

"I thought it was the best nature walk I've had in the UK. Lots of grasses and plants were shown to us and explained. It was really very informative. There was this splendid buffet too when we returned." said **Koulle**.

For more information about Shirehampton Action events and activities go to: <https://shirehamptonaction.org.uk>

For the Festival of Nature events go to: www.bnhc.org.uk/festival-of-nature/

Kathryn Courtney & Photos © Kathryn Courtney



Churches in the Shirehampton Area

Hello from Shirehampton Methodist Church

We are looking forward to some new and exciting activities during the summer holidays including 2 afternoons of *3D Printing, Pizza and Ice Cream* (Mondays 27th July & 10th August 2.00 – 4.00) and a *Summer Tea* on Monday 17th August 2.00 – 4.00. All are welcome.

Also, during our afternoon **Welcome Spaces**, we will be trying lots of different summer crafts. If you are interested in **garden design or planting** - we are hoping to develop our small outdoor space into a calm and welcoming garden area – we would very much welcome some ideas to help us achieve this.

If you are interested in cooking, then we are running a **Family Cooking Course** over the summer holidays and then weekly planning & cooking sessions on Monday afternoons from mid-September. Please

look out for our posts on **Facebook** for more details or join our **WhatsApp** group. (QR code on our white doors in Penpole Ave).

Our **Worship Services** continue, as usual, on Sunday mornings at 11am.

We are an inclusive church welcoming and affirming every person.

May God's peace and love be with you all during August from everyone at Shire Methodist.

Shirehampton Baptist Church News

Contact: www.shirehamptonbaptistchurch.co.uk

During *August*, most of our weekday activities will take a break. *Rock Steady club* for primary school age children will not be meeting, also there will be no *Life Cafe*, and the *Cotswold Songs of Praise Cafe* which meets at the Community Centre, Dursley Road will not be meeting.

However, we will meet for our **Sunday worship service every week at 10:30am** in our church building, Station Road. All are welcome.

We are still in the process of getting a new minister but are fortunate to have several speakers who are willing to come and share the Bible's relevance for this present age with us.

We held a gift collection towards the cost of the hall's roof repairs and people were very generous in their

response. We also have a collection once a month for a needy charity or situation.

We join with all who are concerned and are praying for those in our community who are going through difficult times and are available to help in whatever way we can (see contacts).

More news in September's Shire.

Love and prayers from Shire Baptist.

St Mary's News

w: stmarysshire.org
t: 0117 907 7026
e: stmarysshirehampton@outlook.com



I write this article whilst sat in our third heatwave of the year. In anticipation of community need, we opened our doors until 4pm during the hot spells to provide a cool space, welcome shade and cold drinks to anyone who wished to pop in. We were pleased to see people call in and appreciate this relief from the hot sun. Thanks to all our volunteers who helped make this happen.

Goldies meet on Wednesday 5th August from 10:30am with lots of familiar songs.

Our **Patronal Festival** weekend begins on **Saturday 15th August** when we will have Cream Tea from 2 to 4pm, along with various displays, harp music and more. The children's play area will be available, and we hope many of you will join us.

Then on **Sunday 16th August** at 10:30am we will hold our **Patronal Service**, celebrating our **Patron Saint, Mary the mother of Jesus**. All are welcome to this Worship for All service that is suitable for all ages.

As always, we are open every day for **coffee mornings** 10am to midday, except for Thursdays and Sundays when we hold services of **Holy Communion**. Our **Welcome Space** takes place on Fridays from midday to 2pm. All these sessions provide opportunities to meet up with others, share news and take advantage of a quiet space for reflection, should that be required.

Best wishes from all at St Mary's, Shire

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.

24 Shirehampton High Street, Bristol, BS11 0DL

0117 9823210 paul@woodfamilybutchers.com 0779 2998829



Small Business Week

The first week of June was 'Small Business Week'. Several small businesses took part including *Ruby Jeans the Parade* and *Shirehampton's High Street Market* and their *Market Traders*.

