

Shire

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

No. 626 - March 2024 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL TRADESPEOPLE section on pages 19-20 to find a local business who can help.

**The
Big Plastic
Count**
11-17th March
- See Page 15

Climate Fashion Morning



The Shirehampton Climate Group started 2024 in late January with a Climate Fashion Cafe in the Public Hall. This was a lively and well-attended event with sewing and darning repairs, a swap shop, and a large crafting table where people from 'the Cotswold Set' worked on their own projects. Some colourful draught protectors appeared from odd lengths of African fabrics. The point of the morning was to show how we can repair, repurpose, create and make clothes helping reduce carbon emissions from the fast fashion industry.

Bristol Energy Network joined us and was very busy with helpful advice on heating and insulating our homes, saving money on bills and reducing our carbon emissions.

SCEG also had a presence at the Avonmouth and Lawrence Weston Ward Meeting at the beginning of February. We had the opportunity to talk about the need to build *Resilience* in the face of extreme

Continued on page 14.

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New Menu
Coming This April

Launching on the 6th April

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Special menu for the day

(Deal only offered on 6th of April)

Shire

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

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REGULAR EVENTS IN SHIREHAMPTON

Events in our library

Every Tuesday afternoon 3pm – 5pm
Shire’s Living Room –
Free soup & bread/tea/coffee/biscuits/board games and a friendly chat.


1st Wednesday of the month 6pm – 7pm
IT Literacy Class –
If you have a Smartphone, iPad, Tablet, or Laptop, but aren’t sure how to use it, come along, we’re help you!! We’re now playing Board Games too!!

1st Wednesday of the month 7:30pm – 9pm
Record Appreciation Club –
Using analogue equipment, we play a classic vinyl album every month and have a discussion afterwards.

2nd Thursday of the month 6pm – 8pm
Family History Group –
We have a team of experts at hand to help you navigate the Ancestry.com website and other online tools and find out more about your family’s history.

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





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

REGULAR EVENTS

MONDAY Pilates 9.30-10.30am
Kettlebells 5:15-6:15pm
6:30-7:30pm

TUESDAY Film Night 7:30pm
(1st & 3rd of month)

WEDNESDAY Keep Fit 10:30-11:30am
Kettlebells 5:15-6:15pm
Pilates 6:30-7:30pm

THURSDAY Bingo 2pm
Kettlebells 5:15-6:15pm
6:30-7:30pm

SATURDAY Table Tennis 8pm
Coffee Morning 10am-11:30am
(2nd of month)
Bingo 7:30pm

SUNDAY Soul Space 5pm-7pm
(1st & 3rd of month)
Cotswold Christian Community Service 4:45-6pm
(2nd of month)

Come along and join in the fun
For more details and regular updates, join our mail list by emailing cotswoldca@gmail.com

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

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

SHIREHAMPTON COMMUNITY ACTION FORUM (SCAF)

SHIRE COMMUNITY LITTER PICKS 2024

Meet at 10.30am at Shire Public Hall, Station Road, BS11 9TU
Pick up equipment & we’ll go to different areas of Shire and tidy up for 1-1.5 hours

Thursday 21 March
Saturday 20 April
Thursday 16 May
Thursday 20 June
Thursday 18 July

Saturday 17 August
Thursday 26 September
Thursday 17 October
Thursday 21 November
Thursday 19 December

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





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

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The *Shire* Community Pages

Late Paper in January

The committee wish to apologise to everyone in Shirehampton for the unavoidable delay in the delivery of your monthly 'Shire' at the end of January.

There was an initial change with regard to the editing and preparation due to the sudden, severe illness of a major member of the team. It meant pushing the completion date to the following weekend, **February 2nd**. However, due to a 'clerical' error, the papers were left at the transport depot on the Friday instead of being brought to the hall to be counted. This was despite the printers confirming the delivery with them on the Thursday. We therefore had no option but to rearrange the count and distribution to the following **Monday, February 5th**.

Our regular helpers, such as counters, drivers and residents who deliver for us each month were absolutely brilliant in their response! A huge thank you to you all, and I hope that not being able to let everyone know what the problem was from the start won't lose me my job!! Normal service will now be resumed.

Regards, Bobbie Perkins, Distribution Co-ordinator

Awards Night at 191st St Mary's Shirehampton Scout Group

On Monday 22nd January we were delighted to receive a visit from the Cabot District Commissioner who came to present various awards to people within the 191st group.

For the young people receiving their badges, this was a culmination of hard work over their time within the **Scouts and Cubs**, with both boys being presented with the top award they can earn. **Thomas receiving his Chief Scout Gold** and **Gid his Chief Scout Silver**. Congratulations to both the boys on all your hard work. Thank you too to all the leaders for the time and effort you put in to the groups.

Adult volunteers within the group were also rewarded with long service awards for their services within the sections and on the executive committee. There was a special award for **Rama** who received 'The Chief Scout's commendation for good service'. Sadly though, we didn't receive a visit from the **Chief Scout himself - Bear Grylls!**

There have been a few changes within the sections since the start of the new year. 'Akela' has taken over the running of the Cubs on a Monday evening with help from 'Bagheera' and Tom.

After 6 years of running the Cubs, 'Rama' has taken on the new challenge of becoming our Group Scout Leader, overseeing the running of all the sections.

Bubbles is continuing with his 'Young leader' training and enjoying helping with the **Beavers** on a Wednesday evening.



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

Family History Group

I wanted to highlight that the Friends of Shirehampton Library (FoSL) provide in the library a family history evening on the 2nd Thursday of the month.

This is a **friendly informal group** of individuals who enjoy looking into their own and others' family history.

Whether you are just starting out and wanting to find out more, or an experienced family historian and want to explore options for breaking down brick walls, why not come along and join us.

As we are in the library, we have access records on **Ancestry** via the library computers.

I find going to this group gives me a chance to share the excitement of new finds, a space to pick at threads of my family tree and often I find new bits of information or fill some of the gaps due to new records regularly coming online. I also enjoy a chat learning about others' finds and projects, local events and a cuppa.

If you're thinking about your Family History why not drop in and find out more.

**Next meeting will be Thursday 14th March
6 - 8 pm, Shirehampton Library**

Jan Wilson

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www.apbristol.co.uk
ebonyryan49@gmail.com
 We are also on Facebook & Instagram



We especially enjoy spreading community news and we love to hear from all our readers of both the online and printed versions.

Please, send in your letters and stories to editor@shire.org.uk.

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

Many thanks.

Play Out Scheme

Dear neighbours and friends in Shire. Penpole Avenue is seeking to close our street once a month during the summer for the Children to be able to play out and not worry about the traffic going up and down.

