

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

COP
26 Morning
September 4th at the
Public Hall - See page 16

Shire Craft Exhibition 2021 October 26-30 - See pages 12-13

Volunteers for "Poppies On The Green" Needed - See page 7

by Violet Young

No. 596 - September 2021 www.shire.org.uk 5,000 copies monthly

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

Vi Flying Hi

Waking up on Saturday morning, 7th August it was a beautiful fine day and it was also going to be a very special day. Today I was going to pay tribute to my wonderful mother-in-law Janet Young.

Many of you will have known Janet and her late husband John who sadly passed away in 2010. They were a devoted couple and most days could be seen in the village together. Their usual stop-offs being Woods the butchers, Hawkins the newsagents and the Co-Op.



Janet Young

They had lived in Bradley Avenue for 65 years bringing up their Shortly family. after losing Dad Mums memory started to which eventually led to a diagnosis of Dementia. She declined relatively slowly over time, although there was a rapid decline in the past two years.

After a fall in January, mum spent eight weeks in **Southmead Hospital** where she was cared for by the dedicated staff. From Southmead she transferred to **Norwood Lodge** in Portishead.

It was there on the morning of June 8th that Mum peacefully slipped away.

Myself, well I'm always looking for a challenge. Abseiling down the Premier Inn in Bristol, gliding or doing a sky dive. Mum's words were always the

same "What the blooming heck do you want to do that for? Your mad"

It was the beginning of July, I thought what could I do to raise some money in Mums memory. Then it came to me I could do a Wing Walk for charity. I contacted Southmead Hospital and through them I decided to raise money for **Dementia Research**.



We arrived at **Rendcomb Airfield in Cirencester**. After a short video, full safety briefing and health questionnaire we were asked who would like to go first.

There was a pause so I volunteered.

Continued on page 9.

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

DEVEREUX & Co

FREE INITIAL INTERVIEW

0117 938 0222

Your LOCAL solicitors



- Conveyancing
- Wills & Probate
- Divorce

www.devlaw.co.uk

28 High Street, Shirehampton, Bristol BS11 0DL 52A High Street, Westbury-on-Trym, Bristol BS9 3DZ

Road, Shirehampton, Bristol BS11 9TU.

Please note the Shirehampton Librarian Telephone number is: 0117 903 8570

'SHIRE' telephone numbers for info and advice adverts@shire.org.uk 07776 170053 treasurer@shire.org.uk 0117 938 1709 Requests for SHIRE by Post 0117 904 3037 distribution@shire.org.uk 0117 982 0478 Internet address www.shire.org.uk Submit articles editor@shire.org.uk Advertising adverts@shire.org.uk

ADMINISTRATIVE COUNCIL

Mrs R. Slater, Chairman Mrs I. Helme, Secretary Ed Amphlett, Acting Treasurer Ed Amphlett, Advertising Manager Mrs. Marilyn Gorry, Social Events Mrs. Bobbie Perkins, Distribution Editors: Mrs Fiona Grinham, Mr Bill Constable, Mrs Jill Williamson, Mrs. Sarah Matthews, Mr. Robin Matthews, Mrs. Jackie Hares Artwork: Iain Chaffey of Crimson Goose Design Photographers: Kathryn Courtney, Bob Pitchford

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

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

ADVERTISERS!

Contact: adverts@shire.org.uk Telephone: 07776 170053



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

PUBLIC INFORMATION FOR SEPTEMBER

COVID INFORMATION

Bristol's rate of infection on 13 August was 411 about taking a rapid test: www.nhs.uk/ the England current average of 297.

Young adults aged 17-and-three-quarters are now eligible to be vaccinated three months before their 18th birthday.

You can book a vaccine on the National Booking System, or by calling 119. Some walk-in clinics in our area are also offering vaccinations to people over 17-and-three-quarters, you can find out which ones at www.grabajab.net. You may also be invited to be vaccinated by your GP.

Testing for Covid-19

Lateral flow (rapid) testing is quick, easy and helps to protect Bristol and reduce the spread of the COVID-19 virus.

With around one in three people with COVID-19 not displaying symptoms, rapid tests help identify positive cases and prevent additional people becoming infected. Rapid tests are for people without symptoms of the virus. If you have any symptoms, it's important that you self-isolate and book a free PCR test.

You are encouraged to take a rapid test twice a week. If you test positive, you should then book a PCR test on the government website to confirm the result. Information about rapid testing and how to get tested, including this week's locations for our new rapid testing vans go to: www.bristol.gov.uk/ coronavirus/guide-to-rapid-testing

Before taking your rapid test:

- try not to eat, drink, smoke or vape 30 minutes before as this may affect the result of some tests
- read the instructions carefully even if you've done a rapid test before, as the way some rapid tests are being administered is changing
- clean the surface you're putting the test on
- check that nothing in the test kit is damaged or broken

Remember to start the test within 30 minutes of opening the test kit. Find out more information

cases per 100,000 population, which remains above conditions/coronavirus-covid-19/testing/ how-to-do-a-test-at-home-or-at-a-test-site/ how-to-do-a-rapid-lateral-flow-test/

Vaccine Walk-In Clinics

Cabot Circus vaccination walk-in clinic now open. The clinic, which will run every Thursday, Friday and Saturday from 11am to 7pm until Saturday 2 October, is located next to Five Guys and Claire's on the upper ground floor of the shopping centre.

The **Pfizer vaccine** will be available for people who are over the age of 17-and-three-quarters. You can get your first or second dose, as long as your first dose was eight weeks ago.

Even if you've had the virus, you do still need to have your vaccination. It's also really important that you attend your appointment for your second dose of the vaccine. Best protection is given when you are fully vaccinated. Please note that you can only have your second dose eight weeks after your first. Don't attend a walk-in clinic for your second dose unless eight weeks have passed, as staff will not be able to vaccinate you.

To find a full list of walk-in clinics visit the Healthier Together website where you can find locations and days available: https://bnssghealthiertogether. org.uk/book-your-vaccine/

International Travel

If you're planning a holiday abroad, it's really important to check the rules and requirements around testing, vaccination and whether you need to quarantine on your return to England.

Countries and territories are currently listed as either red, amber or green. The rules for testing and quarantine when you return to England are different for each list.

Countries and territories can move between lists at any time if the COVID-19 situation changes. Visit the government website for further details: www. gov.uk/guidance/travel-abroad-from-englandduring-coronavirus-covid-19

COMMUNITY INFORMATION

Shirehampton Library

1pm Monday 19th July onwards.



The Friends

21st September at 3:00 pm - 5:00 pm.

