

section on pages 18-19 to find a local business who can help.

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

Shire AGM at Cotswold Community Centre on Friday 8th August at 6pm - See page 5 Thought About Volunteering? - Go to pages 6-7 Shire VE Day Celebrations! - Pages 12-13

# **Lights on for Next Christmas!**

We know it's too early to be talking about Christmas, but we have some uplifting news to share for the upcoming year.

Shire Christmas Illuminations, the body responsible for the village's Christmas lights that have given so much pleasure to residents of (and visitors to) Shirehampton over the years, has received a significant donation for this year's lights. Shirehampton Park Golf Club presented a whopping great cheque for  $\pounds$ 5,000 at the club's investiture ceremony for the new club captain in March. It is by some distance the biggest ever donation given to Shirehampton Illuminations since its establishment, and will go some way to meeting the considerable costs necessary for erecting and maintaining the lights. (The bill to Bristol City Council alone amounted to  $\pounds$ 3,800 last year.)

Money is always needed to ensure the lights go up every Christmas, and the Committee is currently hoping to be registered as a charity, which will make it easier to



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raise funds in future. The annual **Santa Dash** has until now been the main source of funding Shirehampton's illuminations, but see our advert on page 22 for our **"Virtual" Horse Race Night** fundraiser.

Ideally, the Committee would like to extend the lights beyond the area they are presently hung—along one side of the Green—to both sides of the Green and even along Station Road, though there are many hurdles to overcome before this will be possible. This year, Shirehampton Golf Club has selected **Children's Hospice South West (www.chsw.org. uk)** for its fund-raising efforts.

If you would like to make a donation, the Committee has set up a page to do so: localgiving.org/charity/shire-christmasilluminations

Rob A.





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

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

#### 'SHIRE' Contact Details

Web address: www.shire.org.uk Submit articles: editor@shire.org.uk Sport & Activities: sports@shire.org.uk or 07981 927787 Advertising: adverts@shire.org.uk or 07742 804737 Finances: treasurer@shire.org.uk Distribution: distribution@shire.org.uk or 0117 982 0478

#### **ADMINISTRATIVE COUNCIL**

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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.

#### EDITORIAL POLICY

We welcome contributions for publication in 'SHIRE' but reserve the right to edit any copy received. Articles should not exceed 500 words. Any material published is at the editor's discretion and may also be included on our website www.shire.org.uk unless the copy is clearly marked 'not to be included on the world wide web'.

Contributions submitted to: editor@shire.org.uk For our current privacy policy visit our website at www.shire.org.uk/privacy\_policy

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### **REGULAR EVENTS IN SHIREHAMPTON**

### SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club	10am-12noon	Main Hall
TUESDAY	Music with Mummy	10am-12noon	Main Hall
	9 to 5 Ladies Choir	11am-1pm	Library
	Line Dancing	2-3pm	Main Hall
	Community Living Room	3-5pm	Library
	Bereavement Support (1st Tues)	5.50-7pm	Library
	Puppy Training	6.30-8.30pm	Main Hall
WEDNESDAY	Healing Rooms (2nd Weds)	10.30am-1.30pm	Main Hall
	Over 75s Exercise	2-3pm	Main Hall
	Extraordinary Links (Term Time)	3.30-5.30pm	Main Hall
	Women's Fellowship (2nd and 4th Weds)	7.30-9.30pm	Main Hall
	Shire Stitchers (3rd Weds)	7.30-9.30pm	Main Hall
THURSDAY	Shire Social Group	10am-12noon	Main Hall
	Tai Chi	2-3pm	Main Hall
	Family History Group (2nd Thurs)	6-8pm	Library
	Model Railway Club	7-10pm	Main Hall
FRIDAY	Youth Group (2nd and last Fri)	7-10pm	Main Hall/Penpole
	Shire Stitchers (1st Friday)	10am-12noon	Bradley Room
SUNDAY	Church of Grace	11am-4pm	Main Hall & Springfield

The Hall is also home to Shirehampton Action (formerly SCAF) and Tandem Arts CIC

### **Avonmouth Ladies Club**

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



#### **REGULAR EVENTS**

Every Tuesday afternoon 3pm – 5pm Shire's Living Room –

free tea/coffee/biscuits/games and a friendly chat.

1st Tuesday of the month 5:30pm – 7pm STAR Peer to Peer Bereavement Group – Contact Ash Bearman (0117 982 9963).

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.