The application we have made is part of scheme called **Play Out**.

The closures would be **Sunday** from 2-5pm on the **first Sunday** of the month - starting in **April**.

The closure would be from **Number 2 Penpole Ave** to the junction with **The Ridge**. We hope this does not create any major disruption for anyone.

Thank you in advance for your support and consideration for the safety of the residents in our street.

Jan Wilson

Post Box Topper

Thank you to whoever created this beautiful Valentine-themed crochet cover on Shirehampton Post Box this month. It has really brightened up what has been a rather dull and drizzly February!



© Vanessa Evans

Personal Announcements

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

To book contact: adverts@shire.org.uk

Prices Start from £7.50

Janet Clark



© Clark

It is with much sadness that the family announce the passing of **Janet Clark** on **February 3rd 2024**.

Janet was a Shirehampton resident for over 50 years and a member of **St Mary's church** and other local groups for as many years. Janet had many friends within the village and was loved by so many people. A much loved mum, Nan, sister and friend to many and loved by all those who knew her & whose lives she touched.

The most kind and lovely soul who will be fondly remembered & missed by all.

Helen Clark and family



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

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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



SHIRE ADVICE SERVICE

Free Advice Sessions

*Shirehampton Health Centre, Pembroke Road,
Shirehampton*

Tuesdays from 10am

To make an appointment call 0117 9515751

The Arts in Shirehampton

Shire Stitchers

Learn a new skill and join a lively friendly local group.

Shire Stitchers is a local quilting, patchwork and related textile group that meets the **3rd Wednesday** in the month 7.15pm to 9.15pm and is keen to expand its membership so you are welcome to come along to a meeting.

For those who want to **develop skills** we are offering an introduction to learn the basics of this fun sewing craft on Wednesday evening at a cost £20 for the 4 sessions. The group will be small (no more than 6 people). No previous sewing experience needed.

Dates: 20th March, 27th March, 3rd April, 10th April 7 pm to 9pm

At: The Public Hall, Station Rd, Shirehampton

All the fabric and access to shared tools and sewing machines provided, or you are welcome to bring your own.

To book a place or you have any queries contact Gail Amphlett gail.amphlett@hotmail.com or 0117 9821879 (fee to be paid to secure a place)

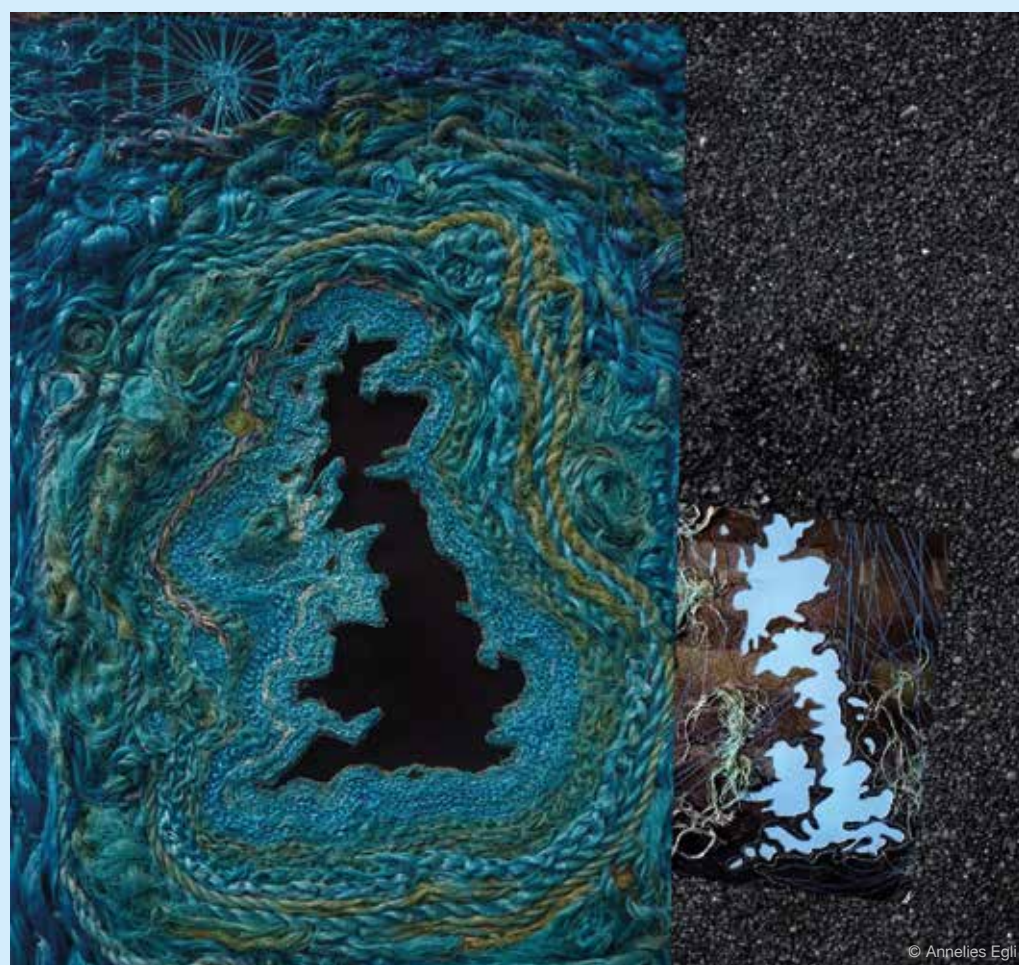


Tandem Arts/Shire Inspire Update

Annelies Egli's 'Blue Island', constructed from gathered plastics, has dominated the Post Office window during January and February.

Not much remains to be said about the work other than it was borne from a deeply felt sadness over **Brexit**. No mainland shoulder remains to be seen on this imaginary textured map, as if drifting off into choppy unknown waters. I added a compass rose, as a guiding star, a prayer and farewell of sorts. I was steeped in worry and concern for the country. How can any split or separation over negotiable differences help with the global problems we are facing as a species? A sibling piece **'Blue Islands'** is currently in progress and will be on show as part of the **Flood Resilience Event** at the **Shirehampton Public Hall** on **April 27th**. Annelies' website should be up and running again by now, have a look under www.anneliesegli.com

During **March and April** local artist **Simon Gamble** will be showing some of his work. Simon has made art since his childhood and realised his dream of studying **Fine Art at Bournemouth University** in 2016. His work varies from large abstract paintings to small illustrative landscapes. The work Simon is presenting in the post office is a series of drawings of places that have become significant to him over the last few years. Simon has found lots of inspiration in the local area. A moody morning view from Shirehampton train station features in one of his drawings. To learn more check out **Instagram: @simesdidthis** and www.simesdidthis.com



The Strange

An original story by Gil Osman

(Previously: Girl and Boy, the twin deaf and dumb children of The Strange, built a simple house for themselves in the secret glade, where they spent most of their time with their friends the animals. They refused the offer of their parents' house when The Strange die, because it is too near the Stone Age village, where their enemies the humans live, and the animals would be too afraid to visit them there.)