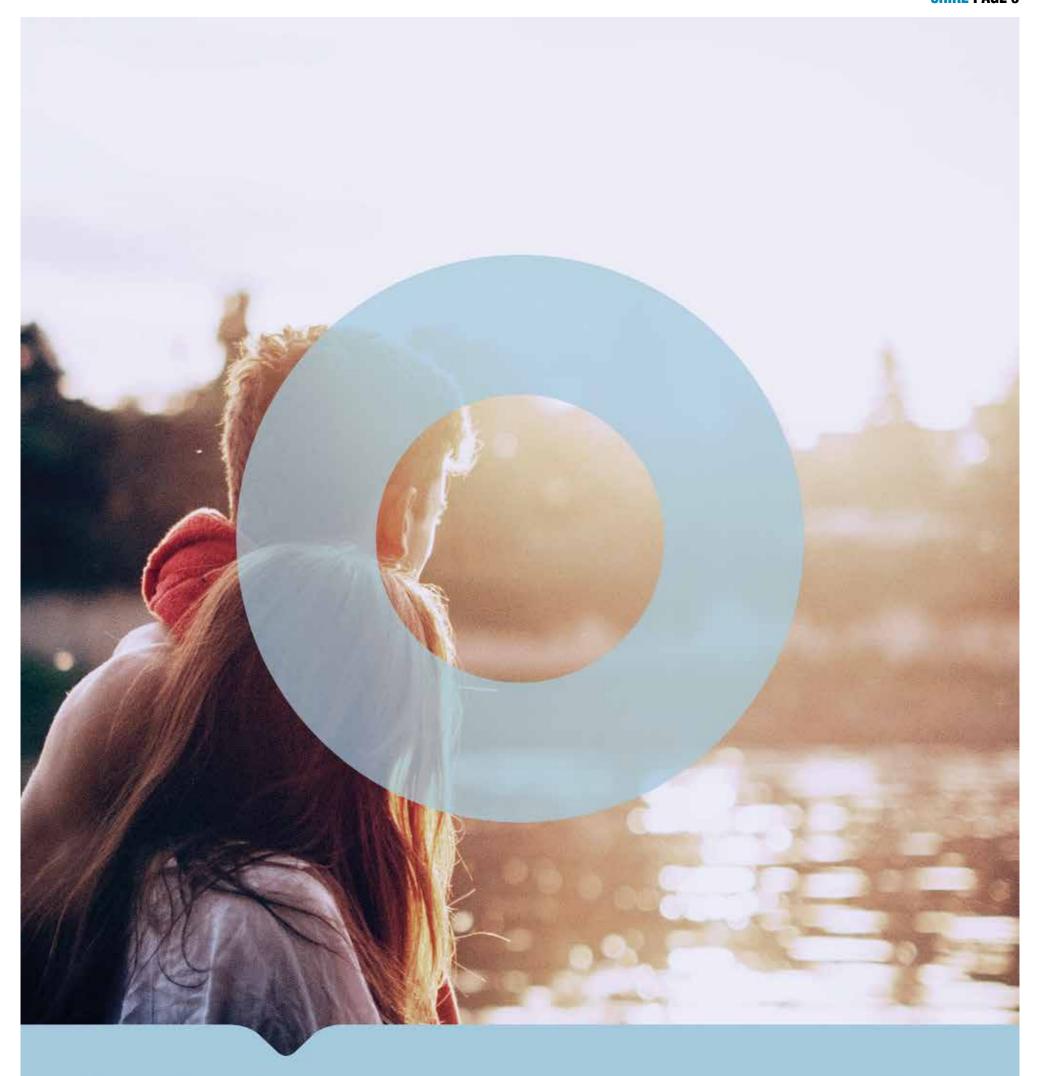
We plan to open the Living Room weekly throughout the autumn. Please to drop in for a cup of tea and a chat. Everyone is welcome.

The Great Big Green Week

Shirehampton Library will be fully open from A national celebration of community action: 18-26th September 2021.

> of The Great Big Green Week will be the largest Shirehampton Library event for climate and nature ever seen in the will be re-opening the UK. Thousands of events will celebrate how Library Living Room communities are taking action to tackle climate starting on Tuesday change and protect green spaces, and encourage others to get involved too. Together we will call on politicians to raise their ambition and champion action on climate change.

> > https://greatbiggreenweek.com



the place for you...

Late summer sales, lettings, mortgages & conveyancing.











Scan for an instant valuation of your property.



The Shire Community Pages

Shirehampton Group Practice: CLINICS 2021

This year, Flu vaccinations will again be offered to everyone over 50, along with those under 50 who are at risk

All flu appointments will be bookable only

We are running 3 Saturday clinics:

Saturday 18th September 2021

Morning - 65s & over Afternoon - 18-64yo

Saturday 9th October 2021

Morning - 65s & over Afternoon - 18-64yo

Saturday 23rd October 2021 Morning - 18-64yo

We are holding flu clinics at other times as well, including for 2 & 3 year olds. Details are available on our website - please either book online or telephone 0117 916 2226 to arrange an appointment.

Please note: a facemask or covering should be worn for this appointment.

Temperatures will be checked on arrival - please do not attend if you are experiencing any **Covid symptoms**

ADVERTISE IN YOUR LOCAL PAPER

07776 170053 adverts@shire.org.uk

Shirehampton **Community Garden**

Something very exciting is happening in Shirehampton! You may have noticed a recent flurry of activity on Pembroke Avenue behind Shirehampton Baptist Church... Well a group of local residents have clubbed together to create the Shirehampton Community Garden! We have been working away behind the scenes for some time now to make this idea a reality and it's been very exciting to begin to see it take shape.

Shirehampton community garden is for the entire community to come and enjoy. Everyone, young and old, is welcome to come along and sit for a while, enjoy the plants, and get closer to nature.



The entire project is run by volunteers. We have no funding, so have tried to source all our materials for the garden locally and second hand. The tyre planters have been given to us by Pembroke Road Garage. The soil is coming from Bristol City Council, and the plants and water butts are from local residents. However, we definitely want YOU to contribute too! If anyone has benches, plants (ideally perennials, but any will be accepted), compost, or anything else they would like to donate to bring this garden to life even more, then please do get in touch by emailing shirehamptoncommunitygarden@ gmail.com If anyone has any scaffolding planks,

large planters (or things like old sinks that could be used to plant things in), experience in building large flower beds, or experience in painting murals, then we would also love to hear from you too! Moving forward, we hope to host community days and activities in the garden. If anyone has ideas for activities they would like to see happen then we would welcome any suggestions. This garden is for the community, by the community... So come and join in the fun!

Joanna Leighton



Jeremy working in the garden.

CONTACTING Your Councillors are: **YOUR LOCAL COUNCILLOR**

Shirehampton is in the Avonmouth and Lawrence **Weston Ward**

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



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.

CONDOLENCE TO MARJORIE WALLIKER

Dear Editor,

Those of us who were privileged to record the oral histories of local residents for the 'A Forgotten Landscape' project, begun in 2016, always find it deeply saddening when we lose one of these amazing people. Our thoughts and prayers are with the family of Mrs Marjorie Walliker, who will be greatly missed by many in the village. We'll never forget the afternoon we spent with her as she recounted her early life and through the war years, and we're so glad that her memories, along with others, are preserved in Bristol Archives for the next generation. We never did get beyond 1945, but Marjorie's haunting descriptions of the bombing raids on their way to Filton remain sharp, and we'll always hear her voice saying: "On moonlit nights, the river showed them the way".

Chris and Liz Napier, Shirehampton

LAWRENCE WESTON & SHIREHAMPTON OUT OF SCHOOL ACTIVITIES

Dear Editor,

We would like to thank you for the article about LWOOSA/SOOSA in the July edition Shire paper.

We would like to thank the community for their positive response, especially thanks Mrs J W Tanner for her generous donation. Thanks also to Mrs Peggy Roach for her kind donation in memory of her dear friend Eileen O'Neill.

If you would like any further information about Lawrence Weston and Shirehampton out of school Activities, please call 07979520005 or email lwoosa@gmail.com.

If you would like to make a donation please do so here Lawrence Weston & Shirehampton Out of School Club - a Community crowdfunding project in Bristol by Lawrence Weston & Shirehampton Out of School Activities (crowdfunder.co.uk)

Kind Regards

LWOOSA /SOOSA Staff and Committee

pausal and beyond females.

Individual programme to suit you,

or mine. Telephone: 07875 054 292

Email: t.linda1206@gmail.com

www.shirestrong.co.uk

THANK YOU

Dear Editor,

Thank you for publishing my husband's story 'A life on the Tugs'. I have had some pleasant feedback and I feel it was a fitting tribute to an important part of

Pauline Price

STRONGFIRST

Donation to Shire -Thank you

WAR STORY

Dear Editor,

In the Summer of 1939, my parents were living - with me as a "babe in arms" - in Kingsweston Avenue. It was then a pleasant cul-de-sac (it's conversion into a "through route" did not occur until the beginnings of Long Cross and Lawrence Weston Estate in the late 1940's).It had a good "neighbourhood ethos" and a street coach outing, a day trip to Burnham on Sea, was organised for Sun. 1st Sept.1939. My parents went, taking me.

