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Shire Newspaper  
AGM on Monday  
5th August 2019 at 5pm  
Cotswold Community Centre. See page 4 for more details

# Climate Emergency Meeting

More than 30 people came to a meeting called by Extinction Rebellion to discuss the Climate Emergency – the serious risk we face of runaway climate change if we allow global warming to increase.

The government has declared a Climate Emergency. The group meeting decided to form a local Shirehampton action group which will work to raise awareness and to keep pressure on the government to take significant action immediately to drastically reduce carbon emissions.

The first meeting of the Shirehampton Local group took place on Tuesday 14th May in the Cotswold Community Centre in Dursley Road. The meeting discussed how the group will be organized and what actions each person would like to be involved in. This was an open meeting.

Anyone who is concerned about climate change and would like to be informed of future meetings can contact [maryrenee.slater@gmail.com](mailto:maryrenee.slater@gmail.com).

If you want to know more about Extinction Rebellion you can Google them at [www.risingup.org.uk](http://www.risingup.org.uk), [www.RebellionEarth](http://www.RebellionEarth), or [www.ExtinctionRebellionBristol](http://www.ExtinctionRebellionBristol).

Renee Slater



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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.

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# WHAT'S ON IN JUNE

## @ THE PUBLIC HALL

**MONDAY**  
 • Twyford Art Club. 10am-12noon  
 • Yoga. 6.15-7.30pm

**TUESDAY**  
 • Line Dancing. 2-3pm  
 • Tile Making. 12th & 19th 2-4pm  
 • Hula Hooping. 4:30-5:30pm £3.50  
 • Puppy Training. 6.30-8.30pm  
 • Coffee Morning. 1st Tuesday

**WEDNESDAY**  
 • Twyford Art Club. 9.30-11.30am  
 • Model Railway Club. 7.30pm onwards  
 • Shire Stitchers (every 3rd Wednesday). 7.15-9.15pm  
 • Womens' Fellowship (2nd and 4th Wednesday). 7.30-9.30pm

**THURSDAY**  
 • Sea Mills Art Club. 10am-12noon  
 • Tai Chi. 2pm-3.30pm  
 • Zumba. 6-7pm  
 • Grainger Players. 7.30-9.30pm

**FRIDAY**  
 • Playtots. 10-11.30am  
 • Evergreens. 2-4pm  
 • Shire News (Last Fri of month). 4pm  
 • Bingo. 6.30-8.30pm  
 • Pillow Lace Club. 7-9pm

**SUNDAY**  
 • Church of Grace. 9.30am-2pm. Hall & Springfield  
 • Learn to Meditate 8.15pm Portway Room from 7 January

## @THE TITHE BARN

**MONDAY**  
 • S.T.O.M.P Dance Club (Term Time) 4-4:30pm age 4-6, 4:30-5:30pm age 7-11, 6-7pm age 11-16  
 • Totstop. 1:15-2:45pm under 5's

**TUESDAY**  
 • Chair Aerobics. 10-11 am £4  
 • Youth @ The Barn 7-8:30pm (Term time) age 10-16. 50p & bring change for tuck

**WEDNESDAY**  
 • Mother's Union 2nd Wednesday 2:30pm

**FRIDAY**  
 • Chair Aerobics. 10-11 am £4

## @SHIREHAMPTON HEALTH CENTRE

**TUESDAY**  
 • Shire Advice Service. 10am-12 By appointment: 951 5751

**WEDNESDAY**  
 • NHS Baby Clinic -12:30-2pm

## @COTSWOLD COMMUNITY CENTRE, Dursley Road

**MONDAY**  
 • Pilates. 9.30-10.30am  
 • Personal Fitness Training 7-8pm

**WEDNESDAY**  
 • Keep Fit. 10:30-11:30am  
 • Pilates 6:30 to 7:30pm

**THURSDAY**  
 • Bingo. 2:30-4pm  
 • Personal Fitness Training 7-8pm

**FRIDAY**  
 • Keep Fit. 10:30-11:30am

**MONTHLY**  
 • 1st Sunday of month - Breakfast Club - 9:30 to 11am (Bingo the evening before at 7:30pm).  
 • 2nd Sunday of the month - Baptist and Methodist Church Service 4:45pm  
 • 2nd Saturday of the month - Coffee Morning 10:30am-12 noon  
 • 1st & 3rd Tues - Film Night 7:30pm  
 • Saturday (6 weekly from 11th Jan) Quiz Night 7:30pm

## @AVONMOUTH COMMUNITY CENTRE

**MONDAY**  
 • Zumba Gold 12:15pm £4  
 • Yoga 6:15pm £6  
 • Keep Fit 50+. 7:30-8:30pm £4.50

**TUESDAY**  
 • Genealogy. 4th Tuesday 7pm

**WEDNESDAY**  
 • Happy Reading Cafe 2nd Wednesday 1:30pm

**THURSDAY**  
 • Circle Dancing. 3pm £3

**FRIDAY**  
 • Weightwatchers. 9:30am www.avonmouthcca.org.uk Tel 0117 907 1524

## @St ANDREWS CHURCH HALL, Avonmouth

• St Andrew's Ladies Club. 1st and 3rd Tuesday, 7:30-9:15 pm  
 • Dancercise every Wednesday 10am. Free to unemployed and those on low income. FB @dancercise.bristol or Anna on 07852988895