Chapter 16

The Chieftain and his wife were living very happily together and looking forward to the birth of their first child to complete their joy when tragedy struck. The baby, a girl, was born prematurely and was stillborn; this was not uncommon in the Stone Age village.

During the pregnancy the Chieftain's father had secretly appealed for help from The Strange as he had done when his son was a baby, but any treatment or medicine was to no avail.

The parents were utterly distraught and inconsolable. The mother clung on to her little baby, sobbing and wailing and would not let go of it, as if, somehow, she could will it back to life.

Women from both families came to the Chieftain's grand, new house to take care of his wife. The Chief himself was at an utter loss. He was a man of action, but what could he DO to help his wife? Out of nowhere came a sudden idea. He consulted with his wife and father and they agreed that he would build a barrow in which to bury their child's body and this would become a family tomb.

Barrows were graves for Chieftains in nomadic times, but there had never been a barrow in the village, because, since the tribe had settled, the villagers

could not agree on a leader or chieftain (until the present one). There was a small rocky hill not far from the village in the middle of the woodland. A few hardy plants grew on it, for it lacked soil for anything else. The Chieftain decided he would drag soil from the woods below by sled to the top of the hill, with which to build the barrow [this was before the wheel had been invented]. He insisted on doing this by himself and refused all help.

The next day the Chieftain carried his wife and baby girl (she was still cradling her dead child) to the hill, together with members of both families. Many villagers followed at a respectful distance. Husband and wife gently placed the baby in the small stone chamber, which the Chieftain had built the day before. Then the Chief, alone, proceeded to cover the tomb with earth, creating an oblong shape - a longbarrow.

It was initially known by the villagers as The Chief's Barrow, for the Chieftain let it be known that, from

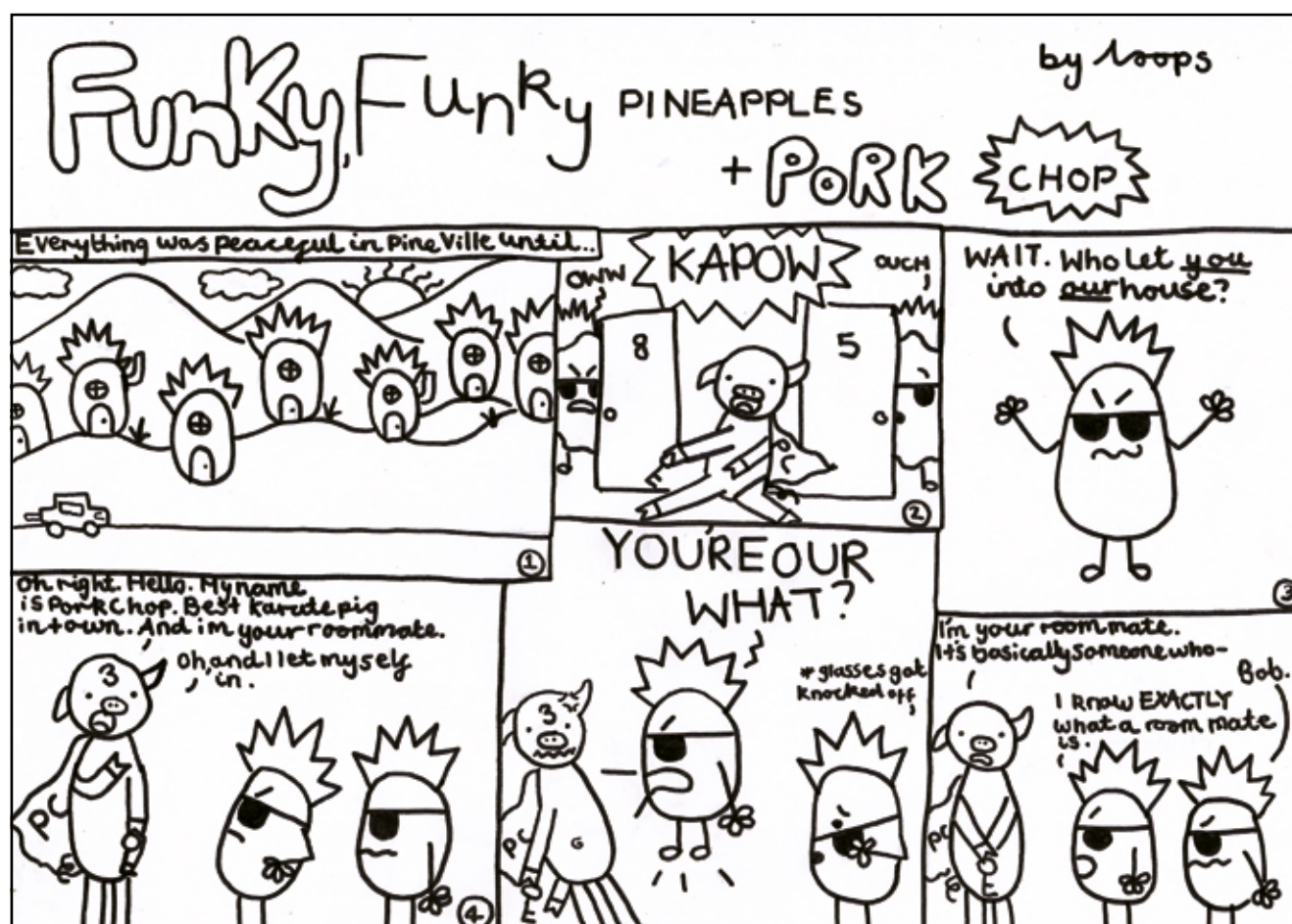
henceforth, it would be the tomb for himself and his immediate family (however, his eldest son and heir would have his own barrow or tomb on the hill in his turn)

The site eventually became known as Longbarrow Hill (or Barrow Hill) by future generations and was visited by the Chieftain and his wife regularly, to remember their still-born daughter. Other villagers also visited the site, when the Chief and his wife were not there, to show their respect for their leader. Because the soil from the woods was very rich and fertile the barrow was quickly covered with grass and made a green mound on the rocky surface, which to some villagers made it appear magical.