**Every Sunday evening 6:30pm – 7:30pm Heartfulness Relaxation and Meditation** Email **southwest@heartfulness.uk** before your first session. All welcome 18+

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

### **SHIRE ADVICE SERVICE**

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



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

### Regular Events at the Cotswold Community Centre

MONDAY	Pilates 9.30-10.30am Kettlebells 5:15-6:15pm 6:30-7:30pm
TUESDAY	(NEW) Over 70s Exercise Class 2pm-3pm (contact Sarah on 0117 907 0680 for more details) Film Night 7:30pm (1st & 3rd of month)
WEDNESDAY	Keep Fit 10:30-11:30am Kettlebells 5:15-6:15pm Pilates 6:30-7:30pm
THURSDAY	Welcome Space 10am-Noon Bingo 2pm Kettlebells 5:15-6:15pm 6:30-7:30pm Table Tennis 8pm
FRIDAY	Happy Space 2pm-4pm (3rd of month)
SATURDAY	<b>Coffee Morning</b> 10am-11:30am (2nd of month) <b>Bingo</b> 7:30pm
SUNDAY	Cotswold Christian Community Service 4:45-6pm

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** 

# olace

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# The Shire Community Pages

# **Sea Cadets Sad News**

The Avonmouth Sea Cadets are sad to announce that Lt Cdr Alison Fowler, the Commanding Officer, passed away unexpectedly last week. The unit is being supported by the District Office to continue working with the cadets to provide continuity, and it is open as usual

**Cee MacDonald**, the team unit secretary, commented "On Friday the 2nd of May I heard that **Lt Cdr Alison Fowler, the Commanding Officer of the Avonmouth Sea Cadets** and **Chair of the Lawrence Weston Community Transport organisation**, had passed away. This loss was unexpected and has had a huge impact on the many people who knew her and benefited from her wide variety of voluntary work.

I had seen Alison a few days before, and we had spent hours together at the volunteer fair. We spoke about what it meant to volunteer in the community, her experiences volunteering as a uniformed Sea Cadets officer, and her plans for a semi-retirement this summer. I was always impressed by Alison's unflappability and dedication to supporting young people in gaining new experiences and confidence.

I'm grateful for the time I got to spend with Alison as a member of the Unit Management Team at Avonmouth Sea Cadets. She will be deeply missed by all who knew her, especially the cadets whose lives she touched with dedication and care.



Alison (centre in the purple top and sunglasses) with the Avonmouth Sea Cadets getting ready for a litter pick in Shirehampton and during last years Remembrance Day.

### **Sea Cadets AGM**

The AGM for the unit will be on the 19th of June at 19:30, and anyone interested in hearing about the unit or volunteering is welcome to attend. The AGM is held at

the Unit, at the bottom of Station Road near the Lamplighters pub. If you are interested in becoming a trustee and have 2-6 hours a month free, then please contact chair@avonmouthseacadets.org for an informal chat.

### **St Bernard's Summer Fair**

#### Save the Date: St Bernard's Summer Fair is taking place on 5th July from 12-6pm.

The fair will be a fun, family-friendly event, and we would love to invite members of the community to come along and join us.

### Appeal for Shire Paper Deliverers/ Drivers

As you can appreciate distributing 5,000 copies of the Shire around our village is no easy task and we have recently had to say a big Thankyou to two of our deliverers who have been forced to step back from delivering Shire for many years due to the ill health of one of them.

We are now appealing to members of our community to consider coming on board, to fill both the above vacancy created, which would require a short amount of driving to addresses of door deliverers, and a couple of single deliveries which have arisen.

If you are interested in helping our team just once a month, on the last Friday of each month, please get in touch. Info below!

#### **DRIVER:** To deliver to 4 addresses as listed.

1) 2 bundles to No. 600. Portway (58 and 38 papers)

- 2) 30 papers to St. Mary's Church
- 3) 46 papers to 58 Old Barrowhill
- 4) 2 bundles to 4 St. Mary's Walk (16 and 10 papers).

#### DELIVERER: 51 papers along the Portway.

Begin at bottom of Burnham Rd on the Portway and first house on Portway, and finish before start of Barrowhill Rd.

DELIVERER: 22 papers from 596 Portway to 636 Portway at West Town Rd.

If interested in helping us please contact us below on 07811 385 385. Bobbie Perkins -Shire paper Co- Ordinator.

Thankyou, we would really appreciate your help in getting this paper to all local addresses.

### **Note from Shire Committee**

Just a follow-up to our thankyou to Chris Enyon in last months edition. We realised we also should have also thanked Gill (Chris's wife) who helped Chris with the paper deliveries over recent years. Thankyou both for your support! We especially enjoy spreading community news and we love to hear from all our readers. Please, send in your letters and stories to editor@shire.org.uk or deliver to The Library at The Public Hall. If requested, we will not print the name of a letter written to the Editor, but we cannot accept an anonymous letter.

Many thanks.

### **IN PRAISE OF KINGSWESTON ESTATE!**

#### Dear Editor,

I much enjoyed "*The Village They Forgot*" poem in the May Shire edition, and it very much rings true, apart from the last verse, which refers to **Kingsweston estate** as having gone to rack and ruin and suffering from neglect. Well, this clearly isn't the case now, as the **Kings Weston Action Group** has worked wonders over the last decade or so. The sterling efforts of the group, led by **David Martin**, but with many volunteers, has done so much work every month, the main points being:

- freeing up estate from invasive cherry laurel
- bulb planting every October, 1000s of daffodils, particularly last year
- around Iron Bridge, which looked spectacular
- ensuring Bristol City Council keep the lawns cut
- opened up the Penpole Point and done lots of wild flower planting,
- lots of tree planting.

It's also worth noting that Kingsweston had been the "poor cousin" to Blaise as all spend had been on that estate and Kingsweston was ignored.

We're all very fortunate to have both estates near at hand and long may they continue.

Best wishes

John H.