## @SHIREHAMPTON CHURCHES

**@ST MARY'S**  
 • Kids Klub - Sunday. 8:30am  
 • Craft Group. Tuesdays 2-3:30pm  
 • Golden Oldies Sing-Along 1st Wednesday.10:30-11:30am. Voluntary donation £2

## @ SHIREHAMPTON BAPTIST CHURCH

• Services - Sundays. 10:30am 2nd Sunday Cotswold Community Centre 4:40pm  
 • Mainly Music Carers & Toddlers - Tuesdays (term time). 9-11am  
 • Gospel Generation Community Choir - Wednesdays in term time 7pm-8:15 pm. Free. All welcome.  
 • Scrapbooking Workshop - 3rd Saturday 10:30am-16:30pm

## @SHIREHAMPTON METHODIST CHURCH

• Service - Sunday 11am  
 • Chapel Film Club and Chatter Club - Monday 2pm. Tel (0117) 382 3694 for details  
 • Weight Watchers - Tuesdays 10am AND 5:30pm Church Hall (Contact Roma 01454 613222)  
 • Bacon Butties, Coffee and Cakes - 1st Sat 10-11:30am

## @PBA CLUB, Nibley Road

**MONDAY**  
 Line Dancing 8-10:30pm £4.50

**THURSDAY**  
 Stroke Support 1:30-4pm

**TUESDAY**  
 3rd Tuesday - Retired Employees Association. 12 noon

## @ SCOUTS HUT, St Mary's Road

191stbristolscouts@gmail.com

**MONDAY**  
 • Cubs 5:45-7:15pm boys/girls 8-10

**TUESDAY**  
 • Beaver Scouts 5-6:15pm boys & girls 6-8

**THURSDAYS**  
 • Cub Scouts 6-7:30pm boys & girls 8-10+  
 • Scouts 7:30-9pm boys/girls 10+ -14

Please send all updates for the What's On section to editor@shire.org.uk by the 10th of the month before publication

## @NSC BOXING CLUB, Smelters Gym, Barracks Lane

**MON, WEDS & FRIDAY**  
 7-8:30pm. Head Coach Garry Cave. 07876 233621

## @T.S.ENTERPRISE, T.S.Enterprise, Station Road

**MONDAY & THURSDAY**  
 Sea Cadets 12-18 years 6:45-8:45pm

**FRIDAY**  
 Shirehampton Amateur Radio Club. 7:30-10pm

## @KYOTO SHOTOKAN KARATE CLUB

**THURS @ AVONMOUTH RFC**  
 6:30-8:30pm

## @OTHER VENUES

### @ AVONMOUTH RUGBY CLUB

• Ladies Rugby Under 13s 6:00-7:00pm under 15's and under 18's 7:00 - 8:00 pm  
 Claire's Ladies 18+- 6:30 -8:00 pm

### PENPOLE LUNCH CLUB - TUES

• 11:30am-2pm (Details: Sandra 0117 938 1236)

### @ SHIREHAMPTON LIBRARY - FRIDAY

• Code Club 3:45-4:45pm Age 9-11

### @ ST BEDE'S COLLEGE - TUES

• Cricket. 5-6pm Age 11-16  
 • Community Football Fridays 6-7pm. Ages 11-15 Pitch1; 16-21 Pitch 2  
 • Girls Football, ages 8-16- Saturdays 11am-12noon  
 • Archery Club. Saturdays 1:30 -3:30pm £2  
 • Pay and Play Football. Saturdays 1:30-4:30pm £1

## @ Jim O'Neill House

**THURSDAY**  
 • Slimming World. 9.30am, 11:30am, 5.15pm and 7:15pm. Information: 01275 844825

### SATURDAY

• Slimming World: 9.30am. 01275 844825

## @Sea Mills

### ST EDYTH'S CHURCH

• Pilates. Mondays 7:15pm and 8:15pm 07905 364256  
 • Dancercise every Thursday 1.30pm. Free to unemployed and those on low income. FB @dancercise.bristol or Anna on 07852 988 895

### SEA MILLS COMMUNITY CENTRE

• Yoga. Thursdays 6:30-7:30pm, Fridays 10-11:30am

## (SCAF) SHIREHAMPTON COMMUNITY ACTION FORUM MEETINGS 2019

Shirehampton Public Hall  
 • Weds 17 July 2-4pm  
 • Weds 2 October AGM 7-9pm  
 • Weds 11 December 2-4pm



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# SHIRE NEWSPAPER AGM

Shire Newspaper will hold its Annual General Meeting on Monday 5th August 2019 at 5:00pm in the Cotswold Community Centre, Dursley Road, Shirehampton.

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

If you have any articles / letters for publication in The Shire and do not have access to e-mail / computer we have placed a box in the Library for your submissions.

ALL WELCOME  
Please join us

# Shirehampton Library needs new 'Friends'

Bristol Libraries are all staying open, for the moment. But the threat of closures and reduced services has not gone away. So a new 'Friends of Shire Library' group has formed.

The 'Friends' aim to protect our Library by making it more accessible and user friendly. They will communicate the ideas and wishes the community expressed in the Library conversations and consultation events to the Council and work with the Council to implement some of these ideas in the near future. Already there is an application for funding to make changes that will make the Library more accessible. But, as always, change and improvement are not just a matter of bricks and mortar. The 'Friends' need new members who might give some of their time to working towards realising some of your suggestions, things like creating a Public Living Room, setting up talks and events, encouraging schools to use the Library more. If you would like to befriend your Library email [friendsofshire@gmail.com](mailto:friendsofshire@gmail.com) or come



to the 'Friends' next meeting, **Wednesday 26th June, 6:00pm** in the Public Hall.