This was a nationwide event to highlight small businesses and the important role they play in the UK economy and local communities. Whether a small business owner, a new start-up or even an entrepreneur this week was the chance to showcase their products and services, increase visibility, attract customers, and make use of discounts or special offers. The event was organised by the **Entrepreneurs Circle**.

I spoke to several small businesses on the **High Street** and the **Community High Street Market** and asked how important is it for people in the local community to support small business and why?

Martin England from **Choice Carpets** said. "Each small business owner needs the local community to actively support them in order to help sustain jobs and community growth on the High Street. Their custom means they are supporting a small family; we can put food on the table, pay the bills and hopefully see business grow. Each pound spent goes back into the local community".

Ali Zeinali from the **Blue Dolphin** had a different take: "Small businesses in any village cannot survive without the help of people. At the same time, you have to give that service to make sure they come back to you. What I give to my customers I get back. In the long term I am dealing with local customers, and I see them day in day out and if I don't look after them, they won't come back. They have the choice."

Meanwhile at the High Street Market, **Kit** from **Chocsmiths Handmade Chocolates** said: "Supporting local businesses is essential for communities as it helps boost the local economy as well as adding to the growth of the local community. It is important to meet local businesses out in the world on the high street or at markets. If these places aren't supported there isn't any way for new businesses to break out and enter the retail world."

Whilst **Bev** from **Rebel Cheese** who has a stall at the market and travels round the West Country added. "Supporting your small local businesses is vital in a small community as they are the glue that keeps the community together. Without people, communities can fall apart. I saw this happen in Thornbury. It's a market town but without a market and that is such a shame."

Unfortunately, costs involved such as rent and business rates on the High Street remain high which is an obstacle to small businesses and why many start out at the markets. However, supporting small business on your High Street and at your local market will make a huge difference, as well as providing sociability for many people living in the local community. Shop local and support small business.

Kathryn Courtney & Photos © Kathryn Courtney



Andrew Pinn OPTOMETRIST

- Eye Examinations • Spectacles
- Contact Lenses

Complete Professional Eye-Care

Andrew Pinn Bsc MCOptom
Optometrist

12 High Street
Shirehampton

0117 9822269

Izabela Rogalska



Perfect
Clean House

*Cleaning weekly,
fortnightly, monthly
or occasionally*

- Offices and Schools
- After Renovations
- Student Houses
- Private Houses
- Public Areas.

07360 518 348

info@perfectcleanhouse.co.uk

Twiggd It Tree Care



All types of tree work undertaken

Large hedge work

Free, no obligation quotes

Fully qualified

Fully insured

07788665987

twiggedit@gmail.com

www.twiggedit.co.uk

Adventure and S'mores: 191st Scout Group Conquers Brockmead Campsite

Brockmead Scout Campsite was buzzing with energy the weekend of 12th June, as the 191st Scout Group pitched their tents for an unforgettable weekend of outdoor adventure, skill-building, and traditional camp camaraderie.

The action-packed itinerary challenged the **beavers**, **cubs** and **scouts** to push their boundaries while mastering a variety of traditional and modern scouting skills. Beavers completed low ropes, tunnel mazes, soft axes, and orienteering whilst the cubs got to try their hand at air rifle shooting, low ropes, orienteering, and pioneering. The scouts completed pioneering, orienteering, air rifle shooting, and axe throwing.

Everyone enjoyed the slip n slide, cooling everyone off on such a hot day, even some of the leaders joined in, with **Hawk Eye** doing a roly-poly at the end of the slide because he was going so fast!

After an exhilarating couple of days, the weekend culminated in the most time-honoured of scouting traditions: the campfire. No camp finale would be complete without treats, and they all got to have gooey s'mores. The camp held an extra-special significance for the 191st this year, as it marked the debut of the group's brand-new camping gear.

The leadership team extend a huge, special thanks to the **Cotswold Centre**, whose recent fundraising Bingo Night successfully raised the vital funds needed to purchase the high-quality tents that kept the cubs and scouts warm and dry throughout the weekend.

All scouts were suitably tired, but happy and returned home with lots of special memories of camp. Finally, a warm thank you to our leaders who volunteer their

time to support these camps, without their dedication they simply would not happen.