**Editor:** We totally agree with you John. Kingsweston is a great addition to the local area.

Thanks also to **Gill Osman** who wrote the original poem we published last month under the pseudonym Namso.



#### Hello there! Would you like to improve your wellbeing?

I am a local Shire resident and a Personal Trainer who can help you to achieve your goals without the need to attend a gym. Whatever your age or ability I can help:

Improve health and fitness level
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 Specialist wellness coach for perimenopausal and beyond females.

Individual programme to suit you, your goals and your level of fitness. Hope to see you soon!

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

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.



### 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  $\pounds7.50$ 

### Shire-doku

Find the solution on page 16.

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### **Shire AGM**

The Shire newspaper AGM will be held at the Cotswold Community Centre on Friday 8th August at 6pm. Anyone interested in finding out how this paper get produced and delivered all by volunteers to 5000 properties in Shirehampton please come along to meet the friendly team.



07788665987 twiggedittc@gmail.com www.twiggedit.co.uk

### **VOLUNTEERING** SPECIAL **Event Showcases Volunteer Opportunities**

On Tuesday 29th April the JTE Hub hosted a Volunteer Fair from 4pm until 7pm at the Methodist Church in Shirehampton. It was a chance for various local organisations to showcase what they have to offer with the various activities each run to the local community.

Shirehampton Action (formally SCAF) showcased many activities including the Community Garden, Shire Greens, Bee Happy Shire, Shirehampton Markets all needing volunteers, as well as the chance to become a trustee for the organisation.

**Avonmouth Sea Cadets** had plenty of information about the Sea Cadet activities, how to join up and also needing volunteers to help within the organisation and also become trustees.

**Bristol Dementia Action Alliance** had plenty of information about dementia and support available. They were also on hand to talk about volunteer opportunities including the **Happy Days Cafes**.

The **JTE Hub** had a presence at the Volunteer Fair. They provide a whole host of activities including **Mine Craft, Games Night, Crafts, Job Club, Chatty Cafe, Housing Matters, Clean Slate** and the **Community Fridge**. They are also in need of volunteers to help with their various activities.

**The Royal Volunteer Service** was promoting the need for volunteers to help with 'Bringing the library to you' whilst **Oasis Academy** are in need of volunteers on a local level to help with future activities.

**St. Peter's Hospice** were talking with people about various volunteer opportunities available including



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www.aaronlightbody.co.uk Call or text: 07511 564 605 their Neighbours Network whilst Sea Mills Community Initiatives showcased a number of great activities in the area that also needed volunteers.

Becoming a volunteer for any of the organisations provides a good opportunity to meet new people, make friends, gain new skills, improve confidence, social skills and also have a positive impact within the local community. Anything from two hours a week or more can be discussed.

Each of the organisations have Facebook pages and some have web sites that you can search online. Contact them direct for more information.

Kathryn Courtney and photos © Kathryn Courtney



Sadly this was one of the last events attended by the dedicated and keen volunteer Alison from the Sea Cadets.















# Shire Help Wanted!

Do you like receiving this paper through your door each month, reading about local events, and finding out about services and businesses via the adverts?

Would you like to help produce this local newspaper, adding to the community asset? Then join the friendly team of dedicated volunteers!

Specifically at the moment, we are looking for an **Advertising Manager**, which involves liaising with local businesses, updating info in the adverts, and finalising advert listings for each edition.

We are also looking for new **Editors**, which is a role completed on a rota basis so you would only need to be available for a couple of months during the year. When its *'your'* edition it takes about 12 hours during the month to compile, proof read, edit and decide on key stories. You get to know the news before its printed – its very exciting!!

We would also like some new **Deliverers** to join our current army of **Volunteers** doing this (see page 4).

If you are interested in becoming a valued member of the **Shire Team** please contact us via our Chairperson at: **chairperson@shire.org.uk** 

### Volunteer, go on, you know you want to!!

One key thing that you can all help with is that we need your news!! Any stories, updates, local information – send it in! If you are proud of something, interested or pleased about things happening in our village, we want to hear about it! The more diverse range of things we can hear about the better. We have some excellent reporters on the team, but they can't cover everything happening on their own – we need your support! Please send articles in to **editor@shire.org.uk** (or drop paper info into the library).

Finally, although we have lots of **supportive local businesses** who regularly advertise with us, we are still very close to breaking even each month, and do **struggle some months to cover the printing costs** of the newspaper. If you value this publication and would like to see it keep going into the future please **consider making a donation** to the below account (or reach out via the chairperson mailbox if you want to discuss). Every little helps, and we would be very grateful for any donations! If every property that received this newspaper donated just  $\pounds 1$  a year, that would give us a buffer to be able to work on articles and content rather than following up revenue.

Bank: Lloyds Bank

Account Name: Shire Publications

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Account Number: 01985368





www.thrivesouthwest.co.uk

# REDUCE, RE-USE, RE-CYCLE

At our April Climate Fashion Cafe, we asked a number of people if they were concerned about climate breakdown? They all replied that they were. Did they feel that extreme weather had any connection with climate breakdown? Everyone thought there was a connection. Everyone we asked believed people want to help improve the environmental situation but in general they felt helpless. Addressing climate change required money and power which clearly, they did not have.