Stay up to date with the Friends of Shire Library via their Facebook page: [www.facebook.com/ShireLibrary](http://www.facebook.com/ShireLibrary)

There are also opportunities for Council training to volunteer in Bristol Libraries. Email [libraries.volunteering@bristol.gov.uk](mailto:libraries.volunteering@bristol.gov.uk) or visit [www.bristol.gov.uk/libraries-archives/volunteering-at-our-libraries](http://www.bristol.gov.uk/libraries-archives/volunteering-at-our-libraries) to find out more.

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# Letters to the Editor



We would like to apologise for an error in last month's Shire where a reader's photo had been accidentally omitted. Here is the abridged letter again PLUS the picture

Dear Editor,

I am seeking anyone who might just have memories of the little general shop that Will John ran at 20 Bradley Crescent from 1930-1945. I include a photo of the shop with Marjorie John and her friend Joyce Pollard outside c.1930.

Yours faithfully, Hilary Sutcliffe  
 hilary@felixsutcliffe.com



Dear Editor,

Hello, I am a volunteer at the After-Stroke Club which meets every Thursday afternoon at the P.B.A. We recently applied for a grant and were thrilled to receive one from you for £100.

We have purchased a new CD player and some lovely CD's so that our clients will be able to sing along every Thursday afternoon without having to wind up the old player, which only worked when it felt like it!

Thank you so very much on their behalf,  
 Sue Saunders.

Dear Editor,

Am I the only person in Shirehampton who likes to sit in their garden enjoying a glass of wine and smelling the flowers?

I have noticed that since I have moved to Shirehampton come dry sunny days the arsonists come out at night and light garden bonfires.

Not only is the smell awful, it affects peoples' breathing and the smoke permeates the whole house should one have the windows open.

We live constantly with the pollution of traffic fumes coupled with garden waste fumes. It is not a very good combination.

I just want to sit in my garden with the windows open and enjoy it.

Mary Ford

## Free walk on 6 July with naturalist Steve England in Lamplighter's Marsh Nature Reserve

Our first expert-led walk of the summer is with Steve England, broadcaster, forager, and naturalist. If you haven't been before, this is a bit different. On a previous walk we ate hawthorn berry chutney and bramble shoots, and sampled mugwort. We might also get to talk about connections with royalty, Heathrow, and the Remount Centre amongst the diverse past and present of Lamplighter's Marsh.

It's on 6 July at 10am until noon, meeting outside the Lamplighter's pub and it's free. The walk is along the Yellow Brick Road to the M5 Bridge and back. The walk is limited to about 20 people so that everyone can hear and join in. Such is the popularity we've had five bookings in the first 24 hours. Email me at [john.knight7@btinternet.com](mailto:john.knight7@btinternet.com) to book a place(s).

John Knight – Friends of Lamplighter's Marsh

This walk is funded by a grant from Greggs Foundation Environmental



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*Linda x x*

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# The Shirehampton Community Plan

Shirehampton Community Plan


**Making It Happen**

It has been a year since the successful launch of the Shirehampton Community Plan in June 2018. There has been a lot of activity in that year, much of it behind the scenes.

So we wanted to share what has been achieved and our plans to keep all residents up to date with the first year of our 5 year plan.

As we have developed ideas, we have made a point of working with partners, other groups, and residents in the village and across Bristol to strengthen links and networks in supporting the village as it grows and changes.

We cannot name them all - the list is too long - but we would like to thank all our partners in working with us to 'make it happen' in Shirehampton.

## Our High Street

Members of the community plan steering group have met with Sustrans about new benches and planters in the high street. Everything is currently in the drafting stage but there will be a meeting held where we as a community will choose our preferences for the style of seating and planters to improve our High Street. There is £40,000 available for this project, which has come from the Port Communities Resilience Fund. Sustrans are helping us with the project but it is very much a project led by residents who have taken part in consultations about how we want it to look.



## Shirehampton – A dementia friendly village

We have been investigating ways to make Shirehampton a "dementia friendly" village; this includes having talks with Bristol Dementia Action Alliance and our health centre. Last year two events were hosted by Shire Methodist church: a dementia friends information session and a dementia information day featuring a performance of a nationally acclaimed play Don't Leave Me Now.

## Window Wanderland

We have identified that there is a good amount of interest from residents and high street traders in setting up a Window Wanderland in Shirehampton. These events are window-based-display walking trails with accompanying maps and events. A Shirehampton Window Wanderland is being planned for next year.

## Poppies On The Green

This project was a great success towards the end of last year. It couldn't have happened without the help of Nova Primary School, Shirehampton Primary



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School, Kingsweston School, Oasis Brightstowe Academy, Avonmouth Sea Cadets, everyone in the community who volunteered to paint the poppies, get the display onto The Green and taken down again and those who donated plastic bottles and the Co-op being a collection point. Also the Craft Exhibition, St. Mary's Church, Methodist Church and Public Hall for giving space for painting poppies sessions. Also local business donating materials and the local shops also displaying poppy items in their windows provided by local schools Without you all Poppies on the Green would not have happened. A huge thank you to you all. For updates for our next display in 2020 please go to [www.facebook.com/poppiesonthegreen](http://www.facebook.com/poppiesonthegreen)

### High Street Market

We are aiming to have our first High Street Market in Shirehampton on Thursday 4th July from 10am until 2.30pm. Background work is already under way. We have a number of market traders on our books to take part. Goods and produce made available will not be in competition with our High Street and should be a wide choice. This is not only for Shirehampton but also for the surrounding villages and we look forward to your support. The High Street Market will be held the first Thursday of every month to begin with and will be reviewed after 3 months to make any changes necessary to make it even better for the future. One of our main aims is to attract residents and shoppers from outside of the village to re-energise our High Street and local economy.