After a while the couple began to recover from their sadness and returned to their normal lives; the Chief immersing himself in his work for the village; his wife helping him and making friends with the villagers (which was so easy for her, having such a engaging personality and being universally liked).

A year later the Chieftain's wife gave birth to a healthy boy - a future chief, son and heir!

(to be continued)



to be continued

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An Update from Darren Jones MP, Bristol North West

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

Did you know that more than half of the high streets in England were built before 1916? As such, they offer a glimpse into the social history of our communities.



that you can't find elsewhere; and culture and experiences, such as **Shirehampton Men's Social Club** and the **Shire Stitchers**.

The film is one of seven short films in a collection called **Village Matters**, in which I talk to experts from Historic England and a local historian about the historical context of issues that are important to constituents today.

Historic England recently ran a high street cultural programme across the country, and in Bristol they partnered with **Bristol City Council** and the **Bristol Photography Festival** to run cultural activities across nine high streets, including Shire's.

Ellen Harrison, Head of Creative Programmes and Campaigns at Historic England, told me all about the project when we met to record a short film about our high streets as part of my village campaign.

She told me the project revealed what people want from our high streets: community and connection, to tackle issues like loneliness and to also feel like part of where you live; character and identity, with independent shops and something

Village Matters will be screened at the only cinema in Bristol North West – **Scott Cinemas in Westbury Park** – on the evening of **Thursday, 14th March**. The response from constituents to the films has been phenomenal, with all tickets for the cinema screening snapped up within a day.

With a long waiting list of people wanting to get tickets, and numerous emails asking me about further screenings, I'm delighted to announce that you can also watch the films at the **Shire JTE Hub's movie night** in the main hall of **Shirehampton Methodist Church** on **Tuesday, 19th March**, from 7:00pm-8:00pm.

There's no need to book tickets for the Shire JTE Hub screening, which will run as a normal movie night. Sadly, since the Shirehampton Movie Night is on a Tuesday, I won't be able to attend, as I'll be in Westminster for votes.

I'll leave you with a teaser of some of the other short films in Village Matters.

In one of the films, we uncover a 'secret' listed tunnel in **Henbury** and explore the vast network of public footpaths connecting the villages of Bristol North West, including those of the **Blaise Estate**. Another looks at how a Bristol-based innovation was the biggest advance in road construction since the Roman times, and going even further back in history, a film about the **River Trym** shows how the river has been enjoyed and protected by local villagers since the Bronze Age. And a film on affordable housing looks at **Sea Mills'** proud history in being home to some of the first council houses in the country, with houses built for soldiers returning from war – and how social housing may have prevented a revolution!

For questions about the **Shirehampton Movie Night**, please contact Shire JTE Hub directly on projectcoordinator@jtehubshire.org or 07305 066 478.

I look forward to reading your film reviews!

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

CONTACTING YOUR LOCAL COUNCILLOR Shirehampton is in the Avonmouth and Lawrence Weston Ward	Your Councillors are: Donald Alexander – Labour: cllr.donald.alexander@bristol.gov.uk John Stephen Geater - Conservative: Cllr.John.Geater@bristol.gov.uk James Scott - Conservative: Cllr.James.Scott@bristol.gov.uk Conservative Members' Services Office: 0117 922 2746 Labour Members' Services Office: 0117 922 3827	CONTACTING YOUR MEMBER OF PARLIAMENT Shirehampton is in the Bristol North West Constituency Darren Jones Phone: 01179596545 Email: darren.jones.mp@parliament.uk Website: www.darren-jones.co.uk
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Shire Needs You!

Over the years Shirehampton has lost many of its shops, businesses and amenities so don't let us lose our free local newspaper!

We are looking for new blood to join our dedicated team to ensure we continue to have this valuable asset to the village. All you need is a computer/laptop and the ability to put together an interesting "read" from the many articles/e-mails we receive every month from residents of Shirehampton and the surrounding area.

If you are interested please come along to one of our informal meetings which we hold the first Monday of the month.

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

editor@shire.org.uk

heartfulness

advancing in love

'Meditation is not evasion; it is a serene encounter with reality'

Thich Nhat Hanh (1926-2022)

FREE MEDITATION SESSION

Sunday March 17th, 7-8 pm in the library at Shirehampton Public Hall.

Why not begin the week from a place of calm and peace inside and join this initial introductory session?

We have so many wonderful and varied group activities to choose from in Shirehampton and yet there is always room for more. Most, if not all community activities revolve around doing a myriad of things together and this is how it should be. How about simply sitting and relaxing together into silence and stillness? Heartfulness relaxation and meditation is a simple practice which strengthens the resources we all rely on to help us manage the stresses and strains of daily life.

The session is free and open to all aged 18+ and is suitable for beginners as well those with previous experience. It will be guided by a certified meditation trainer. The plan is to have a short introductory talk followed by a guided relaxation which will lead us into the meditation. For any questions or to register your interest please email southwest@heartfulness.uk

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Churches in the Shirehampton Area

St Mary's News

Hi Folks!

Here we are into March with Easter at the end of the month and spring trying to overcome the grip of winter. At 2am on Easter Sunday morning the clocks go forward an hour to signify the commencement of British Summer Time. Although it means an hour less in bed, just think of all those glorious light evenings ahead of us!

Goldies Singing Session this month is at 10.30am in church on **Wednesday 6th March** and it would be wonderful to see more folk coming along to join the few regulars. It is great fun listening. **Shelley Cox**, who leads the sessions, will welcome you with open arms!

Sunday 10th March is **Mothering Sunday**, when we give thanks for our Mothers and celebrate all the women who have shaped our lives. Our service that day will be a Cafe Service suitable for all ages, starting at 10am - there **won't be a separate Rise & Shine** service that day.

Palm Sunday is on **24th March** and is the day we celebrate **Jesus's** arrival in triumph into the city of Jerusalem. This service will be a Family service starting at 9.45am.

Our **Easter Maze** is back the following week. The church will be **closed on Monday 25th** as some local school children will be at church exploring the maze - this means there is **NO COFFEE MORNING** that day.

Coffee morning will resume as normal on **Tuesday 26th and Wednesday 27th March** between 10am and midday, and all are welcome to look around our Easter Maze then.

On **Wednesday 27th March** we will also hold a **Family Pop Up** from 3pm to 6pm, giving an opportunity to visit the interactive Easter Maze. **All children should be accompanied by a responsible adult please.**

On **Thursday 28th March** there will be **NO SERVICE OF HOLY COMMUNION** as we join the **Maundy Thursday** service at **Bristol Cathedral**.