The journey was a bit of a saga - no motorways then - and the party stopped for coffee at a roadhouse just before 11 o'clock. There, they heard on the radio the momentous announcement that "Britain was now at war with Germany."

After a brief discussion the decision was taken to abort the trip and the coach returned forthwith to Shirehampton!

SO - Adolph Hitler managed to stymie what was going to be my first experience of the seaside! That experience didn't happen until after the end of the War, more than six years later. It came eventually when I was a pupil at St. Bernard's Primary school ,and we had a day coach trip to Weston Super Mare!

Best wishes,

Bill Patten

Weekly classes - just come along -Hello there! Would you no need to book: like to improve your well-Kettlebells are Monday 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 perimeno-

fitness. Hope to see you soon! Linda X X

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.



To book contact adverts@shire.org.uk Small text box = f_110 .

celebration, marriage or death?

Family

Announcements

Do you want to announce a family

Larger picture box = f15.

Bill and Marie Patten

Would like to let all their friends and family know that they celebrated their Diamond wedding anniversary on the 12th August 2021.

The anniversary was marked with a quiet family occasion, and, a nice glass of Prosecco.

Editor. To Mr & Mrs Patten we hope you had a lovely celebration and our sincere apologies for missing you last month.

Shirehampton Public Hall

As we approach autumn and the beginning of a new school year, filled with hope and positivity for a better year ahead, so too does the Public Hall hope that the next twelve to eighteen months will be filled with new beginnings and adventures! For those of you who do not know, the Public Hall is starting its ambition to refurbish inside and out.

The plans are available to see either in person at the Hall or on our website at www.shirepubhall. org.uk. The roof works are due to commence any time soon, with scaffolding being erected in the next month or two. After this it is hoped the front of the building will be cleaned to bring back its former glory. Volunteers have also worked tirelessly to make the garden look absolutely amazing, and the bench, which was very generously donated by former Hall Trustee, Mrs Marilyn Gorry, has been set in the middle of the Hall lawn. Huge thanks must also be extended to Ed and Gail Amphlett who spent many hours redecorating our smallest meeting room, the **Springfield**, in a delightful, relaxing pale shade of green, and thanks also to Norman Routledge's "boys" who also replastered and laid the flooring. Good job everyone!

Now on an urgent matter - the Hall **DESPERATELY** needs new Trustees. At the moment there are three amazing Trustees, however there is far too much responsibility for so few volunteers, and the building simply cannot function without Trustees as the Hall is a charity, and charities require Trustees to function by law. So please if you want to have a great, rewarding time and help the community and are interested in becoming a trustee or a volunteer to keep this wonderful building going long into the future, please get in touch with us on bookings@ shirepubhall.org.uk. Whatever your skills, be they simple enthusiasm or you have fundraising, PR, commercial, project management, hospitality experience, we want to hear from you!

For more details and pictures of the Public Hall refurbishment see page 8.

Don't forget our AGM is at the Hall on Wednesday 1st September at 7pm, followed by a history talk from Judy Helme about the Hall's amazing past. All welcome!

Amanda Parsons (Hall Manager)

ADVERTISE YOUR
BUSINESS
FROM AS LITTLE AS
£6.80 PER MONTH!



...at our Beaver Open Evening

We're holding a Beaver evening for parents and children and would love you to join us.

Please come along with your child (ages 5½ to 7), to enjoy a number of activities and see what goes on.

Where: Scout Hut, St Mary's Road Date: Wed 15th September 2021

Time: 6pm to 7pm

RSVP Please email below your name and number of children attending to: gsl191stbristolscouts@gmail.com



Hot & Cold Drinks

Lunch

Refillable Organic Milk

Free Range Eggs

Fresh Bread

Artisan and Organic Food Retail

f @rubyjeanscoffeeshop

Copyright The Scout Association Registered Charity number 306101/SC038437



RUBY JEANS
——COFFEE SHOP———

www.rubyjeans.co.uk 01179 822 929 55 Pembroke Road, BSII 9SA MONDAY-FRIDAY

8:15am - 7:30pm

SATURDAY

9:00am - 6:30pm

SUNDAY

IOAM - 4PM



POPPIES ON THE GREEN

'Poppies On The Green' will be returning this year and will now be an annual event. The interest in this community project has been phenomenal with positive feedback and comments. Even Covid-19 couldn't stop the display going up on The Green last year with the slimmed down numbers of volunteers making it happen.

'Painting Poppies' sessions being held at various venues across Shirehampton. - Venues and times to be confirmed in due course via posters on the High Street and our Facebook page - Help with putting poppy displays together and of course placing the poppies display on The Green as well as taking it down and packed away for another year.



This year we volunteers who can oversee our We are still in need of plastic bottles to make our poppies with and are in the process of asking our local schools and Avonmouth Sea Cadets to join in. We also hope our High Street Shops will take part with poppy displays and we are looking at doing a small display at the local **Craft Exhibition** held at the Public Hall from 26th October until 30th October. The school children did some lovely displays for the shop windows last year, that we have put together a folder of their work. We are also hoping our soldiers from last year's display, Les and Reg will also make an appearance. The wonderful soldier silhouettes were made by Sally-Ann Knowlson, a talented local crafter. We are also in need of knitted and crocheted poppies as well for our display.

> 'Poppies On The Green' wouldn't exist without the support of Shirehampton Community Action Forum (SCAF) and their enthusiasm for it to be Kathryn Courtney



a community event that many can be part of, but most importantly it wouldn't happen without your help too, from young children to octogenarians

You can find out more about Poppies On The Green via our Facebook page: www. facebook.com/poppiesonthegreen or you can send an email to: poppiesonthegreen@ gmail.com

Lawrence Weston Community Farm

The farm is following current Government guidelines on Covid-19. We ask that everyone wash their hands on arrival and observe social distancing with other visitors, staff, and volunteers. Please check in using the NHS Track and Trace App. Please do not come to the farm if you feel unwell or are experiencing other symptoms of Covid-19.

FARM TOTS

Wednesdays 10.30-11.30am - £2.50

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

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.

NEW WOODLAND AND ORCHARD CLUB

Thursdays 10 - 11.30am - Free

STARTING Thursday 16th September

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

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 9381128 for more details.

FARM HANDS

Is on 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



Growing Wellbeing Woodland & Orchard Club Thursdays 10—11.30am











Together we look after the farm's orchard and woodland. We prune, coppice, weed, harvest and nature-watch. No prior knowledge necessary.

Weekly sessions from Thursday 16th September

For further information please contact Amy on 0117 9381128 or amy@lwfarm.org.uk

PUBLIC HALL REFURBISHME

Shire Stitchers Sewing Group welcome the return of the Springfield Room for their Friday morning sewing meetings. The room has recently been revamped and decorated with the support of Norman Routledge, Hall Chairperson, together with local volunteers including

wielding their paintbrushes to great effect.



Chris, manager of our local co-op, and Tom, The room has turned into a much brighter, multifunctional space for other potential users. Contact Amanda 0117 98263 if interested.

> The room completion has coincided with more work in the garden including refurbishment of the original benches together a new bench, kindly donated by Marilyn Gorry, making the garden a lovely space to sit in and relax.

> This has all been possible with the help of a small group of volunteers who have contributed their Saturday mornings for several months to cutting, chopping, clearing, digging and planting. Plus, the amazing number of plants donated by local Shire people together we have almost filed the garden at hardly any cost. The first Saturday in the month between 10:00 and 12:00 has been organised if you would like to come along. Contact Gail 0117 9821879 for more details.