### I ❤️ Shire campaign

As part of our I ❤️ Shirehampton campaign, we contacted local schools to explore ways we could work with them to encourage children's appreciation of all Shirehampton has to offer. Nova School responded with an offer to include Shirehampton in their "What makes Bristol Brilliant" module. We were able to link Nova with Friends of Lamplighter's Marsh and between them they organized a trail so that the children could draw a simple map of what they had seen, and take their family member along the route to show them what they had learnt on the trip. The route was from West Town Road, down to the former

sludge dock and back. John Knight from Friends of Lamplighters Marsh (FOLM) compiled the route with images and simple descriptions, images for projection, saved on a USB memory stick for Nova to use.

### Planning group

Shirehampton Planning Group was the first local group to develop directly out of the Community Plan. It has already had its first birthday to celebrate its first full year of activity! As well as forming into a group and agreeing a constitution, the Planning Group has: responded to the draft Bristol Local Plan; responded to other consultations; been active in objecting to some planning applications and shown their support of others. Shire's Planning Group also keeps other residents in touch with developments through Facebook and Next Door.



### Our Future – Our Young People

The first achievement of this action plan this year is the formation of a very successful Youth Network. The members are: SCAF, Oasis Community Hub, Avonmouth Community Association; Bristol City Council Youth Service; and Young Bristol. The network includes young people to help develop their plans and ideas. There is a lot of enthusiasm and help from the "Navy Blues" at Oasis Academy (so called because they wear blue ties) who talked to other young people in the school to gather ideas which were fed into a funding application. The Network has put in a joint application to the Youth Sector Support fund for

a whole array of activities for local young people in Shire and Avonmouth. They will learn the outcome in early June. Let's hope they are successful! In addition, in late spring, there will be Youth Bus sessions in Shire provided by Youth Bus for Young Bristol (YB4YB).

### Friends of Shire Library

A Friends of Shire Library group was launched in April by a group of residents eager to work with BCC to support improvements to the library service in the village. The group agreed their vision of how to energise both the local library and to make it more open and welcoming for residents. Their aim is to make some of the library space into a public living room; this will be an open space for residents to meet, to make new friends and connections. It will become a hub where new activities and ideas will grow in the village. Friends of Shire Library has become a member of a city-wide network of "Friends of Library" groups across the city to exchange ideas and information.



### Healthy and Active Shire

Our first obvious partner for this plan was the Shirehampton Health Centre, which has proved to be very productive. They gave the Community Plan group our own notice board to advertise current events and activities in the village. Everyone is welcome to advertise community events on there. A different member of their busy staff team writes an article every month for the Shire paper with advice and information to help us all to make best use of their services and how to keep well. Their Patient Participation Group (PPG) has also kindly allowed the aims in the Community Plan to be discussed at every meeting so we find new ways to support the health centre in including residents' ideas on services.

All residents are invited to get involved in any of Community Plan activities and groups to help Shirehampton to change and grow. Please contact us on:

**Telephone: 0117 982 9963**

**Email: [ash@shirecaf.org.uk](mailto:ash@shirecaf.org.uk)**

**Facebook: SCAF: Shirehampton Community Action Forum**

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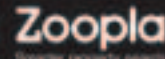
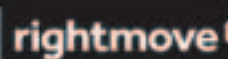
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# St. Mary's News

Hi Folks!

This year seems to be flying by - I find it hard to believe that in three weeks' time we shall reach the longest day, and the nights will slowly start to draw in again! Summer holidays are now rapidly approaching and we can all look forward to a well earned few weeks of relaxation be it here or somewhere abroad, where the sunshine is more or less guaranteed. For those staying in this country, let's hope for a similar dry and warm Summer like last year.

On Sunday, 5th May, we had a Bring & Share Lunch after the morning service to say farewell to the Trinity College Theological students who have been attached to St Mary's for the past 12 months. Sadly, we have to say farewell to Cathie & Aidan Watson, Luke Aylen and Janey Hillier, but wish them all well for their Christian lives in the paths our good Lord has mapped out for them.

The next appearance of the Golden Oldies singing group at St Mary's is on Wednesday, 5th June, at 10.30 am. This one hour singing session appears to be growing in popularity as I see regular faces attending each month. Come along and try it for yourself!

Also on Wednesday, 5th June, a Mission Area Celebration Evening is being held at St Andrew's, Avonmouth, from 7.30 pm until 9.00 pm with refreshments being served at 7.00 pm. All are welcome!

Messy Church is on Thursday, 20th June this month and is from 3.30 pm until 5.00 pm for children interested in Arts and Crafts. There is usually a short cartoon video of some religious story shown during the session and refreshments are provided FREE!

On Saturday 22nd June at 2.00 pm there will be a STOMP Dance Display in St Mary's which will include the Shire Stomp Group, the Patchway Stomp Group, Severn Beach Primary School and dancers who



attended the Dance Fever Camp. If there are any other Dance Groups wishing to attend and join in they should contact Amy Boucher - E-mail address: [confidance@rocketmail.com](mailto:confidance@rocketmail.com)

Our Patronal Festival Weekend this year is on Saturday 29th and Sunday 30th June. This is because our Patron Saint is St Mary the Mother of Jesus. The church will be open as usual on the Saturday morning for the serving of Tea and Coffee, but in the afternoon Cream Teas will be served and you will also be able to admire the Patchwork Group Wall Hangings, which hopefully will be finished and available for display as well as the Floral Display around the church.