The next day is **Good Friday**. There is **NO COFFEE MORNING** that day, but the church will open at 2pm for the **Last Hour Service**, where we will reflect in the time of the last hour that Jesus spent crucified on a wooden cross.

Holy Saturday 30th March again has **NO COFFEE MORNING** but the church will open at



2.30pm when the **Shirehampton Area Choir** will perform the Cantata *Penitence, Pardon and Peace* by *J H Maunder*. This is not a concert but an act of religious devotion. All are welcome to this performance which will last around an hour.

Easter Sunday commences with a **Sunrise Service** in the Churchyard at 6.30am which is followed by a **Family Service** at 10am. We hope many of you will come join us to celebrate Jesus' resurrection.

Easter Monday, 1st April, is a Bank Holiday and the church is closed all day, meaning **NO COFFEE MORNING**. The usual Coffee Morning pattern will resume from **Tuesday 2nd April**.

Now answer this. How do Dinosaurs celebrate Easter? Answer: They don't because they are 'eggs-tinct'!!

'Bye for now!

C.M.E.

Shire Baptist News

The first two months of 2024 have been encouraging.

The **Rock Steady Club** has seen a growth in numbers and they are busy preparing for their **Passion Play** which will be performed on **Maundy Thursday, March 28th**, in full costume. This will take place in our church building, **Station Road**, when families and friends will attend at 4:45 pm. If you are interested in **Rock Steady**, come along and see the children perform. The club caters for children of primary school age who enjoy drama, craft, music and games and meets each **Thursday 3:30pm to 4:30pm**.

Our minister **Paul Rhodes** runs a drama lunch time club every Thursday at **Shirehampton Primary School**.

On **January 28th** we held our first **All Age Service** when the children delighted us with their singing led by **Lucy**. We are a child friendly church and welcome families to our services. The All Age Services will be held on the last Sunday of the month.

Our next **Life Cafe** will open on **March 28th**. Do join us for our delicious cakes, a drink and a chat in our church building.

The **Easter** edition of the *Good News Paper* will be distributed to every house in the village well in time for Holy Week.

The next **Songs of Praise Cafe** will open on **March 10th**. We meet at the **Cotswold Community**

Hall, **Dursley Road** every second Sunday of the month at 4:45 to 6pm. All are welcome to this informal get-together. We are a number of people from different churches now called the **Cotswold Christian Community**.

As we approach the **Easter Bank Holiday** weekend many will be planning their holiday and children will look forward to getting an **Easter Egg**. For many all over the world **Easter** is a crucial element of Christianity. The death and resurrection of **Jesus Christ** is the very foundation of our faith and brings hope to the sadness and turmoil of our world.

We meet every Sunday in our building in **Station Road** at 10:30am and there is a **Zoom Bible Study** at 4:30pm, same day. All welcome. We send our love and prayers and offer of help. See our contact numbers.

Easter Services: Good Friday 10:30am.
Easter Sunday 10:30am.

Contacts: 07749683684 or rhodespaul360@gmail.com

Shirehampton Baptist Church

Shirehampton Hub at the Methodist Church

The Hub has been thriving over the last few months with the usage going up and up. It is a truly welcoming space for all of the community. The NHS now meet at the Hub for COPD wellbeing sessions and many more to come we hope.



HUB'S CUPS, Drop-in on Mondays 10.30-12.30pm – and **Job Club** on Tuesdays 10-12pm

Community Fridge – most weekdays Monday to Thursday usually 9.30-4pm – check on Facebook. If you have excess food stocks, or Pet food, drop them in please.

Support for Start-Ups, Sole Traders and Hot-Desking – drop in on Monday morning or call for an appointment.

ESOL Conversation Group Thursdays 12-1pm provided by Community Learning

Cost-Of-Living Advice or Benefit Checks – Monday or Wednesday mornings.

Welcome (Warm) Spaces – these are running Mondays and Tuesdays 3.30-7pm – all are welcome, with refreshments, phone charging, films and activities as advertised on Facebook, or just pop in for a chat.

Please look out for posters, banners on the High St/ Penpole Ave BS11 0DY and social media for up-to-date information on all our activities. Twitter and Facebook - @shirejtehub or Instagram - Shire JTE

Email: projectcoordinator@jtehubshire.org to register interest in any of the above, or for a one-one appointment to discuss your needs. Also Tel. 07305066478 or check the Website - <https://jtehubshire.org/>

Rev'd Pearl Luxon

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

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

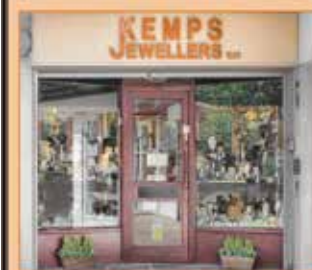
Jesus heals today as He did during His time on earth.



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Pancake Day Fun at St. Mary's Church

To some it is known as Pancake Day. To others it is known as *Shrove Tuesday*. Whatever you call it, Shrove Tuesday has many customs where certain foods are forbidden during *Lent*, in particular, sweet foods containing eggs, sugar and fat. These ingredients needed to be used up before *Ash Wednesday*, which were commonly forbidden during Lent, otherwise would go to waste in 47 days between Ash Wednesday and *Easter*. It is meant to be a time for confessions of sins, reflection and fasting and dates back many centuries with Christian beliefs.



In **Poland** they have *pączki*, which is fruit-filled deep-fried pastries similar to doughnuts whilst in **New Orleans, USA**, it is part of **Mardi Gras** where they have king cake which is an iced ring-shaped pastry that is sprinkled with gold, green, and purple sugar and usually contains a plastic figurine representing the baby Jesus. Throughout most of Europe pancakes reign supreme.

At **St. Mary's Church**, Pancake Day Fun was well attended despite the pouring rain and the children in particular were thoroughly enjoying their pancakes with a choice of many toppings, from lemon juice with sugar to jam, maple syrup, chocolate spread, sprinkles and marshmallows. Six year old Sam said "I love my chocolate pancakes".

Mums, dads and grandparents also enjoyed the pancakes whilst their children were able to play

games, do colouring and crafts and enjoy the two hour community event.

Tony attended the event with his wife and two grandchildren "We had a great afternoon at St. Mary's Community Event. Traditional pancakes provided by **Amy** and **Alison** tasted yummy! Thanks for all your hard work in making this a wonderful event for all ages."

Local mum **Lisa** said. "It's a lovely communal way of having pancakes with a much bigger variety of toppings than I would ever have at home. There's also lots of crafts to do and toys that the children can play with and there are always some of their friends here too which is perfect".