Shire Stitchers Sewing Group in the Springfield Room.



Marilyn's bench.











BS11 based Beauty Therapist Highly experienced with over 16 years spent in the industry

Specialising in Massage, Facials, Waxing, Nail treatments & Lash lifts.





an's Pantru

cotswoldca@gmail.com

Freshly prepared, homecooked

Buffets

for Business and Private Functions Cooked to order with FREE local delivery

Tel: 0117 9829008

email nanspantry@hotmail.co.uk www.nanspantry.co.uk

Continued from page 1.



Once securely tethered to the plane we were off. I cannot describe the feeling when we left the ground. Soaring high up towards the clouds and back down again was an amazing experience and one I would relive in a heartbeat. For 8-10 minutes I was flying free as a bird.

So far, I have raised around £600 for Dementia Research. It still isn't too late to donate. If you would like to contribute the link is southmeadhospitalcharity.enthuse.com/pf/violet-young-4f8d5

Violet Young





KEMPS JEWELLERS

9 CARLTON COURT, WESTBURY ON TRYM, BS9 3DF

Tel: 0117 950 5090



Rings and jewellery, new and second-hand. With a great range of modern second-hand jewellery to complement our exciting selection of beautiful traditional second-hand pieces.

website address: www.kempsjewellers.com



0117 982 6100

50 High Street, Shirehampton, Bristol, BS11 ODJ

Complete Funeral Services starting from £1,455.00

includes third party fees

Independent Pre Paid Funeral Plans also available







www.daffodil-funerals.co.uk

Let Our Family Care For Your Family



Free Loan Bikes

Get in touch to borrow a bike for up to 3 months.

Cycling Lessons / Confidence Sessions

Get a confidence boost with a friendly instructor or learn to ride from scratch

Visit Our Bike Hub – Opens Every Saturday

The Lawrence Weston Bike Hub is open every Week on Saturdays 10.30-3.30 for repairs, parts or a friendly chat.

Join The Severn Riders Bike Group

Join our new social bike riding group by contacting Sam or see Facebook

Sam@severnnet.org or Call 07516661801





www.SevernNet.org/RideandStride

COTSWOLD COMMUNITY CENTRE:

Community Public Access Defibrillator (CPAD) at the Cotswold

We made contact recently with Simon Brookes, a former PT Instructor in Royal Marines Reserve and Community First Responder (CFR) for South Western Ambulance Service Trust, who have installed 17 CPADs around the city plus ours. 5 of those installed were put to use in a very short time. It will be installed on the wall at the front of the building so will have 24-hour access.



There are a considerable number of older people on the Cotswold Estate and a CPAD could prove vital in saving someone's life. "Minutes make a huge difference in a crisis situation and life expectancy drops by 10% per minute whilst an arrest victim receives no help." We shall be holding a training

session once the CPAD is installed.

Please email cotswoldca@gmail.com or ring 07943-401575 and leave a message.

We have started a fundraising campaign at the Cotswold Community Association and will be asking for contributions, to raise the £2,000 to pay for the CPAD installation, whether it's by putting in extra when having coffee and cake at our Coffee Mornings, money in our Donation Box, writing a cheque to the Cotswold Community Association, or by donating online to the link: https://www.justgiving.com/crowdfunding/cotswold-defib

Many thanks

John





- · Religious or non-religious funerals
- Bespoke funerals for burial or cremation
- Fully guaranteed pre-paid funeral plans
- Direct cremations





177 Crow Lane, Henbury, Bristol, BS10 7DR
Telephone: 0117 950 8066
Website: www.bcm-funerals.co.uk
Email: admin@bcm-funerals.co.uk

*Conditions apply

Put your feet up for a change and let me do the footwork

I am a Member of the British Association of Foot Health Professionals and offer a competitively priced foot care service in your own home.

Contact Debbie on 07874 227479

(MCFHP, MAFHP & Dip HE SW)

Andrew Pinn OPTOMETRIST

- Eye Examinations Spectacles
 - Contact Lenses

Complete Professional Eye-Care

Andrew Pinn Bsc MCOptom

Optometrist

12 High Street Shirehampton

0117 9822269

Litter Pick by the Local Co-op Team



On Wednesday 11th August, a group of colleagues from both Co-op High Street and Petrol Station joined forces with myself to clear litter within the community. As a team we completed a full litter pick of St Marys Road, Breachley Walk Park, the grounds surrounding Jim O Neils and finally walked the whole of the high street over a few hours of clearing our streets. The activity will now become planned between the stores and SCAF going forward to try and help keep our wonderful village clear of litter,



As part of the Co-op's values and mission to cooperate for a fairer world and to support of colleagues, customers and communities.

We look forward to the next one.

Chris Gilbert, Co-op Store Manager - Shirehampton



PBA COMMUNITY & SPORTS HUB

BSS11 9XW - Rear of Nibley Road



Opening times and events may be subject to change

Other facilities include a two-lane skittle alley, pool table, darts, fruit machines, big screen for sporting events and a Bowls section. We also have a fabulous outside seating area and bar for the sunny, warm summer days/evenings.

We have a fantastic function room available for hire for Weddings/Parties/Wakes/Business meetings and all social events.

MEMBERSHIP NO LONGER NECESSARY

Have an enquiry or want to set up an event?

Give us a call: 0117 9823927

Follow us on **Facebook** or visit **www.pbaclub.co.uk** for details of entertainment and events



that Slimming World feeling back on it!

Contact Kelly, your friendly local Consultant to book your place in a real-life group today...

We're Back Shirehampton Group

THURSDAYS AND SATURDAYS

Limited availability per session

To reserve your space contact Kelly on 07751 846308





The Arts in Shirehampton

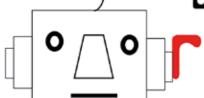
Shire craft exhibition 2021 at

the Public Hall Station road 6511 9tx

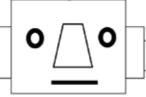
CFOPEL 5051

OPENIN9 LIMES 10.00 - 18.00 (LHUCS LIII 20.00)





0 h 0 t 5 [



Look out for them in the village shops

- Handmade crafts and exhibits by local artists
- Plenty for Christmas
- Daily demonstrations
- In house cafe for Tea, coffee and cakes

Come and enjoy the atmosphere

Entrance fee £1.00 children free

See Application Form on opposite page

ACOUSTIC MUSIC WORKSHOP

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

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

Monthly 2hr meetings in Shirehampton.

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

Balloons for all occasions Birthdays, Christenings, Weddings, Anniversaries etc Mobile: 07572 364 333 Answer machine: 0117 904 2876 Email: denys@sky.com FB:Den's Party Balloons

Crafts & Creativity at the Cotswold

The Cotswold Community Centre hosted a morning of craft and creativity for local children in mid-August. The morning offered an opportunity for young children to talk about what they knew about climate change.

Fifteen local children made origami canaries, because canaries have traditionally been used to warn of danger ahead. They also made a variety of imaginative small paper creatures with wings mostly in bright yellow. Older children helped with a series of signs counting off the weeks until the **COP26** meeting begins at the end of October. The signs will be appearing on the Green, reminding all of us of the importance of the coming conference.





In Tandem with the Wells and Mendip Museum

Annelies will be peddling her willow down Wells way to team up with the Wells and Mendip Museum, offering willow workshops to the community. The sessions will start during the first week of September, depending on demand they will continue throughout the month. The Wells and Mendip Museum is open three days a week Tuesdays until Thursdays. You can check out the Museum's website Wells & Mendip Museum, Wells, Somerset (wellsmuseum.org.uk) to find out more.