On Patronal Festival Sunday (30th June), there will be NO KIDS KLUB and NO 10.00am HOLY COMMUNION SERVICE at St Mary's as many of us will be attending an Ordination Service at Bristol Cathedral when Aidan, Luke and Janey will be ordained Deacons. In a further 12 months time after more training and working in a Parish Church they will then be ordained Priest.

As there is no morning service that day, we shall be holding an Evening Service of Holy Communion at 6.00 pm. Please come along if you are able.

Well, that's it for another month, but I have to ask you - What sort of car did Jesus drive? Answer - a Christler!

*Bye for now. C.M.E.*

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## NOVA PRIMARY SCHOOL

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At Nova Primary School, situated in Barracks Lane, we are very fortunate to have a full complement of Parent Governors, however we do have two vacancies to fill from within our local community. Are you someone who has time to give, to join a team of dedicated Governors with an interest in educating our young inspiring pupils? No experience is required as full training is available.

Do please contact [clerk.nova.p@bristol-schools.uk](mailto:clerk.nova.p@bristol-schools.uk) for further information or Tel: 0117 9030446 and leave your name and telephone number with the school office and we will get back to you.

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t: 0117 982 4963 f: [JuicyBlitzYouthProject](http://JuicyBlitzYouthProject)  
e: [rebecca.hussey@oasisuk.org](mailto:rebecca.hussey@oasisuk.org)

### Support

Family Support drop in  
Counselling service, Financial literacy programme

### Holiday Activities

Targeted programmes, Family craft activities  
e: [aisling.bennett@oasisuk.org](mailto:aisling.bennett@oasisuk.org)  
t: 07788 338701

Hub office—Oasis Academy Long Cross  
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Looking forward to meeting you...

Jayne Penlan

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## Shirehampton Dental Practice have spaces available for new patients

As of 1st April we will have vacancies for new patients at our established NHS dental practice. If you wish to register with us please come along to the reception desk at 21 Station Road and pick up a form to join us.

**Shirehampton Dental Practice**  
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# TYNINGS FIELD NEWS

**The lilacs are in blossom making the air full of a scent so you can leave your windows open on a warm day.**

Our new cockerel is working hard on getting his alarm sounds right but often flustered first thing.

Wildflowers poke their shoots above the ground. Geese are aggressive. Apple blossom, pear and plum attracts bees and insects to pollinate and cross pollinate the many varieties we have.

Over Easter the weather was warm here trees blossom, raspberry rambled, bees buzz, hens laid, people dug

and planted up while the grass has been cut by volunteers. Tiny espalier pear trees were planted 10 years after being donated by a man in Severn Road and a woman in Dursley Road now shoot 10 feet high.

People come and go to the field over the course of the day. You can meet many who stop by for a chat and sit there till the sun sinks behind Pill. Thank you to all who leave bread on the gate for birds and who give time to help out

**Come and visit us on Sunday 9th June when we will be holding a plant sale and volunteer dig.**



## NATURE NOTES



**A picture to make you smile, I hope! They looked so pretty in the sunshine today, I thought I'd share them with you.**

We have been witnessing the explosion of activity over the past couple of weeks, as the fledgling sparrows, closely followed by the starlings, have been filling the garden and the riverbank with their parents as they learn the art of feeding themselves. The noise at times is amazingly loud, so much a part of early Spring. I also love the jackdaws, as they let you get quite close to them when they are feeding young. They hang out in the PBA field most of the time.

Many of my friends who live locally are enjoying feeding both adult and young hedgehogs, and although I haven't seen any evidence of them in my garden this year, I will be putting out food later on.

The sparrows in our nest box out front is still there at time of writing. We feel sure they will leave soon, but what's the betting it will be this weekend when I'm away?! I'm sure David Attenborough would have better luck!!

I learnt a hard lesson a few days ago when coming into the back garden with the dogs after a walk. Young starlings were on the ground with parents and one was almost caught by my terrier, as I'd released his lead on the way in, not thinking there might be birds the other side of the gate! I shouted and he stopped but had just made a slight contact with the baby before it ran to cover in the corner of the garden. I put the dogs away and we had a worrying time watching for the chick. It stayed all night, so Jeff took it to a safe place near the adults the next morning. We couldn't see any obvious injury, so just hoped with time it would recover strength to rejoin the others. Really really hope so. The moral being, at fledging time keep the dogs on leads until safely indoors!

*Happy nature watching all! Bobbie Perkins*

## LAWRENCE WESTON COMMUNITY FARM

### Farm Tots

**Wednesdays 10.30-11.30am £2.50.** Help feed the animals. For under 5s and their carers. Drop in most Wednesdays. Please check Facebook for any changes.

### Walking Group

**Wednesdays 2-3.30pm.** Improve your health and meet new people by joining our free, friendly, weekly walking group. If coming for the first time, please arrive at 1.45 to sign up.

### Gardening Group

**Fridays 11-12.30pm.** Interested in getting involved in gardening on the farm? Come along Fridays to help with our gardens. Call Ian 0117 938 1128 for more details.