We are always happy to hear from anyone who feels they could volunteer their time to help our scout group, so please do get in touch 191stbristolscouts@gmail.com.



YOUR LOCAL TRADESPEOPLE adverts@shire.org.uk 07742 804737

BUILDERS



EYLES
BUILDING AND
PLASTERING

www.eyesbuilding.co.uk eyesbuilding@gmail.com
07825 184130 **0117 336 0794**

- Extensions / Newbuilds
- Refurbishments
- Brick Work / Block Work
- Patios / Garden Walls
- Plastering / Rendering / Damp Proofing
- Drylining
- Maintenance

CARPENTERS

Over 10 Years Experience in Carpentry and Joinery

- ✓ Doors
- ✓ Skirting and architrave
- ✓ Wall paneling
- ✓ Wardrobes
- ✓ Kitchens
- ✓ Cabinets
- ✓ Decking
- ✓ Fencing
- ✓ Loft hatches
- ✓ And much more.



LIAM HAWKINS
CARPENTRY

Free Quotations

☎ 07909224430 ✉ liam.h.carpentry@gmail.com
@l.h.carpentry f l.h.carpentry

ELECTRICIANS



Daley Electrical

Your Local **NICEIC** Approved Contractor's
Commercial & Domestic
FOR A PROFESSIONAL, RELIABLE, LOCAL SERVICE
"Where you the Customer comes First"

- Full / Part Rewires
- Consumer Unit Upgrades
- Earthing Upgrades
- Garden Lighting
- Showers
- Landlord Safety Checks / PAT
- Electrical Condition Reports (EICR)
- Fault Finding / Repairs
- Security Alarms
- Emergency Lighting
- Fire / Smoke Alarms
- Networking
- CCTV
- Appliance Repairs

PART P REGISTERED
Certificated & Guaranteed Work
Fully Insured

NICEIC APPROVED CONTRACTOR **NICEIC** DOMESTIC INSTALLER

For a Free Quotation
Contact Paul
07799 050947
0117 9821979

ADVERTISE YOUR BUSINESS HERE IN YOUR LOCAL TRADESPEOPLE FROM AS LITTLE AS £7.95 PER MONTH!

YOUR LOCAL TRADESPEOPLE

adverts@shire.org.uk
07742 804737

GARDEN MAINTENANCE



Get ready for summer with

GardenWorks

all your garden needs

Do you need a helping hand in your garden? I am a local, experienced and trusted gardener

- regular garden maintenance • grass cutting
- garden clearance • leaf clearance and tidy
- pruning & hedge cutting • planting
- redesigning garden areas

For competitive rates and a reliable, friendly, high quality service contact Conrad

Tel 0117 9828023 or 0788 2288968

KITCHENS

Need a New Kitchen

We provide Professional kitchen installation
Using qualified Tradesmen Guaranteed

If you're serious about getting
a quality fitted kitchen
at a competitive price

We also cater for budget kitchens

Competitive quotes

Contact Mike

07973687129

From someone who knows what he's doing!

PAINTING & DECORATING

R.B Painting Services

Interior & Exterior

07890 411 653



JJ's Painting & Decorating

- Local reliable painting & decorating service
- Internal & External Work
- Competitive rates
- Commercial & Domestic premises
- Fully insured

Call or email now for a free no obligation quote!
07487 639203
jjdecoratingservicesbristol@gmail.com

PLASTERING

McCALL

CONSTRUCTION

PLASTERING

RENDERING

CONSTRUCTION

0117 949 0147

07909 937 229

www.mccallconstruction.co.uk

INTERIOR & EXTERIOR

QUALITY WORK

COMPETITIVE RATES

PLUMBING AND HEATING

EDMOND PLUMBING

Friendly, Reliable • Qualified Plumber

- ◆ Boilers and heating
- ◆ Replacement taps
- ◆ Electric and mixer showers
- ◆ All household plumbing requirements
- ◆ Bathroom, kitchen, shower room tiling
- ◆ All jobs guaranteed

NO CALL OUT CHARGE

Ring Ed on 07791 798544

Painter and Decorator

- Interior Painting
- Wallpaper Removal
- Exterior Painting
- Water Damage Repair
- Wallpapering

Clair: 07769 309327 or 0117 909 0725

GAS SERVICES

FRANKLIN'S GAS SERVICES



BOILER INSTALLERS AND HEATING ENGINEERS
YOUR LOCAL GAS SERVICE ENGINEER
NO CALL OUT CHARGES

COMPETITIVE RATES
FULLY QUALIFIED ENGINEER

.....