The Wells Art Contemporary (WAC) opens on August 27th. Sir Anthony Gormley is contributing a piece of sculpture for the niche on the west front of the building; this will be installed to coincide with the duration of the WAC and will remain in place until September 26th. As the creator of the monumental 'Angel of the North' he is no doubt the most prominent contributor to the event and will generate national interest. The WAC is giving many artists an opportunity to show work and Annelies is delighted to be able to take part this year. Her work will be installed inside the cathedral and

although looking large in the studio it will no doubt be dwarfed by the cathedral environment.

Wells seems to have something for everyone and is only an hour from Bristol on the bus. There is a memorial celebrating the life of **Harry Patch**, the last British survivor of **WWI** on the grounds of the Wells Museum. The Bishops palace with its moat and beautiful gardens is well worth a visit. Market days are Wednesdays and Saturdays: it's the only place I know of where you can buy locally grown medlars and quinces, not to mention choose from a vast variety of apples!

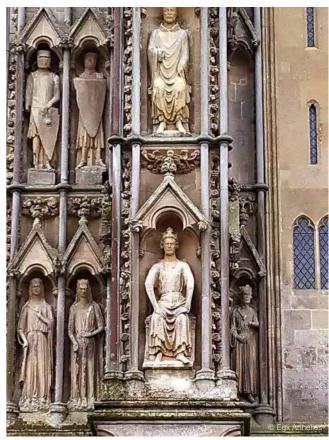


Photo by Egli Annelies

Annelies is working out an autumn and winter programme of art/craft/well being sessions why not get added to Tandem's mailing list: email tandemarts2@gmail.com to first hear about what's on offer.

SHIPE CRAFE EXHIBITION 2021 APPLICATION FORM

Shirehampton Public Hall • Station Road • Shirehampton • BS11 9TX

Tuesday 26th October to Saturday 30th October • Opening times 10am – 4pm (Late night Thursday 10am – 8pm)

Closing date for applications: Wednesday 20th October 2021

The Hall will be open Monday 25th Oct. 9:00am – 4:00pm for registration of exhibits and Sunday 24th Oct. 3:00pm – 4:30pm for large items

Collection of exhibits will be on Saturday 30th October 4:45pm – 5:30pm

No charge on Exhibition Items unless for sale, then charge of 0.50p per item - max of £2.00 for 4 or more items. (These must have been crafted by the exhibitor)

Selling your crafts - 10% will be deducted from item price towards exhibition costs

Demonstrators – we welcome those who would like to demonstrate their crafts – sessions of 3 hours morning and afternoon will be available. Let us know what you would like to demonstrate and what days and times you would like, and we will accommodate if we can. **Stewards** – If you would like to help out and steward for a session am or pm 3 hour sessions (if you can't manage 3 hours then what you can offer would be appreciated). If you are exhibiting it would be great if you could steward for a session but **it's not compulsory**.

Application
Forms are also
available online
at shire.org/
craft

<u>Do not</u> send any money with this application it will be collected when you register at the Hall.

Name	Tel No
Email	
Address	Post Code
Exhibit 1	Price/N.F.S
Exhibit 2	Price/N.F.S
If you have more than 2 items please add continuation sheet	
I would like to steward on	am/pm
I would like to demonstrate on	am/pm

Closing date for applications: Wednesday 20th October 2021

Churches in the Shirehampton Area

Greetings from Shirehampton Baptist Church

Psalm 122 says 'I was glad when they said unto me let us go into the house of the Lord', and Psalm 100 verse 2' Come before His presence with singing' I am glad to report that we will be doing both when we return to our building on September 5th at 10 30 am.

Community Hall Dursley Road on August the 8th when we continued our study on The Lord's Prayer. We are now able to serve you with tea, coffee and cakes. Our next meeting will be September 12th at 4.45pm.

On August 30th we will be holding a Bank Holiday Social from 2.30pm to 5pm. There will be refreshments and activities for children, all ages are invited and it will be a good way to spend a Bank Holiday afternoon.

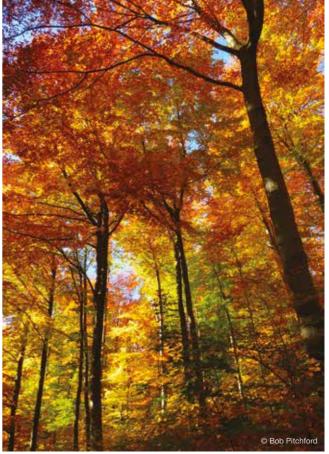
On August 10th several of us attended the funeral of Margerie Walliker, Margerie died a few days after her 98th birthday after a very eventful life, she was well known to many in the village and was proud of serving her country in the ATS. Every Remembrance Sunday she would attend church in her uniform. She will be remembered in Shire

We held our third meeting at the Cotswold Baptist as a Sunday School and youth, but also for many other services over many years but most of all for her love to us all, her sense of fun, her loyalty to her Church and above all her faith in Jesus Christ which inspired us all. She will be greatly missed but we thank God for having Margerie as a precious part of our Church.

> September will see our village children return to school and some to new schools We trust this Autumn term will be a happy one.

> I forgot to mention our church building is open every Thursday from 10am to 12pm for private prayer or a chat with some of our members who are willing to pray for you or someone you know if you

> We continue to pray for our village and to help in any way we can.



Greetings to all Shire Newspaper readers from Shire Baptist Church

Contact Number 07743683684

St Mary's Church

Hi Folks!

It is now a month since Revd Helen left us to take up her new position at Trinity Theological College, Stoke Bishop, but we are fortunate to have the Revd Simon Leighton conducting services during the interregnum, along with the Revd Trevor Hearn and occasional visiting Clergy from the Avonside Mission Area.

Coffee Mornings continue on Mondays, Wednesdays and Fridays from 10.00 am until **12.00 noon**. We are changing the brand of Fair-Trade Coffee, purchasing from a more ethical company, with the bonus that for every box of coffee we purchase, a donation is made to the charity "Tear Fund". This is a Christian organisation which fights poverty in different countries throughout the world also challenges injustice. So, for every cup of coffee you purchase at St Mary's, you are helping raise funds for 2 charities, St Mary's church and Tear Fund, as well as enjoying time catching up with friends.

"Golden Oldies" makes a welcome return at 10.30 am on Wednesday, 8th September, when once more you can join in singing tunes from the past and

perhaps recall happy memories from your youth!!! I've got difficulties trying to remember what my youth was like - I know I enjoyed it, but I can't remember why!

Messy Church also restarts in church at 3.30 pm on Tuesday, 21st September. Please book your space by Friday, 17th if you intend going, as numbers are required to know how much food we need to provide. A responsible adult must stay with their children for the whole session for supervision purposes.

We have had several enquiries and sympathy expressed of late, from those believing our Vestry windows have been vandalised - not to worry, we are happy to explain that this is planned work where



the window frames are being removed to repair the metal frames and crumbling stonework. If you recall, sometime ago I mentioned we received a grant towards this work from Historic England, for which we are extremely grateful. We hope to have the windows repaired, replaced and looking pristine very soon.

Well, that's it again for another month, so I have another stupid joke for your amusement. Here goes - A boy says to his Father - "Dad can you put the cat out?" Dad replied - "I didn't know he was on fire!"

Bye for now.

C.M.E

Hello from St Bernard's

Website: olorsb.org.uk

Details of weekday Mass times are
on the website.

Since restrictions have been lifted, we have now started to be able to sing in church. What a joy that has been. You could tell that people were smiling, even behind their masks. It's lovely to see parishioners returning to St Bernard's church week by week, we've all missed each other.

An article in the newsletter caught my eye, and is definitely worth highlighting here.