So we asked if they felt that the government was taking appropriate action to deal with global warming? They all felt that the government was **not**. They thought government should subsidise environment friendly projects and organisations. Some thought there should be more wind farms and solar panels. But the emphasis was all on government taking big actions.

Well, this is where **Reduce**, **Re-use**, **Re-cycle** comes in! We as individuals don't have much money or power to create big carbon reducing schemes. But we all try hard to put sustainable ideas into practice in our daily lives. We're delighted when we manage to re-purpose old clothes and furniture. We're happy to lend tools and machines. Neighbours share good-as-new outgrown clothes and toys. The **Climate Fashion Cafe** is doing more and more mending, and the clothes swap table is full of interesting, even 'vintage', possibilities.

But....what about **Reduce**? It's almost as if we feel it's OK to use more and more of the Earth's limited resources because "Hey, look! We're re-cycling!" But are we asking whether we really need what we virtuously recycle in the first place?

This is the most difficult question because to ask that is to begin to ask really big questions about our way of life. The bottom line in the struggle to limit climate change is to consume LESS. Sustainability starts with ... REDUCE.

RS







Unit 1, 23 Salisbury Street, Amesbury SP4 7AW

01980 874242

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

01635 897665

1 and 2 Windsor Drive, Devizes SN10 2TH

01380 887943

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DORMEO 🛟





Dandelions always get a mention at this time of year, don't they? The amount of tiny seeds floating gently through the highways and byways has been quite a distraction! The advent of what I consider to be the arrival of a very bright flower, signals a very important time in nature.

With the right conditions bees will come out from their burrows and the dandelions will provide their first meal after a long hibernation.



The importance of bees can't be lauded highly enough! All our crops and natures vast bounty is totally reliant on them. So, spare a thought for the "weed" that is sometimes so frowned upon and let nature happily take its course!

And in hot, dry weather you can really help bees by putting out water in a low bowl with a stone in, so that they can have a drink safely without drowning! It's quite a treat to see them having a drink that way.

Just a quick update about our great tits, as at time of typing, they are feverishly toing and froing at the nest just outside our garden. And added to that, the starlings have been swooping into our gardens with their young at last! So very glad to have them around again!!

Happy nature watching folks! Bobbie

### **Coffee Pod Recycling Comes to Town...**

Reducing the environmental cost of Bristol's morning brew, coffee pod recycling points can now be found in Bristol's 3 Household Reuse and Recycling Centres.

**Podback**, the UK's coffee pod recycling scheme, has installed drop-off points at all three of **Bristol Waste Company's Household Reuse and Recycling Centres**, making it easier for people to recycle their used aluminium and plastic coffee pods. This will save valuable resources from going to waste and will help boost the city's recycling efforts.

Residents are asked to save their pods at home, using any bag or container and keeping aluminium and plastic pods separate. When ready to recycle the pods can be tipped into the relevant Podback container at their local reuse and recycling centre.

Councillor Martin Fodor, Chair of Bristol City Council's Environment and Sustainability Committee, said: "Bristol has a reputation of doing what's right for the planet. We've held the top spot for recycling rates amongst English core cities for eight years in a row. Lots of our residents enjoy a morning coffee from a coffee pod machine. Now we have the Podback recycling scheme at all three of Bristol's recycling centres, Bristolians can bring their used coffee pods along when they next visit. This is yet another product that people here can recycle, helping the planet and the city."

The introduction of Podback at Bristol's recycling centres is expected to significantly reduce the amount of coffee pod waste ending up in the general waste wheelie bins across the city, which is expensive for the city to dispose of and is damaging to the planet.



Left to right: Will French, Podback; Richard Williams, MD Bristol Waste Company; Sarah Burns, Sustainability and Engagement Manager Bristol Waste Company.

Both aluminium and plastic pods will be recycled in the UK. The pods are first shredded to remove the coffee. Then, the coffee grounds are sent for anaerobic digestion, a process that creates renewable energy (biogas) and soil improver. Plastic pods are recycled in East Yorkshire, where they are sent on to become new plastic products like garden furniture or building materials. Aluminium pods are recycled in Cheshire, where they are melted down and used in the manufacture of drinks cans to car parts.

Bristol residents can start using the Podback drop-off service at their local Household Reuse and Recycling Centre from Wednesday 16 April 2025.

0117 982 6100

50 High Street,

Shirehampton,

Bristol, BS11 0DJ

Bristol Waste Press Release, edited by Paul McMillan



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### An Update from Darren Jones MP, Bristol North West

### www.darren-jones.co.uk | fb.com/darrenjonesmp | @darrenpjones

You can't use a broad brush to describe Bristol North West. Every part of our rich and diverse constituency has its own architectural style and vibe. Yet, there is a common aesthetic that links all parts of Bristol North West: Street Art.

Street art, when done tastefully and by a professional, can help to bring to life the history and culture of the community. At **Lamplighter's Marsh**, for example, a mural with a local wildlife theme was painted on the new flood defence wall. At **Southmead Hospital**, a mural was commissioned to celebrate 70 years of the **NHS**. And in the grounds of **HMP Bristol in Bishopston**, there's a mural of the suffragette **Theresa Garnett** who was imprisoned there.