- BOILER INSTALLATIONS

- HEATING BREAKDOWNS

BOILER SERVICES AND REPAIRS

- LANDLORD SAFETY TESTING

AND GAS AND PAT

- GAS LEAKS COMMERCIAL AND

DOMESTIC

07841870939

GATES

DOMESTIC GATES + INDUSTRIAL GATES
RAILINGS + BALASTRAS + SECURITY GRILLS

GATES PLUS

01454 632905

07887 986894

www.gatesplus.co.uk

"Victoria", Ableton Lane, Severn Beach, BS35 4PR

TV & AERIALS

THE AERIAL MAN

TV Aerial and Satellite Specialist

0117 967 9028

SEE OUR FULL ADVERT ON PAGE 14

YOUR LOCAL TRADESPEOPLE

adverts@shire.org.uk
07742 804737

PROPERTY MAINTENANCE

ROB'S PROPERTY MAINTENANCE & CLEANING SERVICE

For all those jobs that still need doing... I am here to help!

Building & Property Maintenance
Handyman

Plastering • Rendering

Decorating • Tiling

Plumbing • Bathrooms

Fascia/Guttering

Gardening/Fencing

Private & commercial cleaning

ROB: 07891 450 047
robspropertymaintenance@yahoo.com

KJH
SOLUTIONS

PROPERTY MAINTENANCE

MOBILE: 07802 757996

EMAIL: KJHSOLUTIONS96@GMAIL.COM

- BASIC PLUMBING & ELECTRICAL
- ELECTRICAL APPLIANCE
INSTALLATION & REMOVAL
- TV WALL MOUNTING
- PAINTING & DECORATING
- PROPERTY CLEARANCE
- FLOORING / LATEX
- CARPENTRY
- GARDENING
- MAN WITH A VAN
- JET WASHING

NO JOB TOO SMALL

PLEASE CALL FOR A FREE NO OBLIGATION QUOTE

MOTORING

PRICE Bros.Ltd

Auto Engineering

Bristol's Leading
Engine Reconditioners...

- GENERAL REPAIRS
- EXHAUSTS & BRAKES
- AIR CONDITIONING SPECIALISTS
- DE GAS RE-GAS & REPAIRS

We are very large
stockists of engine
components for cars &
Commercial engines



CALL 0117 982 1064

Fax: 0117 982 3700 - Portview Road, Avonmouth, Bristol BS11 9LD
www.pricebroseengineering.co.uk

WINDOWS

**THE
WINDOW DOCTORS
Ltd**

Misty Windows
Broken Handles
Damaged Hinges
Broken Locks
Door Repairs



ALL REPAIRS UNDERTAKEN - No Job Too Small
"A friendly and reliable service."

For a Free, no-obligation quote please contact us on:



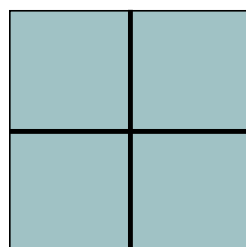
www.win-doc.com

thewindowdoctorsltd@gmail.com



0117 982 2870

Servicing Bristol & surrounding areas



**Avonmouth
Windows Ltd**

www.AvonmouthWindowsLtd.co.uk
07968 804126 • 0117 307 0190

Advertise **YOUR** business in **YOUR** LOCAL TRADESPEOPLE
SECTION for as little as £7.95 PER MONTH