Meanwhile **Rev. Alison Sowton** was in the kitchen heating up the many pancakes with assistants on hand to help serve them. They also provided gluten and dairy free pancakes which meant I could enjoy and be part of the event. Thank you for this as I do love pancakes!.



"Today has been wonderful, it's lovely to see the church filling up with people. There are lots of lovely pancakes and all sorts of toppings, but it's the company isn't it and bringing the community together, that what it's all about here."

Amy, who is our amazing Youth Minister, was hitting the shop shelves, stacking up with packets of pancakes with people looking at her, 'are you really going to eat all those pancakes?'. "We will and it will be fine" said Alison.

To find out about more about community events held at St. Mary's Church, check out their FaceBook page www.facebook.com/stmarysshirehampton

Article and Photos: © Kathryn Courtney

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Sustainability in Fashion

Continued from page 1.



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weather events, encourage **Sustainability** in everything we do, and build **Community**. SCEG hopes to work more closely with Avonmouth this year, perhaps helping with events or supporting an Avonmouth Climate Group. Everyone seemed to agree on the importance of Community so that no one needs to feel they are facing climate disasters on their own.

In the run-up to the General Election SCEG will be taking part in the **Greenpeace Climate Vote**

project. Greenpeace hopes to recruit a million voters to commit to voting for the candidate with the best climate policies. It's so important that our leaders take climate change seriously. It's up to us as voters to inform ourselves about candidates' climate credentials and let them know what we want.

The Climate Repair Cafe will be back after Easter.

R Slater (photos by © Kathryn Courtney)

Nature Notes

A very precious, if quite small clump of one of spring's loveliest gifts! They are always considered to be the best sign of better days ahead aren't they? A modest array, but MY modest array!



© Bobbie Perkins

I am so amazed at the moment to see the amount of spring bulbs not just in my garden, but everywhere you care to look. The conditions are so advanced and I just hope it will last and not come back to bite us all on thewell you get my meaning!

I was concerned not to have the goldfinches coming in to feed on the Niger seed for several weeks, but am happy to report they are now returning in greater numbers. It won't be long before their offspring are brought along, and I just love seeing them arriving and figuring out the way to the seeds.

Just this morning I froze by the bedroom window to avoid spooking a dainty blue tit which had perched in my large, recently pruned rose bush. There was absolutely no cover, as I had cut it back to the new buds just starting to emerge on the bare branches much further down. The wee thing sat and looked repeatedly all around, in every direction, to make sure it was safe. I felt rather guilty, but then it hopped across to the peanut holder and tucked in merrily. I then quietly moved away from the window without being spotted.

Here's to a lovely spring and summer to allow us to put the soggy winter away for a while.

Happy nature watching all!

Bobbie

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Orchard Clearing for the Daisy Field

It was a dull grey cold day for Saturday 20th January but that didn't deter half a dozen people from *Friends of Lamplighter's Marsh* to get the orchard clearing underway at the local Daisy Field.

Without local volunteers, the **Daisy Field and Lamplighter's Marsh** would be overgrown and much of the time unusable for the community to enjoy. The small orchard was in need of clearing the brambles, weeds and overgrowth that was running riot, and could have a detrimental effect on the trees. Within a couple hours six volunteers had made the

area far more accessible and healthier for the trees and also for snowdrops that had been planted to add a bit of 'spring is on its way' moments.

Recently FOLM were given a special mention at 'Your Park' awards for their community connectors and the installation of the **War Horse** last summer. Congratulations to you all.

John Hastings said: "It always gladdens the heart to see the first signs of spring. The Friends of Lamplighter's Marsh **always need volunteers** as there's so much to do to keep the brambles down, free up the newly planted trees, and pick up the cans, bottles, dog poo and other litter, which is so unnecessary and unsightly. We have newly installed bird and bat boxes in the woods in the Daisy Field, new benches to arrive soon, and the pond is thriving now. We expect more visitors this year because the Warhorse is such an attraction now, so we need to keep on top!"



To find out more about Friends Of Lamplighters Marsh also known as FOLM, the work they do or you want to become a volunteer please go to their Facebook page: www.facebook.com/groups/1508854592747931 for more information

Kathryn Courtney

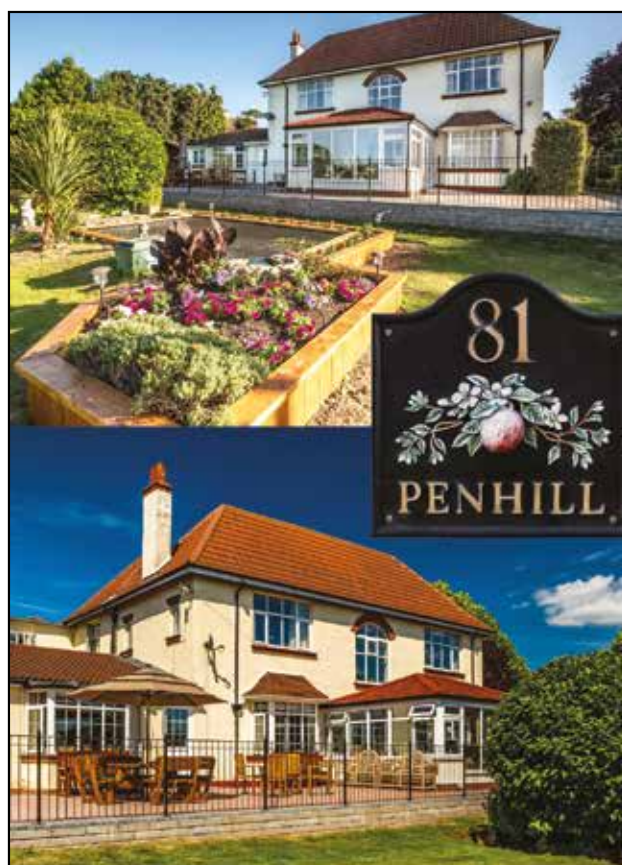
The Big Plastic Count 11-17th March

Nearly two billion pieces of plastic packaging are thrown away by UK households every year, and just 12% is recycled in the UK. We'd like to see the government address the plastic crisis seriously. You can help by taking part in The Big Plastic Count!

**Count your plastic for one week
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For one week in March, thousands of schools, households, community groups and businesses will be coming together to count their plastic waste. Almost a quarter of a million people took part in The Big Plastic Count in 2022. Together they revealed that almost two billion pieces of plastic packaging are being thrown away a week.