Care for our common home (the basis of the **Pope's** encyclical) We are in the midst of a climate and nature crisis, and in just 3 months, politicians from around the world will meet in Glasgow to decide what to do about it. We can petition **Boris Johnson** with powerful messages:

- Stop fossil fuel projects and create jobs in renewable energy, green homes, clean transport.
- Stop banks/investors from funding climatewrecking industries.
- Protect forests, oceans & nature
- Increase funds for climate action in countries on the frontline and reverse cuts to the aid budget.
- Sign and share the petition
 www.action.greenpeace.org/Climate-Leaders-Act

Shirehampton Osteopathic & Sports Injury Clinic

Providing Safe, Effective, Professional Treatment for All Your Aches, Pains, Sprains & Strains Since 1995

Jonathan Nichols D.O.

Appointments Telephone: 0117 9293289 www.osteopathbristol.com

ST BERNARD'S HEAD TEACHER RETIRES

"Mrs Meg Wilson has spent her whole career dedicated to primary school education. She is a wonderful teacher and pupils have treasured memories of being "in her class" when they attended Primary School!

Meg was appointed Headteacher of **St Bernard's Catholic Primary School** eleven years ago.

During this time, with the support of colleagues & Governors, she has adapted the school's premises thus facilitating two extra classrooms, specialist teaching and display areas, as well improving provision for children and staff.

All these changes reflect the way Meg has not only transformed the school environment but also highlights the very good teaching and learning she has encouraged and maintained throughout the School.

The welfare of all the children in her care as well their education have always been paramount.

St Bernard's Catholic Primary School wish Meg a very enjoyable retirement and would like to say a very, very big thank you!"



House of Dobey Domestic & Commercial Laundry Services

WASH, DRY & IRON

Shirts £2.50
Trousers £2.50
T-Shirts £2.00
Bedding from £2.50
Pillow cases £0.80 each
Curtains from £15.00

WASH & DRY

Overalls & work wear from £2.00 Hi Vis Coats £6.00 Sports kits from £12.50 Throws from £12.50 Blankets from £8.50 Duvets from £12.00 Pillows from £6.00

IRON ONLY

Shirts £1.75 Trousers £1.75 T-Shirts £1.50 Bedding from £1.75 Pillow cases £0.70 each

SERVICE WASHES

from £12 (wash, dry and fold)

DRYING ONLY

from £3.20

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

DEB'S MOBILE HAIRDRESSER



For a friendly, professional, reliable service at competitive rates

Call Deb on 07984013370

Ruby's Beauty Room

BEAUTICIAN

07970981204

Rubysbeautyroom1.booksy.com

8 Park Road • Shirehampton • Bristol • BS11 0EF



CLIMATE NEWS FOR SEPTEMBER: WITH COMPANY OF THE SEPTEMBER: WIT

By now most of us have probably heard about the recent IPCC (International Panel on Climate Change) report. It makes pretty bleak reading, and all the news of floods and wildfires around the world make it impossible for us to deny that the unavoidable and terrible effects of climate change are now upon us in real time. The report makes clear that we MUST act NOW to eliminate carbon emissions. If we do not take life-changing action the floods and wildfires, heat waves and droughts will only get worse.

So WHAT To Do?

It's hard for us ordinary people to feel we can make a difference. It's hard to imagine how we will manage the shift to electric cars and heat pumps. But there are immediate small things we can do that will add up. Changing what we eat can make a huge difference – eating more plant- based, locally grown food, less meat and dairy, will reduce carbon emissions from agriculture and make us more healthy at the same time. In the very short term we will have much cleaner air as we drive less and fewer deaths from air pollution. We can focus on all we will gain by making changes in our lifestyles.

So much depends on what our leaders decide at the COP conference in November. There are a lot of big promises and hopeful targets but very little action on the ground. There is such reluctance to implement the actions we know we MUST take because it means we all must completely change the way we lead our daily lives. Our leaders fear the political fall-out from the changes we need to make.

They need to know that we understand what will be asked of us and that we will support measures to eliminate our use of fossil fuel energy.

That's why it's important that we know what will be discussed and decided at COP 26 and that's why the **Shirehampton Climate Emergency Group** is hosting a morning of talks and discussion about COP on **Saturday September 4th**

We hope to see many of you there.

SHIREHAMPTON CLIMATE EMERGENCY GROUP

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

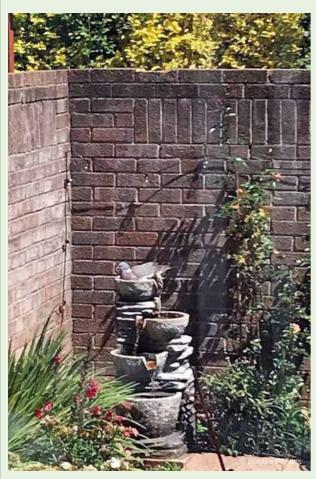


IF YOU ARE CONCERNED ABOUT CLIMATE CHANGE, DO COME AND JOIN US!



I don't know about you, but I do have a soft spot for wood pigeons. Okay, I can hear the shouts of derision: " Is she mad??!". But they are just so funny! Take this one for example. All the other bathers jump in, feathers flying, wings going like the clappers!! This numpty? Practicing his incubating skills maybe???!!

He sat still for several minutes.



We are still feeding the hedgehogs around here of course, and there are many being spotted before it's dark. I think the fact they have regular feeding stations does possibly encourage them to start hunting earlier, also the nights are closing in ever so slightly now too! I was sad to see recently that one poor soul had lost its life on the road leading up to the Hung Rd bridge. It always makes me cry when one is lost in that way.

The goldfinches are still rather thin on the ground at our feeder, with only one or two babies and adults turning up each day. But when I walk the dogs, there seems to be a huge abundance of seeds spilling out from the numerous wildflowers and shrubs, so I am not too worried about them

It's been a quiet spell, what with the everchanging weather and temperature, things are calming down somewhat. I hope there will be busier times ahead, but that's me done for now!

Happy nature watching all!

Bobbie Perkins

Nature Nites TYNINGS FIELD **COMMUNITY GROUP**

Member Anita, a teacher brought some year 10 students and mum and dad along for an hour's environmental study covering basic poultry, land cultivation and veg growing. We are an educational resource for the community and can now open our gate to persons and students wishing to learn about allotments, in informal hour long sessions. We can also offer spaces for DofE award students. References can be given for a CV.

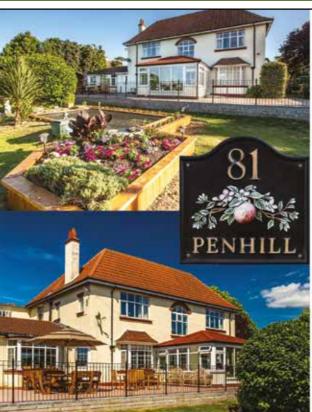






We are open to the public on the afternoon of Sunday 19th September. Eggs for sale. Please come along and help us mow and strim on a work session. Bring clippers, strimmer's and petrol mowers. Tyning's Field Community Orchard in Woodwell Rd.

Caroline Penny



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.

YOUR LOCAL EXPERTS adverts@shire.org.uk

Advertise your business here in YOUR LOCAL EXPERTS pages for as little as £6.80 PER MONTH Telephone: 07776 170053 or Email: adverts@shire.org.uk

BLINDS

SIMPLY BLINDS

For Verticals, Venetians, Roller Blinds at easily affordable prices

> Grab a Bargain in Vertical Blinds

Large selection of imported fabrics www.simplyblinds.org.uk

0117 3706142

BUILDERS



CARPENTERS

RICHARD CHILCOTT

CARPENTER

Laminate Floors
 Doors

• Skirting Boards • Dado Rails etc ... Telephone: 0117 985 8347

Mobile: 07952 763 630

FOR FREE QUOTE

ELECTRICIANS



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



GAS SERVICES

FRANKLIN'S

GAS SERVICES

For a Free Quotation **Contact Paul**



07799 050947 0117 9821979

GATES



GARDEN MAINTENANCE



YOUR LOCAL GAS SERVICE ENGINEER garden? I am a local, experienced and trusted gardener

NO CALL OUT CHARGES **COMPETITIVE RATES FULLY QUALIFIED ENGINEER** - BOILER INSTALLATIONS - HEATING BREAKDOWNS

BOILER SERVICES AND REPAIRS - LANDLORD SAFETY TESTING AND GAS AND PAT

BOILER INSTALLERS AND

HEATING ENGINEERS

- GAS LEAKS COMMERCIAL AND **DOMESTIC** 07841870939

 pruning & hedge cutting
 planting redesigning garden areas

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

regular garden maintenance
 grass cutting

garden clearance
 leaf clearance and tidy

Tel 0117 9828023 or 0788 2288968

GARDEN LANDSCAPING



MADE YOU LOOK!