Telephone: 07742 804737 or Email: adverts@shire.org.uk

Sport and Activities IN SHIREHAMPTON

Parkinson's U.K. Blaise Estate Sponsored Walk

On Saturday July 4th, more than 150 people took part in a 1 or 5 mile sponsored walk in and around the Blaise Estate. The stated aim of the event was to “help fund life-changing support” for those affected by *Parkinson's*. The event was attended by *Lord Mayor of Bristol, Councillor Yassin Mohamud*, elected for the *Green Party in Lawrence Hill in 2021*. Councillor Mohamud gave this rousing pre-walk speech that summed up beautifully the work and ethos of those involved in research and support and of those living with the disease. This is what he said:

“Thank you for taking part in this fund-raising walk. Your presence here demonstrates not only generosity but also compassion, determination and a commitment to support people affected by Parkinson's. Parkinson's is a condition that brings many challenges, not only for those living with it but also for their families, friends and carers. The daily impact can be significant, requiring resilience, patience and understanding. That's why events like this are so important; they help raise awareness, provide vital support and remind people living with Parkinson's that they are not facing these challenges alone. Today is about much more than completing a walk, it's about coming together as a community, standing alongside those affected by Parkinson's, making a positive difference. Every step you take helps to shine a light on this condition and supports the ongoing work to improve lives and drives progress. To all the fundraisers here today, thank you for your help, thank you for your hard work, commitment and enthusiasm. The time and the thought that you have dedicated to raising funds and encouraging support is truly inspiring. You should all be incredibly proud of what you have achieved. As you set off on your walk, I wish you all the very best of luck; enjoy the day, enjoy the company of those around you and take pride in knowing that your efforts are helping so many people. Thank you once again for

your support, your generosity and your determination. Have a fantastic walk, stay safe and good luck to everyone taking part.”

Conducting the warmup routine were **Alistair Macfarlane** and **Kevin Fry** of **PD Warriors Bristol**. This is an exercise programme for people in the early to moderate stages of the disease and is designed to help manage symptoms, boost confidence and improve movement. They are based at the **Bristol Brain Centre at Southmead Hospital**.

If you would like to support the work of Parkinson's UK, look out for events like this walk or make a donation via the website at: www.parkinsons.org.uk

Paul McMillan and Photos © Paul McMillan



Good to see our Neighbourhood Policing team joining in the fun.



Alistair and Kev loosen up the walk team.



“And they're off!”



Lord Mayor Yassin Mohamud flanked by Karen Safe and Melissa Rankin of Parkinson's UK



Alistair and Kev, PD Warriors.



“It's a family affair!”

Pre-Season Charity Football; Avonmouth v Portishead Town

On *Friday 3rd July*, Avonmouth staged this ambitious pre-season friendly against *Southern League Division 1 South* opposition, two tiers above them in the football pyramid. Entry was by donations in aid of *Cancer Research U.K.*

Avonmouth came under early pressure but weathered the storm; they couldn't hold out for ever though and a superb long-range strike in the 32nd minute gave even the acrobatic keeper **Kyreese Johnson** little chance. **0-1**. Only 6 minutes later, a push in the back saw Avonmouth concede a penalty, duly converted for **0-2**.

Further goals in the 41st and 44th minutes gave **Portishead** a 4-goal halftime lead and they were full value for it. The second half continued in the same vein with 3 more strikes from Portishead. Final score **0-7**, but a good pre-season workout for "The Mouth" and all in aid of an excellent cause.

This is what **Club President Dave Rowley** had to say about the game:

"Final score 0-7 with Portishead scoring several excellent goals.....Quite a challenge against a very good side. £564 raised for UK Cancer charity in lieu of entry charge."

Dave went on to talk enthusiastically about the club's ambitious plans to continue with the re-introduction of **junior football** at the club. We are awaiting dates of fixtures for u8, u11, u15 girls and the u18 floodlit league. This can only be good news for youngsters in our local community looking for opportunities to progress their development and for the future of 1st team football at Avonmouth as youngsters make their way up through the ranks.