This year you can help build even more evidence to convince UK ministers to lead the way at the global talks that could finally phase out plastic pollution for good. You can join at: www.thebigplasticcount.com/signup



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High Street Market Makes a Welcome Return

After a break in January, the High Street Market made a welcome return on Thursday 1st February. *'Fishman With A Difference'* was greatly missed and fresh fish and shell fish was definitely on the menu for many. *'Food By Sophie'* was doing a great trade with the best Jamaican food you can get in Bristol..

There was a good choice of **Valentine** gift ideas from a number of our market traders including hand made cards, candles, personal care, jewellery and soft toys, all unique and many one off designs. And with the cold weather still with us, **Bristol Energy Network** were on hand with money saving advice on how to keep warm and keep those drafts away.

Feedback was very positive for the first market of the year and you will find a number of new market stall holders joining the High Street Markets and **Community Fayres** throughout 2024.

"Excellent market. We came to the Christmas Market and enjoyed it a lot. The FaceBook page is very helpful too. We are from Henbury and love this day out. The food is great too." said **Jack and Jane**.
"Sophie's tuck is top notch. Always a treat at Shire market" said the **Dontra Team**.

All the **High Street Markets** take place on the **first Thursday of each month** at the **Tithe Barn** in Shirehampton whilst the **Community Fayres** are being held on **Saturday 13th April, Saturday 20th July** and concluding with the **Autumnal**

Christmas Fayre on Saturday 30th November at **Shirehampton Public Hall**. All events are free entry and run with the community in mind.

Shirehampton Markets are also in **need of volunteers** to help out on their Saturday events with setting up and take down from 8am for a couple hours and 3pm for about an hour. Also help with putting up the signage on lamp posts from early morning and then taking it down again after 3pm. Please contact Shirehampton Markets direct for details.

For more information about Shirehampton Markets and their events please go to www.facebook.com/shirehamptonmarkets for regular updates.

Article and Photos: © Kathryn Courtney





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An excellent opportunity has arisen at Shirehampton Primary School for someone to join our friendly team as an assistant caretaker. We are looking for someone who is self-motivated, reliable, and hard-working to work at the heart of our school.

This varied and responsible role is vital to our school ensuring our children have a safe environment to learn and play in. You will take pride in maintaining our school, from day to day repairs to completing risk assessments, carrying out security procedures, checking equipment and contributing to school development projects. It would suit a local member of the community. With convenient part time hours, you could already be working part time or even self-employed. We are willing to discuss slightly different hours if this would be helpful.

Responsibilities:

- Performing minor repairs and maintenance tasks on school facilities
- Maintaining the school grounds, including cleaning
- Ensuring the school is secure at all times, locking up the building at the end of the day
- Cleaning designated areas to a high standard
- Carry out portage duties
- Maintain staff and pupil toilet facilities ensuring they are in working order and supplies of consumables are available
- Deal with blocked toilets and drains
- Emptying bins and recycling bins
- Communicate effectively with the caretaking team to ensure projects are completed on time.

The successful candidate will have:

- Prior experience in a maintenance or custodial role and a good range of DIY skills

- A working knowledge of health and safety
- Attention to detail and a strong work ethic, being able to work under pressure and at a pace
- The ability to work independently and prioritise tasks
- Excellent communication skills
- Skills to be an effective team member but also have the confidence to be a lone worker.

For more information, including an application form, or an informal discussion about the role please contact the school office on 0117 9031447 to speak to either the School Business Manager, Site Manager or Head Teacher.

Details of the vacancy can also be found on our website: **Shirehampton Primary - Vacancies (greenhousecms.co.uk)**

Closing date: Thursday 14th March at noon. School reserve the right, dependent on the number of applicants, to make an appointment prior to the closing date.

We look forward to hearing from you.

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Call Into The Community Living Room Every Tuesday

Friends of Shirehampton Library have been running the weekly *Community Living Room* for almost 5 years and continues to offer a warm space every Tuesday afternoon from 3pm until 5pm at the local library in Shirehampton. All are welcome to pop in no matter what your age, from young children to octogenarians.



Some afternoons may have a craft activity on offer, other times board games, quizzes and sometimes it is just a great meeting place to chat and share company with others over a cup of tea, coffee, squash or a cuppa soup. There are biscuits and sometimes homemade cake on offer too. It is a great place to talk, share memories, interests and even make new friends. Even I have been known to pop in for a cuppa and catch up every now and again. There are no age boundaries. Even children who attend with their grandparents or their mum and dad love reading stories whilst there, after all, it is a library.

Since then Friends of Shirehampton Library, also known as **FOSL** have expanded on activities they run at **The Library**. They sometimes hold talks of historical interest such as the SS Great Britain, there is a regular **IT Literacy Group** as well as **The Vinyl Club** where classic albums are played and discussed.

"The Shire Living Room is a great place to call in for a friendly chat, have a free cuppa and biscuits, we usually have a nostalgia quiz too. The IT Literacy Group is in the Library for an hour every month, we offer expertise and advice if you have a Smartphone, Tablet, or Laptop you're unfamiliar with. The Vinyl Club is going from strength to strength, with a different classic album to listen to and discuss every month, with free drinks and biscuits too, of course" said John Hastings, one of the founders of FOSL.

All these activities are held at The Library, Station Road, Shirehampton, Bristol, BS11 9TX. The Community Living Room takes place every Tuesday between 3pm until 5pm. Check out their FaceBook page www.facebook.com/ShireLibrary for regular updates of other activities that this community group run.

Kathryn Courtney (photos by © John Hastings)



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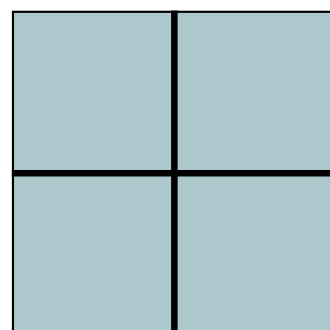
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Sport and Activities IN SHIREHAMPTON

Kings Weston junior parkrun

Kings Weston junior parkrun has been taking place on the *Kings Weston estate* every Sunday (with very few exceptions) for over 8 years. It's a free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds). There are over 400 junior parkruns in the UK with over 500,000 children running, with well over 100 children taking part at Kings Weston weekly. There are 3 other junior parkruns in Bristol, with another one starting up next month.

It starts at 10am though we do a fun warm up beforehand and hand out wristbands for children who've achieved milestones of 11, 21, 50, and 100 runs. 11 runs is the same distance as a half marathon, and 21 is equal to a full marathon.