The meaning behind a mural is sometimes less obvious, until you look deeper. The *Up with the Larks'* mural that appeared in Shire in late 2023, for example, is a tribute to **Vaughan Williams'** famous classical composition, *Lark Ascending'*, which had its first public performance in **Shire Public Hall** in 1920.

I got to see the latest addition to our street art scene during a recent visit to the **Seat Unique Stadium in Bishopston**, where a new mural pays homage to four great fast bowlers in the history of **Gloucestershire County Cricket Club**. Cricket fans in the village will be pleased to learn that I was at the Club to record a video message to announce the news that Gloucestershire Country Cricket Club has been selected as one of seven host venues for the **ICC Women's T20 World Cup in 2026**! I was delighted to contribute to their bid last summer with a letter of support.

Finally, thank you to everyone who came to my recent town hall event held in Shire on **neighbourhood policing**. It was the first time that I'd been in **Shire JTE Hub** since the completion of its refurbishment work to improve the building's heating and insulation, and to install new lighting, thanks to  $f_{60,000}$  of funding from the **Council's Community Resilience Fund**. And with the main hall in Shire Public Hall about to be redecorated, too, our community spaces are having a wonderful spring spruce up!



I'm looking forward to meeting many of you at my next event on **Saturday, 7th June** (2:30pm-4:00pm), on the topic of **resetting our relationship with the EU**, which will be held in **Westbury-on-Trym**. The event will be held shortly after the first UK-EU leaders' summit, where the UK will welcome the **Presidents of the European Council** and the **European Commission** to further strengthen our relationship with the EU.

The town hall is now waiting list-only, with tickets snapped up quickly by subscribers to my monthly digital newsletter. Full details of the event can be found at **darren-jones.co.uk/events**, and you can subscribe to my newsletter at **darren-jones. co.uk/contact**.

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

**TACTING** Your Councillors are:

YOUR LOCAL COUNCILLOR Shirehampton is in the Avonmouth and Lawrence Weston Ward

Donald Alexander – Labour: cllr.donald.alexander@bristol.gov.uk Zoë Peat - Labour: Cllr.Zoe.Peat@bristol.gov.uk Tom Blenkinsop - Labour: Cllr.Tom.Blenkinsop@bristol.gov.uk Labour Members' Services Office: 0117 922 3827





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### **Putting the Police Back on the Beat**

The Crime and Policing Bill was introduced in the House of Commons on 25th February 2025. The Bill covers a whole range of changes and aims to tackle the epidemic of serious violence and violence against women and girls and to equip police with the powers they need to combat antisocial behaviour, crime and terrorism.

On Saturday 26th April Darren Jones MP organised a community event where local people could ask Avon and Somerset Police and Crime Commissioner Clare Moody ask questions about the crime and policing in the area.

Questions included hate crime towards the LGBTQ+ community and the disabled, as well as career shoplifting, violence towards women, antisocial behaviour, the right to protest, and knife crime. There was also the question on how soon Avon and Somerset Police would get the additional police officers on the beat.

On additional police numbers for Avon and Somerset Claire Moody said. "This is something we've got to fix and we're not going to solve this immediately even with those 70 additional officers. This is going to take time to rebuild and to establish that focus, but one other thing that's happening which I am really pleased about as well in Avon and Somerset police." I guess we have to be patient for now.

The question of shoplifting, a satisfactory answer wasn't possible at the time with Claire saying: "There's new software being worked through in Avon and Somerset that I think is very nearly ready which means that videos from shops can be directly uploaded into Avon and Somerset police system. This is not just somebody deciding to go shoplifting for





the first time, these are repeat offenders and so the evidence base that comes in from being able to get that CCTV footage to the police is really important and being able to bring forward a prosecution that the **Crown Prosecution Service**".



Going back to the additional police officers Clare wanted to add: "In terms of the 70 officers, they're in related roles currently, so they've got problem solving experience that is relevant to neighbourhood policing. It will really help having those officers with their relevant experience coming in to work with our neighbourhood policing team".

The meeting went on for 90 minutes and some questions raised were long due the complicated situations including disability benefits, the justice system and the prisons overflowing.

In the meantime, it remains important to report crimes to the police from anti-social behaviour, shoplifting, criminal damage, knife crime to breakins and hate crime.

Kathryn Courtney and Photos © Kathryn Courtney

### **Kind Friends and Companions**

When thinking of a headline for this article, this line from the traditional folk song "Here's a Health to the Company" came immediately to mind. When Shire visited the Avonmouth Ladies Club on April 15th for the Easter themed meeting, the ladies were planning their summer outing, chewing over the merits of a visit to the seafront at Weston or a trip to the shops and cafés of Clark's Village.

What was immediately apparent was the warmth and support of the friendship that the ladies enjoy; I had a friend from London staying with me that week, so she joined me as a "roving reporter" but very soon was immersed in the camaraderie of the company, abandoning her role to join a team for the Easter quiz. Chatting to her later, she said it was the first time in her experience that she had joined a new group and felt so immediately the depth and sincerity of the welcome offered. The quiz offered a fascinating and teasing insight into Easter traditions over the years; did you know for example that in Germany, it is illegal to dance in public on Good Friday? Did you know that chocolate egg production first began at the Fry's factory in Bristol in April 1873?