Shire will be looking to cover at least some of Avonmouth's junior games and the club would be delighted to welcome your support as it advances with its plans to serve and represent our community. Look out for details on: X (@AvonmouthFC), Facebook (Avonmouth Football Club), Instagram (@avonmouthfc)

Paul McMillan & Photos © Paul McMillan



Early pressure as Charlie Aldom clears the Avonmouth lines.



Kyreese correctly anticipates the placement of the spot-kick but can't quite get a hand to it.



Avonmouth supporters turned out in good numbers in aid of Cancer Research U.K.



PENHILL RESIDENTIAL HOME

Home from home...

Set in Shirehampton, our family-run residential home offers unparalleled personal care to elderly ladies and gentlemen.

For more information, please visit www.penhill.com or call us on 0117 982 2685 to arrange a visit.

Remedial & Sports Massage

Mobile appointments available at home and work.
Treatments can help to address:

- Neck pain and tension headaches
- Lower back and sacrum issues.
- Chronic muscle and joint pain
- Acute / Recurring injuries

Soft Tissue Therapy also available.



www.aaronlightbody.co.uk
Call or text: 07511 564 605

THRIVE



Health, fitness and performance, for life.

A bespoke service offering:

Soft Tissue Massage
Personal Training
Strength & Conditioning

Shirehampton & Clifton based (studio, mobile or online)

Contact Lee on: 07890632948 lee@thrivesouthwest.co.uk

www.thrivesouthwest.co.uk

Olympic Sword Fencing In Shire!

Learn to Fence with a Free Taster Session



Oasis Academy Brightstowe -

www.bwefencingclub.com/find-us-shirehampton

Adults:

Wednesdays: 8:00pm - 9:45pm

Saturdays: 10:00am - 11:45am

Juniors:

Wednesdays Junior Academy (Sabre): 7pm - 8pm

Saturdays Junior Eagles (Sabre): 10am - 11:45am

Membership & Fees:

www.bwefencingclub.com/membership

General Enquiries: 07981 927787

Maestro John Rohde: johnrohdeuk@yahoo.com

TO ADVERTISE:
Email: adverts@shire.org.uk

Shirehampton 1sts v Bath 3rds

- Saturday July 4th, 2026

This *Bristol and District Cricket Association 1st Division* match took place in balmy conditions, in stark contrast to the recent scorching heat which, for most of us, made even being outdoors an ordeal. It was an afternoon perfect for cricket, Shirehampton hoping to improve on their start of won 3, lost 4.

Bath got off to a decent start, putting on 20 before the 1st wicket fell in the sixth over. However, the new batsman didn't see the over out, caught at mid-wicket off the bowling of **Lewis Mason**. It was deja-vu in the 9th over, the batsman holing out again to mid-wicket, leaving the visitors reeling on 25 for 3. The next four overs saw a mini recovery, Bath striking out for a few boundaries, clawing their way to 52 before another two batsmen fell in the 14th over. Two overs later, Shire's keeper took a fantastic, acrobatic catch for the 6th wicket, with only 7 runs added to the total.



Lewis Mason takes Bath's 2nd wicket.

Another caught behind in the 18th over reduced Bath to 65 for 7. They showed some fight though, sending one to the boundary before Shire's bowlers finished off the tail for a final score of **77 all out**.

Shire made a steady start to their reply but lost wickets in the 6th and 7th overs, both batsman bowled, to leave them on 15 for 2.

Lewis Mason and **Aiden Kee** steadied the ship, striking out with a balanced mix of boundaries and singles to see Shire over the line, with **81 for 2** in only the 13th over. Lewis finished with impressive bowling figures of 4 for 38 in eight overs, also scoring 42 not out.

The club will always offer you a welcome and appreciate your support. Follow the club on social media for news of matches and events:

Instagram: shire-cc, X: @ShirehamptonCC, Facebook: Shirehampton Cricket Club

Paul McMillan & Photos © Paul McMillan



Bath tail-ender is trapped leg before for the final wicket.



Shire's keeper poised to take another victim into his gloves.



1st wicket falls.....



....followed swiftly by the 2nd.



Lewis Mason hits Shire's winning boundary.