Parents are welcome to run with their children, though we ask, if you have a buggy, to stay nearer the back, and no dogs either on the run please. It costs nothing to take part but please register before you first come along. **You only ever register with parkrun once and don't forget to bring a scannable copy of your barcode (request a reminder).** If you forget it, you won't get a time. You can now store it on your smartphone too.

The aim is to have fun, it doesn't matter how quickly or slowly you run. Please come along and join in whatever your pace! Your time is recorded and uploaded within a few minutes of the run finishing.

It is entirely organised by volunteers – we require over 25 each week for a run to be recorded. Please email kingswestonjuniors@parkrun.com if you'd like to help.

Safeguarding is very important to parkrun, every marshal is within sight of those either side.

There is also a wonderful café in **Kings Weston House** so it's always a welcome place to relax afterwards.

It's a great way to start a Sunday!!!

John Hastings



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6 of February's Shire.)



ShireStrong Kettlebell Group

At ShireStrong, we're not just about lifting kettlebells, we're about building a supportive, inclusive community that embraces individuals of all ages and abilities. Sessions have continued throughout January with members eager to return to training after the Christmas break. There are many benefits to regular exercise, and some are listed below:

- 1. Improved Heart Health:** Exercise helps to strengthen the heart muscle, lowers blood pressure, and improves circulation. Regular physical activity reduces the risk of heart disease, stroke, and other conditions by enhancing the efficiency of the heart and blood vessels.
- 2. Weight Management:** Engaging in physical activity helps burn calories and build muscle mass, which contributes to weight loss or weight maintenance. Combined with a balanced diet, exercise is crucial for achieving and sustaining a healthy body weight.
- 3. Enhanced Mood and mental well-being:** Exercise stimulates the production of endorphins, which promote feelings of happiness and reduce stress and anxiety.
- 4. Increased strength and flexibility:** Strength training exercising such as weightlifting or resistance training help build muscle strength and endurance, leading to better physical performance and reduced risk of injury.
- 5. Better sleep quality:** Regular exercise can improve sleep duration and quality by promoting relaxation and reducing insomnia. Quality sleep is essential for overall health and well-being, supporting cognitive function, mood regulation, and immune function.

Many of our members joined **ShireStrong** having not taken up any physical activity for some time. This includes our **January Member of the Month, Hayley O'Driscoll**. Hayley joined ShireStrong in May 2022 and has become a valued and respected member of the club. During January, she attended no less than 16 training sessions and was instrumental in arranging our Christmas party. On receiving her award, Hayley said:

"My long-standing friendship group had been discussing joining a locally run fitness group. After inquiring and having a 1-2-1 session with **Linda**, I knew it would be a welcoming environment yet equally the challenge I had been looking for. After my first group session, a mixture of puffing, grunting, sweating, and laughter, I knew these classes would be something I'd stick with as I loved them.

Linda keeps a keen eye on technique and will encourage stretch goals where she feels they can be achieved. I've built confidence both in my strength and ability but also in the way I look and feel - the wobbly bits feel far less wobbly!

The group itself is a brilliant mix of characters; we attend, we work hard, but we also have fun along the way - they say laughter is good for the soul and the most powerful therapy.



Member of the Month Hayley O'Driscoll.

No matter where you are in your fitness journey, Linda's Kettlebell group is for you. If you are looking for support, group encouragement, and friendship, look no further - hope to see you at the next class!

Linda Thorne

City and Port of Bristol Bowling Club

With the much looked forward to Winter Bowling Break 2024 about to happen, once again at the excellent TLH Toorak in Torquay it is a good time to look back at Winter Breaks over the many years they have taken place at the club.

In recent years breaks have been at the TLH (Torquay Leisure Hotels) either **Toorak, Carlton or Derwent in Torquay**. Whichever hotel is home for the five night break, facilities and activities in all hotels in the complex can be used by guests.

Central to facilities for the bowling break is the four rink indoor arena complete with viewing balcony and bar. But there is much more to enjoy once the two hour bowling session is over including a big swimming

pool, sauna, jacuzzi and a big games room that has ten pin bowling, snooker and pool. Nightly entertainment and a programme of daytime activities ensure that there is always something to do without leaving the complex.

This year the City and Port party will be -- twenty bowlers and four non bowlers. The opposing teams will be --- **Angel Tonbridge, Moira Bowlers and King George Field**.

In years gone by there have been other venues for the Winter Break --- such as **The Dorset Golf and Country Club** in 2013. A very different setting to Torquay, near the Tank Museum and the town of **Dorchester** the break was very enjoyable.

Entertainment was very different to that found at a hotel ---- each evening there were indoor games ---



Bowling at the Dorset Golf and Country Club --- February 2013.



Accommodation at the Dorset Golf and Country Club was either in a lodge or comfortable rooms within the complex.



The Driving Range at Dorset Golf and Country Club ---- hitting the ball was not as easy as it looked.



Evening games at the Dorset Golf and Country Club --- February 2013.

putting, and rolling a ball into a numbered frame --- with prizes for winners provided by the host club management took place after the evening meal. Bowling was at an arena within the club complex with opposition provided by local clubs.

There was a chance to try golf at the club driving range and some bowlers did try it and found that hitting the little white ball and propelling it any distance was far more difficult than it looks!!

This very successful break was organised by **Jane Geater** who went on to organise some breaks at the TLH in Torquay.

In previous years there were visits to **The Manor at Okehampton** --- twice --- and it was here that a wide range of activities additional to bowling were on offer. From Archery to Pottery and many things in between there was something for everybody to do when not bowling during the stay. Some very good things came from the pottery --- two excellent dogs --- no walking or feeding needed, reside at a house in Avonmouth to this day.

Other venues visited include **Hayling Island, Bodelwydann Castle in North Wales, Warner's at Bembridge on the Isle of Wight**, the now famous **Potters in Norfolk** and a club at **Stitch Hill in Torquay**.

Shirley Parker and **Irene Whitfield** organised Winter Trips for many years before handing over to Jane Geater. **Gill Hinksman** followed Jane and more recently **Dee Crawley** has taken the lead, working with Gill to make visits to the TLH enjoyable for all who go on them.

If anyone reading this has memories of the club's Winter Breaks - recent or years ago --- please tell David Hinksman on 07932 387217.

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Gloucestershire County Fencing Championships in Shire

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Successive Saturdays in February saw Shirehampton's *White Eagle Fencing Club* host the Gloucestershire County Fencing Championships at epee and sabre.

Bristol White Eagle Fencing Club has for a dozen years provided Olympic sword fencing for all ages and levels, from beginners to nationally ranked fencers at the **Oasis Academy Brightstowe**.

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John Robde



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