ADVERTISE YOUR BUSINESS HERE FROM JUST £6.80 PER MONTH!

MOTORING

PRICE Bros.Ltd **Bristol's Leading Auto Engineering** Engine Reconditioners... GENERAL REPAIRS We are very large EXHAUSTS & BRAKES stockists of engine components for cars & · AIR CONDITIONING SPECIALISTS Commercial engines • DE GAS RE-GAS & REPAIRS Fax: 0117 982 3700 - Portview Road, Avonmouth, Bristol BS11 9LD CALL **0117 982 1064**

PAINTING & DECORATING



PLASTERING

PLASTERING **EST 1976**

OVER 30 YEARS EXPERIENCE

- INTERIOR & EXTERIOR
 - QUALITY WORK
 - COMPETITIVE RATES

Call: 07970 596 260

or 07909 937 229

dannymccall2323@hotmail.co.uk

RICH WEAVER PLASTERING

Qualified Plasterer - Competitive Rates

From a small patch up to a full property, you'll get a quality, friendly and reliable service not to mention a clean work area when I've finished! For info, availability or to arrange a quote please call: 07855 244862 email: rockrichweaver@yahoo.co.uk

Plaster Master

Tel: 0117 914 7090 Mob: 07791 049 995

- General Builders
- Home Improvements
- Qualified Tradesmen
- Extensions
- Waterproofing
- Rendering
- Plastering
- Brick Laying



PLUMBING AND HEATING

www.pricebrosengineering.co.uk







CONTACT OUR ADVERTISING MANAGER ON

07776 170053 adverts@shire.org.uk

PROPERTY MAINTENANCE

ROB'S PROPERTY MAINTENANCE & CLEANING SERVICE



ROB: 07891 450 047 robspropertymaintenance@yahoo.com

Property Maintenance

Your one stop shop for all your **House & Garden** Requirements

Grass Cutting Hedge Trimming Tree Felling/Trimming Patios: Decking Driveways

Landscaping Fencing Pathways Pressure Cleaning Painting & Decorating

. .

Plastering Flatpack Assembly Gutter Fit/Clean Metal Handrail Fabrication

FULLY INSURED WITH OVER 30 YEARS EXPERIENCE Too many to list - call to discuss your personal needs

Tel: 0117 9043839 mob: 07973 691518 info@kandepropertymaintenance.co.uk

MADE YOU LOOK!

ADVERTISE YOUR BUSINESS HERE FROM JUST £6.80 PER MONTH!

SCAFFOLDING

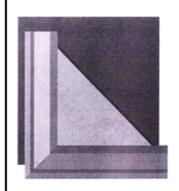


ADVERTISE HERE

07776 170053

adverts@shire.org.uk

WINDOWS



Avonmouth Windows

Repairs and replacements.

Your local expert. For a free quote call

07968 804126

www.Avonmouthwindows.co.uk



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:



0117 982 2870

Servicing Bristol & surrounding areas

Advertise your business here in YOUR LOCAL EXPERTS pages for as little as £6.80 PER MONTH

Telephone: 07776 170053 or Email: adverts@shire.org.uk

NEWS FROM SHIRESTRONG KETTLEBELL CLUB

We are a small club on enthusiastic members who get together 3 times a week to work or 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 July, members of the **ShireStrong Kettlebell Club** took part in a challenge to swing and press a heavier kettlebell than they had previously.

To achieve this training sessions varied from pressing and swinging lighter bells multiple times or choosing a heavier bell and completing fewer repetitions. This helps to build the strength and explosive power needed to progress.

During the first week in August members tested to see if the challenge had been successful. Needless to say, everyone that took part achieved at least what they had set out to do and some even more. Here is **Jessica Grose** pressing a 20kg kettlebell which she managed for multiple repetitions. Other notable achievements were **Karon Paddon-Rogers** and **Erika Glanville** each pressing a 16kg, **Suzie Atkins** with a 14kg (much to her surprise) **Zoe Garrett** for a 12kg and **Julie Watson** with a 12kg.

If you are interested in joining our club then please get in touch. We are a mixed bunch of all ages and abilities who get together to work hard and have fun with the aim of staying strong, fit and healthy. Please see my advert on page 5 for more details.

Linda



NEW PLAYPARK OPEN

The play park that has access from Beachley Walk and St. Mary's Road has received a complete make over with new play equipment, a basket ball court and green space for picnics, ball games and kite flying as examples.

It's taken quite some time to get this project finished and Shirehampton Community Action Forum have worked with Bristol City Council and contractors to make this a reality. "All our local parks and play areas are owned/on Bristol City Council land, but in order to access most funding – and a very large amount is needed for these projects - they need a community organisation as a lead partner. SCAF have a lot of experience gained through the successful £90K Springfield Avenue park and play area redevelopment. It has taken four years for the redevelopment at Beachley". said Ash Bearman.

"There was the community consultation – making sure we put forward plans that the community wanted. The results fell into three key areas. A new basketball/multi use games area on new tarmac court; new play area for younger aged children within the original fenced area and to keep the open grass area as it was, for informal kick abouts, play, picnics etc. We employed a brilliant landscape architect,

thank you **Alex Fraser, Afla Ltd** for detailed plans/ designs and drawings, along with itemised equipment spec and budgets. We needed to apply for additional funding, there were changes with BCC personnel, the tendering process and of course the Coronavirus, but it is now complete and is bringing families together particularly those with younger children."

Mary Pople is a local resident. "It's lovely to see the park back in use again with young families and children making use of the swings, slide and climbing frame. Only the other day a small birthday party was held there, and it was lovely to see."

Stacey Dunster is a young mum who took her four-year-old daughter to the park. "When I was a child, I used to come to this park, now I am bringing my daughter along. It looks amazing and its inviting for young kids. My daughter loved it all and I'll be very happy to bring her along more often."

Tracey Stone is a local childminder. " I bring my childminding children to this park. There is a good





mixture for the young children and older ones and plenty of space for the children to run around."

Ash concluded our conversation. "It is so important to have local play areas and parks. They are free and open for everyone to use and enjoy how they want, having fun and playing, open outdoor space for a picnic, opportunity for exercise, mental and physical health and wellbeing by contact with nature and the environment."

You can find out more about SCAF on 0117 982 9963 or email:ash@shirecaf.org.uk

Kathryn Courtney.



9 High Street Shirehampton Bristol, BS11 ODT

Sales - 0117 2130333 • Lettings - 0117 2990101 shire@goodmanlilley.co.uk • lettings@goodmanlilley.co.uk



Teresa Cox Adam Lenik



enik



Jess Duncan

SPORT IN SHIREHAMPTON %. A. A. M.

City and Port of Bristol Bowling Club

In a season that started with strict Covid restrictions and took some time to return to something approaching normal it is good to record one remarkable success and some club firsts that would have seemed unlikely in previous seasons.



Ken Davies and Dave Shaw ahead of their epic game on July 20th.

The season started with pre-booked roll up sessions between club members only but eventually it became possible thanks to relaxation of rules issued by **Bowls England** to play both friendly and competitive games against other clubs, both home and away.