### Herbs for Health

**First Friday of the Month 11-12.30.** Help sow and grow a range of herbs and learn about their uses. Have a go at using them for cooking and

wellbeing. Meet new people and spend time outside. These sessions are for people living locally to the farm. Free. No experience necessary. Contact [Kerry@lwfarm.org.uk](mailto:Kerry@lwfarm.org.uk) 0117 938 1128

### Introduction to Volunteering

**Mondays 10am-1pm June 17th, 24th and July 1st and 8th.** This 4 week course will teach you about the animals and gardens and how to work safely. You will help improve the farm and meet new people. This course is free for adults over 19 years with few or no qualifications. Contact [kerry@lwfarm.org.uk](mailto:kerry@lwfarm.org.uk) 0117 938 1128

### Herbal First Aid

**Sat 29th June 1pm- 4pm £30.** Come and find out about common plants that are great for first aid and healing. Go on a forage around the farm and create your own healing ointment to take home. To find out more and book tickets <https://herbal-first-aid.eventbrite.co.uk>



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Dursley Road, Shirehampton,  
Bristol, BS11 9RH  
Registered charity no. 1101427

## Hall hire rates:

Hall: £12 per hour

Hall plus garden: £18 per hour

Kitchen facilities use: £3 flat fee

Email: [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com) or  
leave message on 07943-401575

# Hello from Shire Methodist Church!

The Easter weekend already seems a long time ago, but its message of new life continues to be celebrated. One of our members appeared on BBC TV on Easter Sunday singing her heart out with a choir at Bristol's New Room, one of the earliest and most well-known buildings in the history of the Methodist Church. The programme was co-presented by Karen Gibson, famous for conducting the Kingdom Gospel choir which sang at Harry and Meghan's wedding. Some members of Shire Methodist church shared tea and chat (and an obligatory selfie!) with her during the filming.

Just before Easter Sunday, we enjoyed sharing the message of Good Friday in a walk around the village with friends from other churches, some even

wearing costume! We celebrated the start of Easter itself with songs and prayers in Shirehampton Park in the early sunshine of Easter Sunday, followed by a delicious breakfast provided by our friends at St Mary's.

We continue to meet with our friends from other local churches on the second Sunday of every month at 4.45pm to host a short church service at the Cotswold Community Centre, which is followed by refreshments. If a morning church service is not your thing, you are invited to join us there for just what you have been looking for!

Our regular Sunday services, starting at 11am, are in our own building on the High Street and continue to be a great encouragement to our members and visitors alike. We are joined each week by different speakers from around the area. Please note that we won't be meeting in Shirehampton on 9th June, instead we will be at Sea Mills Methodist Church to share Morning Worship as part of the Sea Mills 100 Celebrations, which looks set to be a wonderful weekend of fun and reminiscing.

On the first Saturday morning of each month, 10am onwards, we host our coffee morning, complete with bacon butties, bacon supplied by Woods, Shire's well-known family butcher. Please pop by and give it a try (if you haven't already)!

You are also invited to attend our free events between 2-4pm every Monday afternoon (except bank holidays) when we alternate between a film or afternoon tea. Our films range from the old classics like the Ealing Comedies (we showed Kind Hearts and Coronets in May) to recent award-winners like La La Land. Both are a good opportunity to come and see our new colourful and comfortable seating which has replaced the cinema-style seats which have given decades of service. If you are interested in buying some of the vintage cinema seats that used to be our church "pews," please get in touch!

Our hall is used by many groups including Weight Watchers, the Dragon Club, Shirehampton Planning Group, the Shire Newspaper and Shirehampton's new pop-up market. If you are interested in hiring our premises please contact Bridget Williams (0117 982 0586)

However you are continuing to celebrate the season of Easter, may God's peace be with you

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## You're Never Too Old For Exercise

Sarah Bradley is a Chartered Physiotherapist and was running an exercise class for the over 75's at Shirehampton Health Centre. Sadly NHS funding for this weekly class stopped at the end of March but the attendees didn't want it to end and collectively decided to continue but at another venue, the local Public Hall.

"I'm doing an exercise class for older people over 70/75 years. The aim is to improve their mobility, balance - which is very important to guard against falls - and also making it a social group where people can come together and feel comfortable exercising with each other".

"I always explain the exercises. Different people do exercises at different levels. If you have a disability I can adjust the exercises for you. There is a wide spectrum of abilities in the class but they all exercise together in a way that everybody can get the benefit out of it without anybody feeling it's too difficult for them". Said Sarah.

Of course Sarah plans to continue working with the local GP's and accept referrals from them. "If someone is over 70 years and they have a need to come to class, maybe due to an operation or a stroke or disability they will be made most welcome. There is an enormous amount of comraderie and friendships made within the class. It's great fun. If you love activity but hate exercise then this is the class to attend. You'll still have a great time and the benefits are huge." said Sarah.

Val loves exercising: "My Doctor advised to do exercises for my weak legs. It's a good laugh and I thoroughly enjoy it."

Another class member is Pam: "It's good to exercise, it's fun and I feel much better for it."

Muriel is a new member: "When I had my knee replaced and my shoulder I needed something extra to help me recover. This exercise class has helped me achieve a lot and Sarah is vey good. It's good fun and I love the company too."

The over 70's exercise class is held every Wednesday at Shirehampton Public Hall, Station Road, from 2.00pm - 3.00pm. Cost is £4.00 per session.