Over the years the ladies have been closely involved with the local community and were mainstays of the carnivals in Avonmouth and Shirehampton. Friendships built by shared involvement in community are friendships that stand the test of time. **Margaret** has been a member for 60 years, **Judith** and **Carole** for 45 years and they still look forward to the twice monthly meetings. If you are a local lady looking for companionship, stimulating activities and the promise of real and lasting friendship, you are warmly welcome. Details below:



WHERE? Avonmouth Community Centre, 257 Avonmouth Rd, BS11 9EN (opposite Avonmouth Park) WHEN? 1ST and 3rd Tuesdays between March and December inclusive, 2.30-4.30 pm. WHO? Contact Julie on 07814 183976 for more details.

Paul McMillan and Photos © Paul McMillan

### **Celebrations at the Cotswold Community Centre for VE Day**

On Monday 5th May, 40 plus guests arrived at the Cotswold Community Centre on Dursley Road to celebrate and remember VE Day. They were treated to an afternoon tea, of sandwiches, quiche, cakes, and drinks. Prior to them arriving the Cotswold Committee decorated the hall with banners, flags, and war-time themed posters and some dressed in the fashion of the era.

Each guest received a commemorative medal and a copy of an original Ration Book. (A big thank you to the **ladies of the Thursday morning Welcome Space** for their great efforts in supplying and making these). Prosecco was served and we all raised a glass in a toast for "peace". Once the guests had had their fill, a raffle was held and the afternoon was topped off with a karaoke sing-a-long of old songs, such as "Roll Out the Barrel" ending with the Vera Lynn classic of "We'll Meet Again".

It was another very successful event put on by the hard-working **committee of the Community Centre** and I'm sure everyone that attended would like to join me in thanking them for a great afternoon.

Jill Williamson and Photos © Jill Williamson



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# **VE Day Celebration is a Big Hit with BDAA**

There hasn't been much in the way of 80th Celebrations for V.E. Day in the area but it certainly needed to be marked. Unfortunately, I missed St. Mary's Church celebrations due to circumstances beyond my control but did get to Bristol Dementia Action Alliance event on Friday 9th May which was being held at Ambition House in Lawrence Weston.

I was greeted by **Chris** who was on the door welcoming people in and upon entering the main hall saw some familiar faces from Shirehampton as well as the rest of the Four Villages Area. The hall was decked out in flags, bunting and memorabilia of a bygone age. The tables were decked out with a wonderful selection of sandwiches and cakes with tea and coffee being topped up on a regular basis by volunteers that day in quaint cups and saucers that harked back to yesteryear, very fitting for such an event. The sun was shining, the atmosphere welcoming and cheery, with **Ruby Two Shoes** was providing the entertainment singing well known songs from that era. The guests,

volunteers and staff were singing along to many a tune and some were dancing. It was a wonderful afternoon, and I met some lovely people who use **BDAA** services on a regular basis. It is well known that music and singa-longs are beneficial with people living with dementia.

"The celebration of the **80th VE Day anniversary** exceeded our expectations. It was lovely to see the community come together and meet others while enjoying an afternoon tea and joining in with singer, Ruby Two Shoes who sang songs from way back."

"We had a display of posters and memorabilia relating to war times, ration book, children's gas mask box which people found interesting and it prompted conversations about their experiences." said **Lisa Dicker, Community Development Officer**.

The Bristol Dementia Action Alliance provide a regular community cafe as well as Happy Days Cafe's on a regular basis within the four villages area as well as Carers Cuppa events and also workshops. You may see representatives at various community



events as well as providing information and support.

Theirwebsite is https://bdaa.orguk Facebook page: www.facebook.com/Bristoldaa You can also phone them 07741 142701 or send them an email: office@bdaa.org.uk

Kathryn Courtney and Photos © Kathryn Courtney



### Do you want to help local young people learn new skills and gain confidence?

Help young people thrive through adventure - behind the scenes. **Avonmouth Sea Cadets** (based by the Lamplighters Pub in Shirehampton) need 2 more trustees to support governance, administration and building management, ensuring smooth sailing for the next generation. We welcome new trustees and full training is available.

If you think you could be a trustee for Avonmouth Sea Cadets (volunteering 2-6 hours a month), contact chair@avonmouthseacadets.org to have a chat. Skills welcome, enthusiasm essential.

# Churches in the Shirehampton Area

# **Greetings from Shirehampton Baptist Church**

### Contact: 07743 683684 or rhodespaul360@gmail.com

On Sunday June 9th Christians will be celebrating Pentecost or Whit Sunday. At Pentecost the Holy Spirit descended with power on Jesus' disciples, filling them with power to take the Christian message to all people. You can read about it in the Book Of Acts Chapter 2. Do join us on this joyous day.