Numbers were restricted initially but on **July 14th** it became possible to play the first four rink game, at home to **Severnvale** and it was great to see so many bowlers on the green at one time.



Carol Green on the mat playing for the ladies league team at Page Park on July 21st.

It has been a season when it became possible for ladies to play for the men's league team, up to three per game, numerous ladies have happily supported the team and in doing so ensured that the team was able to play games with a full number of players.

That was one first for the club and another came along on June 29th when the first ever Junior Bowling Session took place.

The club played a friendly game at **Congresbury** on **25th July** and found two young bowlers playing for the hosts and bowling very well, why not City and Port in seasons to come?



Lynn Burand and Flo Grimes playing a club competition.

The remarkable success is **Ken Davies** reaching the **Bristol Section Final of the Champion of Champions Competition**. To reach the final he had to overcome a formidable opponent in round two. **Dave Shaw of Canford Bowling Club** is a very good and highly competitive bowler who has enjoyed success in this competition in the past.

Ken was drawn at home for the game that took place on **July 20th** and what a game it was.

With the winning target being 21 shots both players held the lead at times but neither established a substantial lead in an epic game that lasted well over two hours. Some excellent bowling was seen from both players and the finish was almost as close as it is possible to be.

With the scores level at 19 each it was Ken who drew the two shots needed to progress to the **Section**



Final ladies league game of the season at home to Henleaze B on July 30th.

Final on 17th August. This will be played on a neutral green - Bristol St. Andrew's and Ken's opponent will be Graham Hudd of GB Britton. The winner of this game will progress to a county wide semi-final at Cotswold BC on August 29th.

The Ladies League Season ended with a home game against Henleaze B on July 30th. After a delayed start to the season and a game cancelled by Page Park in June, the ladies played every other game and look forward to next season and a return to something more normal.



A Saturday afternoon friendly in the sun against Henleaze.

Club Competitions and the Club League are both well underway. It is good to see new members entering competitions. Carol Green the clubs latest recruit (who has also played in both men's and ladies league teams) Vivien Holcombe and Pam Merriott, have all played in competitions in their first season at the club.

The first silverware of the season - The Jack Ashton Triples should have been won on 7th August, but heavy rain prevented all but a few ends from being played and it will now conclude at a later date.

For further information please contact David Hinksman on 0117 9082713 or 07932 387217.

SHIRE SAILING CLUB: Water-sports at Shire Sailing, **Rowing and Safety Boat Practice**

June and July are when the daylight hours are long and if the tide is right the sailors of Shire can get in some longer distance dinghy sailing. This year we have taken part in two Downalongs to Clevedon and the Middle Ground sandbank in mid channel off Clevedon.

We normally sail on the River Avon between As the last lock down was coming to an end, we had Avonmouth and Shire or sometimes upriver towards Sea Mills. Longer distance sailing is limited by the tides and daylight hours. For a longer distance sail of around 25 miles, we need to leave an hour after high water on a falling tide make our way down river out into the Bristol Channel and turn west. We come home on the returning tide one and a half hours before high water. Typically, we leave the Shire slip at around 10:30 and return 10 hours later at 20:30.

Our first **Downalong** this year was to sail down along the Somerset coast to Clevedon for a look at the pier and for a sail around in the bay where Clevedon Sailing Club normally sail. The Clevedon sailors were not out because it was low water when we arrived.

For the second Downalong we joined up with Portishead Sailing Club for a trip to the Middle Grounds sandbank off Clevedon. On our return the GPS readings showed that we had sailed 28 miles. Longer trips give us the opportunity to fly the spinnakers of boats that are equipped with them. The restricted water of the River Avon does not give many opportunities to unfurl the spinnaker.

The club visits to Bristol Docks for Gig Rowing on Wednesday evenings and Saturdays around lunch time continue to be popular. People new to rowing are very welcome to join in. Also, we hope to give people who would like to have a go as a cox the opportunity to learn to do that in the future.

Once again, we welcomed members of Clevedon Coastal Rowing Club to Shire with one of their Celtic Longboats. They launched from our slip for some rowing practice on the river where the waters are more sheltered than at Clevedon. The event was very successful, we are now in discussions with them about bringing one of their boats to Shire in the autumn so that they can row on the river from the autumn through until the spring of next year.

new members join the club. It was decided that to provide a session of Safety Boat Familiarisation for them. Every sailing member is asked to do Safety Boat Duties and we need to get them up to speed on the Safety Boat as quickly as possible. People who don't sail can also have fun doing Safety Boat duties in support of the sailors in the club.

Club events during the next few weeks:

SUNDAY AUGUST 15TH - RIVER SAILING

Start 10:30 - High Water 12:38 Finish around 14:30

SATURDAY AUGUST 21ST - RIVER SAILING

Start 18:10 - High Water 20:19 Finish around 22:10

SATURDAY SEPT 4TH - RIVER SAILING

Start 16:20 - High Water 18:26 Finish around 20:20



Clevedon Pier from the seaside.



High and dry at low tide on the Middle Grounds

If you are interested in any of the club activities, please contact us by email on info@shiresc.co.uk or our WhatsApp groups ShireSailing2020 or ShireRowing2021



Homeward bound passing Portishead.

ADVERTISE HERE

07776 170053 • adverts@shire.org.uk





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



SHIRE ADVICE SERVICE

Free Advice Sessions Shirehampton Health Centre, Pembroke Road, Shirehampton

Tuesdays 10-12 noon

To make an appointment call 0117 9515751

PARTNERSHIP

The Complete Accountancy Service at the Best Price Available

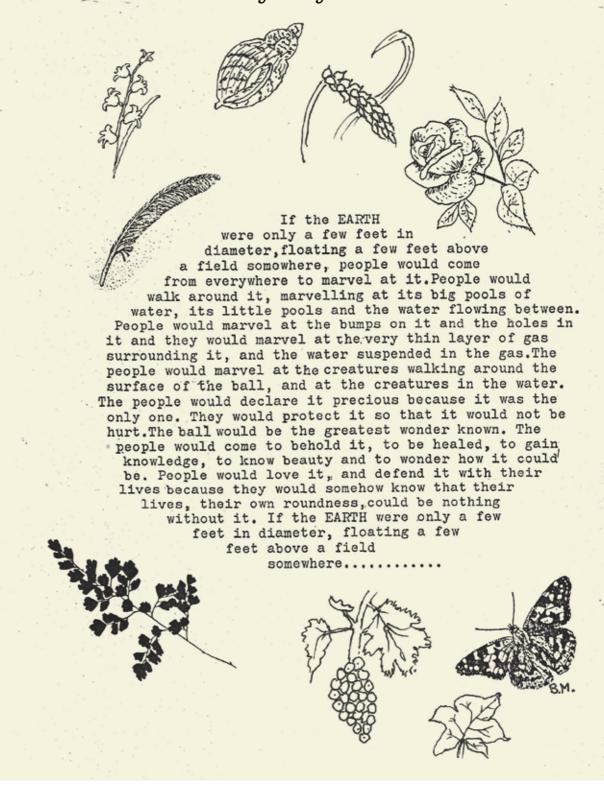
Friendly professional advice Accountancy, taxation, Limited company formation, Self employment registration, advice, accounts, Payroll, VAT, book-keeping

INITIAL DISCUSSION - NO CHARGE We can visit you if you prefer

OFFICE 3, REAR MEWS, 24-26 STATION ROAD, **SHIREHAMPTON, BRISTOL BS11 9T** Please visit our website: Ihpaccountants.co.uk

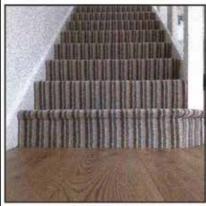
IF THE EARTH

by Betty Martin



ECHOICE 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