*Kathryn Courtney*



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# Penpole Lunch Club Receive Easter Donation



The local Co-op in Shirehampton High Street held their Easter Raffle in aid of Penpole Lunch Club. They raised £140 for the local organisation and Sandra White received a cheque from the Co-op staff on behalf of the Club. Sandra picked the winning raffle tickets from a box and first prize went to Andrew, the second prize had a telephone number and third prize went to Gail of Staddon Pet Supplies.

*Kathryn Courtney*

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**Shirehampton Planning Group**  
**Meeting Dates for your Diary:**  
8<sup>th</sup> May  
12<sup>th</sup> June  
10<sup>th</sup> July

**7pm @ Shire Methodist Church  
(High Street/Penpole Avenue)**

We want to give Shirehampton Residents  
a say in what is important for our Village

As a Resident led group, we want to shape  
& influence Planning decisions in our area

Come & Join us in giving Shirehampton a Voice!

email: [shirehamptonplanning@gmail.com](mailto:shirehamptonplanning@gmail.com)  
or message us on facebook:  
[www.facebook.com/shirehamptonplanning/](http://www.facebook.com/shirehamptonplanning/)

# Golden Oldies Sing and Smile

The Golden Oldies receive a £200 Community Grant from Shire newspaper. Shire Newspaper Community Grants was delighted to present a cheque for £200 to the Golden Oldies at St Mary's Church.

The Golden-Oldies Charity run a Sing and Smile session at St Mary's on the first Wednesday of every month from 10:30 - 11:30 am.

The sing-a-long groups aim to reduce loneliness and isolation among older, disabled and vulnerable people. Up to sixteen people attend each month, but there is always room for more.



©Bob Pitchford

You don't have to be a singer to enjoy a song with friends.

## With just 6 months until Christmas activity is hotting up at Christmas lights HQ.



Firstly, thank you to all that came to our first ever Car Boot Sale on Sunday 29 May, we had 21 cars, which for our first car boot was simply amazing!. It was great to see people leaving their cars at home and walking in with dogs and kids to pick up a bargain. Feedback was great, so we will definitely host more and hope to expand it over time to rival those of Whitchurch and Easter Compton!. Special thanks to the PBA for allowing us the field, oh and the bacon rolls were delicious.

Please do get involved so that we can expand the continuous lighting throughout even more of the village.

Below are events you'll find us at, or hosting in 2019

- 29/30th June – PBA Youth football end of season tournament @PBA. Participating
- 6 July - LDubstock. Participating
- 11 Aug - 5 Aside Adult only fancy dress football tournament. Hosting
- Sept – Car Boot Sale @ PBA, date tbc. Hosting
- 28 Sept – Ladies Day @PBA. Hosting
- 9 Nov – The Emperials @ PBA. Hosting
- 11 Nov – Shire 2019 Poppy Appeal, sponsor a poppy. Hosting
- 1 Dec – Shire Santa Dash + Elf Sprint. Hosting

Full details can be found on our facebook page 'shirechristmasilluminations', via email shirechristmasilluminations@outlook.com, Instagram 'shire\_christmas' and posters throughout the village.



## Hoola Hoop fun for all the Family

Kia Pettifer has been trained in many different circus skills and has worked in local schools, performed at many community events and taught many of her skills to children and adults over the years. However Kia has now brought her hoola hoop classes to Shirehampton where fun can be shared with all the family and the added bonus of keeping fit without realising it.

"Hoola hooping is for everyone, from the age of 3 years old to 80 years old as long as you have some walking and mobility. It's not just for children but it's for adults too, so parents and even grandparents can come along". Said Kia.

"If you have a disability we can adapt the hoola hoop for the arms and legs and do different tricks, it doesn't only have to be the waist. We can talk about what is possible to achieve but everyone is different". advices Kia.

"Hoola hooping is great for your core stomach muscles and is a gentle exercise for your lower back. It helps keep people moving, keep fit and enjoy exercise whilst having fun".

"People continue to learn, no experience is necessary and you do things at your own pace. We sometimes

play games and put some music on to help relax your mind. It helps if you find you are concentrating too much on what you are doing." Said Kia.

Rachel has been attending classes: "I saw it as something that would keep me fit and it is different from my other keep fit classes. This is fun. It doesn't matter if you drop the hoop. You pick it up and get on with it."

Vic is another attendee who was hesitant to join in the beginning: "Kia is really great. She has shown me how to keep the hoop around my waist longer and also use hoops on my arms. I've learnt a lot really."

Toby is 9 years old: "I've learnt a lot from my mum. She is a very good teacher. I can twizzle the hoops around my arms, neck, waist and knees and can do tricks. My favourite is hoola hoop gladiators."

Kim explained why hoola hooping is for her. "It's most probably the only type of exercise I can do having a disability. I find it quite gentle on my back and can do it at my own pace. It also helps me tone up."

Hoola hoop classes take place at Shirehampton Public Hall, Station Road, every Tuesday from 4.30pm - 5.30pm. The cost is £3.50 per session or you can block book six weeks for £3.00 per session.

Kathryn Courtney.

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**PBA Social & Sports Club News**

**Regular Weekly events:**

- **Youth Football:** In conjunction with the lighter evenings the football training for the youth is back at the club grounds from 6pm to 7pm on Wednesdays and Thursdays. The club will be open for refreshments!
- **Skittles:** The skittles have 2 lanes and games are played Monday to Friday 51 weeks a year with 32 teams playing with over 300 plus skittlers, ages range from 18 year to over 80. All welcome!
- **Bingo:** Every Wednesday evening, starts at 8.30 pm. All welcome to enjoy a relaxing evening and who knows you may win!
- **Food:** Every Friday food is served and co-insides with the Happy Hour 4pm until 7pm.