Also, on June 8th the Cotswold Christian Community welcome you to the Songs of Praise Cafe. It is held in the Cotswold Community Hall on the second Sunday of each month at 4:45pm-6pm. During the months of May and June we shall be delivering the Good News Paper to a large part of the village. The paper produced by Christian journalists helps us to understand the Christian Message. It also contains testimonies from people who have experienced God's power to change lives and to bring hope to a troubled world.

During June our minister **Paul Rhodes** will be leading a drama class in the lunch hour at **Shirehampton Primary School**. They are working on a drama about the life of **George Muller**, the Bristol man who provided a home for hundreds

# **St Mary's News**

I am writing this as we commemorate the 80th anniversary of VE Day and I am looking out at the church festooned with Union Jack bunting ahead of our VE Day lunch held on Friday 9th May. A noticeboard has been filled with photos of street parties, wartime posters and bits of news from the church relating to that day, so I hope you managed to see that as it was most interesting.

We held a **Shire Noise Community Fun Day** in our churchyard on **Monday 5th May**, the bank holiday Monday, and I understand that it was very busy welcoming, and being part of, the community is very important to us, so we are thrilled that so many of you turned up to enjoy spending time with others.

Into June, we have our usual activities taking place, starting with the Goldies session on Wednesday 4th at 10:30am. That evening at 6-7pm we hold our Rooted service, an informal, modern style service. If you are curious about faith and want to find out more, please come along to see if this service suits you.

**Pentecost** takes place on **Sunday 8th June**, when we celebrate the birth of the Church. A special Pentecost All Age service with lots of celebration will take place at 10:30am, followed by a bring and share birthday buffet, cake refreshments and lots of party fun for all from midday. We would love you to wear bright colours that day!

On **Tuesday 17th June** at 3:30-5:30pm we have a **Creation Station Pop Up**, a free event for all the community.

Please continue to keep an eye on our noticeboards, website and Facebook page to find out about any events and services taking place.

### 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.



of orphans. One of the Year 6 is helping with the directing. Others are working on a drama about the **Israelites in Babylon**. **Rock Steady** have been looking at **Believers' Baptism**. They are also learning new songs to sing at the **Open Evening** on **Thursday July 17th** at 5pm.

Our Life Cafe will open on June 26th 10:30am-11:30am at our church building, Station Road. As always, we welcome all to come.

On **Sundays** we meet at 10:30am at our church building. At 4:30pm there is a Zoom Bible Study or Video except for the second Sunday in the month. All welcome, see contacts for further details.

Love and prayers from Shirehampton Baptist.

### www.stmarysshire.org

Sundays	8:30	Rise & Shine on 2nd and 3rd Sunday of the month
Sundays	10:30	Holy Communion Service Worship for All on 4th Sunday (including baptisms)
Monday	10:00-12:00	Coffee Morning
Tuesday	10:00-12:00	Coffee Morning
Wednesday	10:00-12:00	Coffee Morning
Wednesday	10:15-11:45	Prayer Hub
Wednesday	10:30	Goldies (1st Wednesday of the month)
Thursday	11:00	Holy Communion
Friday	10:00-14:00	Coffee Morning to midday. Welcoming space with hot food from midday to 14:00
Saturday	10:00-12:00	Coffee Morning

Best Wishes from all at St Mary's Shire.



# The Arts in Shirehampton

# **The Magic of Sewing**

On the evening of Wednesday 16th April, the Stitchers met at Shirehampton Public Hall for a Sewing Evening for All session. Members were invited to bring their own unfinished projects to work on, sharing expert advice with each other and receiving instruction if needed.

It was also an opportunity to display the results of this year's *"Chair's Challenge"* set by **Julie Watson**. Julie explained that the challenge was to make a bag for life for the **Avonmouth Food Bank** and that, so far, 70 unique tote bags had been produced for use by the customers of the food bank.

The group meets monthly to "share, learn and encourage all members to try new sewing projects and other crafts." Julie told us "We have a varied programme; a mix of speakers or talented members which gives you the opportunity to make something useful and different. It will give you confidence to try and if you get in trouble, there is always someone with experience to help you solve the problem. "

On the evening of Shire's visit, **Gail Amphlett** was at a machine giving hints and tips to other members before they sat down to have a go themselves. **Denise**, the previous Chair, was demonstrating how to make a reversible sunhat. Julie explained that Denise had provided the pattern and showed the group how the 2 hats are put together and stitched to make a unique reversible sunhat for the summer ahead.

Another ongoing project is the project bag shown in the photo. Made from scraps of material with a clear vinyl window, it contains everything needed for a session of sewing. These are the kinds of ideas that the members share with each other on the **Sewing Evening for All sessions**, the next of these being on **Wednesday June 18th** at 7.15pm.

Julie told us that, at July's meeting, Denise will be demonstrating how to make a box covered with material, "something useful to keep or gift to someone.



Something you make/create is always special and you can surprise yourself with completing it."

Here's an unattributed quote that sums up perfectly what **Shire Stitchers** is about, "The magic of sewing lies in its ability to transform ordinary materials into something beautiful, useful and personal, fostering creativity, problem-solving and a sense of accomplishment."

If you'd like to find out a bit more before going along, contact Julie at juliewatson@live.co.uk

Paul McMillan and Photos © Paul McMillan



### Shire Inspire Supporting Local Artists

Shire Inspire works in the community to offer exhibition space to local creatives and to encourage engagement with the arts.