Shire Colts u15 Tournament Success Continues

On Sunday 5th July, Shire's u15s participated in a tournament in *Bridgwater*. This is what *Iain Macfarlane*, the team coach, had to say on Facebook:

"Competing against teams from **Somerset** and **Devon**, the boys played with determination, skill and teamwork throughout, showing why this age group continues its record of winning a tournament every summer since 2021.

If your child wants to be part of a winning club locally, Shire Colts JFC are looking for players from Year 1 all the way to Year 11. Message us for details." Facebook: Shirehampton Colts JFC

Well done to the lads of Shire Colts; your community is proud of you.

Paul McMillan



We've got that winning feeling! The boys of Shire Colts u15 squad.



**Lawyers For Your
Business and Family**
We can help with:

- Residential Property Sales and Purchases
 - Commercial Property Sales and Purchases
 - Divorce and Family Disputes
- Business and Company Transactions
 - Wills Trusts and Probate
 - Powers of Attorney
 - Commercial Contracts and Trademark Law
- Mediation and Dispute Resolution
- Civil and Commercial Litigation
 - Employment Issues
 - Road Transport
- Caring for Others/the Elderly

Telephone us now on: 0117 923 5562

**AMD Solicitors,
2 Station Road,
Shirehampton,
Bristol, BS11 9TT
www.amdsolicitors.com**



**ADVERTISE YOUR
BUSINESS
IN YOUR LOCAL
NEWSPAPER**

**A Warm Welcome to
ALI MAHAL SHIREHAMPTON**

OPEN 5 - 11pm, Monday - Sunday

**Order Online for a Surprise!
www.alimahalinian.co.uk**

0117 938 2878

**Discount Available
COLLECTION AND FREE HOME DELIVERY
9 The Parade, Shirehampton BS11 9TS**

News from ShireStrong Kettlebell Club

We are a small club with 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.

One question I am often asked is, “Why kettlebells?”

The answer is simple. **Strength training** is one of the best investments you can make in your health, and it’s never too early—or too late—to start.

From around the age of 30, we naturally begin to lose muscle strength and bone density. It’s a gradual process that many people don’t notice until everyday tasks start becoming harder. Carrying shopping, lifting grandchildren, climbing stairs or even getting up from the floor can all become more challenging if we don’t maintain our strength.

The good news is that resistance training can slow, and even reverse, much of this decline.

At **ShireStrong**, we improve our strength, endurance and overall fitness using kettlebells. We are a friendly, welcoming group, and everyone works at their own pace. There’s no competition—just encouragement, plenty of laughs and the satisfaction of becoming stronger week by week.

People are often surprised at how versatile kettlebells are. Once you’ve had some instruction, they’re



straightforward to use and provide a fantastic full-body workout.

The benefits go far beyond the gym. Members often tell me they notice improvements in everyday life. Carrying heavy shopping becomes easier, balance improves, posture is better and mobility increases. Runners find their performance improves through increased strength, and grandparents discover they can lift children without putting unnecessary strain on their backs. It’s also an excellent way to burn calories while building functional strength.

For me, strength training isn’t about lifting the heaviest weight in the room. It’s about staying healthy, active and independent for as long as possible.

As well as our regular kettlebell sessions, I also offer one-to-one personal training and small group sessions for up to three people in my garage gym. These sessions include kettlebells, dumbbells and the powerlifting basics—deadlifts, squats and bench press—all tailored to individual goals and experience.

If you’ve ever wondered whether strength training is for you, why not come along and give it a try? You might be surprised at what you can achieve.

For more information about ShireStrong or personal training, please get in touch. I’d be delighted to hear from you.

CHOICE CARPETS

Free measuring and quotation service and samples to your home

Carpets from £6.99 sqmt for bleach cleanable manmade £11.99 sqmt for wool mix and cushion vinyl from £8.99 sqmt



Luxury vinyl tiles and planks samples and also laminate flooring samples in our showroom
We are always happy to help with your budget and rely on feedback and recommendation
Quality and professional fitting team on hand with most flooring fitted within days from ordering
Check out our website www.choice-carpets.co.uk for info, opening times and gallery

01179 826988