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April has brought some welcome news on two key transport projects in Shirehampton. The new railway station, to be called 'Portway Parkway' at the Park and Ride in Shirehampton has now been granted planning consent.

This is an important part of Darren's North Bristol Transport Plan, which seeks to deliver three major transport hubs at the key entry points into the city bringing rail, park & ride, parking and electric vehicle charging and cycle hire and lock-up onto one site.

These hubs wouldn't just be great for residents needing to get into and out of town, but vital for our increasing commuter traffic as we try and persuade them to use public transport instead of their cars; reducing congestion and air pollution for all of us.

There is progress on the repair of the historic Iron Bridge in that the council has submitted a planning application for the works to raise and re-open it.(reference 19/01367/FB).

Although there are different views and preferences for how the bridge could have been fixed, given the period the bridge has been out of action, alongside the Council's severely limited financial resources and advice on the feasibility of options from English Heritage, it seems any alternative is highly likely to have been unfeasible or cost prohibitive or else the Council would be pursuing it. Crucially, the new plans also ensure accessibility for those less able to walk-up steps or who need flat access for wheelchairs and push chairs, thus making the bridge something everyone can use and enjoy.

Darren will be hosting a Café Politics sessions at Morgan's Coffee Shop at Kings Weston House in mid-June, if you would like to attend, and informally chat about local issues or national politics over a coffee, please book your ticket via [www.darren-jones.co.uk/cafe/politics/](http://www.darren-jones.co.uk/cafe/politics/)

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## SPORT IN SHIREHAMPTON

# Smelters Belters Boxing Show Saturday 27th April. Filton Community Hall, Filton, Bristol

National Smelting Co Boxing Club AKA The Smelters held their third tournament of the season at Filton Community Centre on Saturday the 27th of April. A sold out and lively crowd were treated to 16 contests. Two skills with no loser contests and fourteen hard fought competitive bouts. The host club featured in twelve of these winning and losing six each.

Fantastic wins for Juniors Ronnie Butler, Josh Pook, Jazper Peacey, Josh Power, crowd pleaser Logan Dorrington and heavyweight Dan Goldstone. Gallant battling loses for Harry Moles, Harvey Tyler, Warren Portingale, Owen Vaughan, Dwayne Horne & Kyle Cripps. Supporting bout wins for Brandon Charnock & Evan Crabb of Launceston ABC.



The Smelters would like to thank all of the Coaches, Boxers, Official and supporters that helped to make this the success that it was and another Smelters Belter of a boxing show.

National Smelting's Logan Dorrington racks up his 15th win from 17 bouts against a very game and tough Nathan Martin of Tamar ABC.

## Family Announcements

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### Sarah and Robin

Congratulations to Sarah and Robin on your wedding. From all your friends on the Shire Committee.



## TYWFORD HOUSE CRICKET CLUB

We held our first Women's cricket session on Friday 17 May and had a very good turn-out as can be seen on the attached photo.

Sessions are free to enter and will continue throughout the summer on Friday evenings from 7pm until 8pm. All welcome.

*Gary Ball, Chairman, Tywford House CC*



## City and Port of Bristol Bowling Club

There was a winning start to the 2019 season when Bristol Arrow came to the green on April 14th. In rather cool conditions each side won two rinks, but the overall score ended in favour of City and Port by just six shots, in a game reduced to eighteen ends.

This was the first of almost fifty mixed friendlies to be enjoyed on Wednesdays and week-ends between April and late September.

The first competitive game of the season was on Thursday April 25th when Bristol St. Andrews C came to the green to open the 2019 Men's Bristol and District season. Due mainly to illness City and Port played short on two of the three rinks and consequently had shots deducted at the end of the game. But the one complete rink did well and won by enough shots to bring about an overall victory and a welcome six points to start the campaign on a positive note.

The Ladies League team had to wait until May 1st for their first game, away to Portishead RBL. Ladies play two rinks and both were well contested. Each side won a rink but the hosts won overall by just two shots. City and Port picked up two points to start this seasons attempt to improve on last season's excellent third place finish.

The ladies team has a busy time ahead with a weekly league game and participation in both Top Club and Inter Club competitions. This year's opponents are Page Park and Ardagh respectively.

David Hinksman will be partnered by Ken Davies in the City and County pair's competition away at Olveston in the first round.

Game of the season so far is undoubtedly the one



between Julie Looker and Lindsay Collin in the first round of the Champion of Champions competition on May 7th. Lindsay is a bowler with many years' experience at county and national levels who has won the competition and been a regional finalist in years past. So quite a challenge for Julie but with 21 shots the winning target, the game, which lasted almost two hours and saw 22 ends plus trial ends played was close throughout. There were never more than four shots between the two bowlers. With the approach of the 21 shot target the game became very nip and tuck, eventually reaching a score of 20-20 just one more shot needed to win it. The final end, and shot was held by each player before that final wood came to rest and a measure was required to determine who was closest to the jack. By a very narrow margin it was Julie. What a good game and what a result for Julie who will now play Christine Batt of Henleaze in the second round.

Away from the green Sunday 16th June will be Big Band Night, featuring The David Salt Big Band, lead by Andrew Champion, in the ballroom starting at 7.30pm.

**For further information about the club and how to join please call David Hinksman on 0117 9082713.**