### **KAY WELSFORD**

If you feel like you recognise Kay's work, that's because she is the illustrator who works at Shirehampton bakery, filling the windows and signs there with her joyous illustrations. We are delighted to showcase Kay's work and celebrate her journey from busy mum and childminder to quirky creator.

Kay studied Graphic Design at Brunel College of Art and Design and then Animation at Bournemouth Art College but it wasn't until after raising her children and slowing down from her life of childminding and running an art club that she found the opportunity to focus on creating her own art again. When Kay isn't at the bakery, she creates her quirky characters, giving them a story and bringing them alive. She paints in watercolour and acrylic and often works in 3D, using clay and polymer.

"People often ask me where I get my inspiration. I love listening, observing and just soaking in little moments which often spark ideas in the most unexpected ways." You might spot Kay sat in a local park, under a tree, with a chocolate milkshake, doodling in her sketchbook! She describes her work as "all about joy, fun and whimsy." If I can make someone stop and smile, then I have done what I set out to do!"

Alongside the exhibition there will be a **charity snail trail** open to everyone to take part. Any funds raised will go to a charity **supporting premature** 

babies and their families at Southmead hospital. You can purchase a snail template to decorate from the bakery for just  $\pounds 1$ and then display it in your window.



We hope you'll join-in with Kay's charity snail trail all around Shirehampton. Help raise some money for Southmead NICO and spread a little happiness.

Contact: kaywelsford.52@gmail.com

### Sri Lankan New Year Celebration is Full of Community Spirit

On Saturday 12th April I went along to Blaise Castle Estate for the Sri Lankan New Year celebrations. Organised by Anu and Charlie who run the Kottu Hut Restaurants in Bristol, they produced a fun event for everyone.

The Sri Lankan New Year begins when the sun moves from **Meena Rashiva - the house of Pisces** - to **Mesha Rashiva - the house of Aries** - and it also marks the end of the harvest season and Spring. It is also known as **Aluth Awurudda** and takes place during April.

It provides time for family to gather together and celebrate with a family meal. It is also a time to visit friends and extended family. They also play games and share prayers.

I spent several hours at the event and it was a welcoming place to be that was attended by people throughout Bristol. There was plenty of laughter and fun and good food provided by **Kottu Hut** who used to have a stall at **Shirehampton's High Street Markets** until they opened their two restaurants in Bristol. There was plenty of choice and was constantly busy.

During the day I was taken back to school sports days because some of the games played included tug of war, sack races, lime and spoon race with a small difference as the spoon had to be in your mouth, balancing the lime. There was also a one-legged pillow fight game as well as hitting a bucket of water whilst blind folded and it isn't as easy as you may think. There was also a dancing demonstration.

It was certainly an event I enjoyed, a great success for **Anu and Charlie** and it attracted a huge number of people. Next year I hope to stay a little longer.

Kathryn Courtney and Photos © Kathryn Courtney

<b>Sudoku Solution</b>
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If readers wish to submit any other Sudokus, Crosswords or other puzzles for inclusion in future editions of Shire, please send to editor@shire. org.uk

		U			U				
1	2	1	3	9	8	5	6	4	7
	6	9	4	2	7	1	3	8	5
	7	5	8	6	4	3	1	9	2
	5	2	1	4	9	7	8	3	6
	4	3	6	8	5	2	9	7	1
	9	8	7	1	3	6	2	5	4
	1	7	9	3	2	4	5	6	8
	3	6	5	7	1	8	4	2	9
	8	4	2	5	6	9	7	1	3











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# Charity Bake Off Olympic Sword Fencing In Shire!

Shirehampton's first Charity Bake Off was a success, raising over £600 for BRAIN TUMOUR RESEARCH. Thank you to everyone who entered. There were 22 delicious cakes and the winners were Kay Welsford for her amazing chameleon cake and Yvonne Wittle for her sticky coconut cake. Well done both.

Thank you to all who donated raffle prizes, especially Woods Butchers. Also a big thank you to our little army of helpers, you know who you are, Bridget and I couldn't have done it without you!

Watch this space for next year's Bake Off.











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*Membership & Fees:* www.bwefencingclub.com/membership General Enquiries: 07981 927787 Maestro John Rohde: johnrohdeuk@yahoo.com



### **The Lifeboat Upcoming Events**

June

Thurs 5th 8pm - Karaoke Sat 7th 8pm - Singer TBC Weds 11th 8pm - Open Mic Sun 15th 6pm - Singer TBC Tues 17th 7.30pm - Quiz Fri 20th 8pm - Singer TBC Sat 21st 7.30pm - Race Night (Shire Lights) Tues 24th 7.30pm - Bingo Thurs 26th 7pm-9pm - Simone Jones - Medium Sat 28th 7.30pm - Funk & Soul Disco Sun 29th 6pm - Singer TBC

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#### PLASTERING



# Sport and Activities IN SHIREHAMPTON Splashes at the Sailing Club

Since submitting our article in last month's Shire news, Shirehampton Sailing Club (down by the Lamplighters) have had a total of four river sails, taking plenty of new people out on the water. If you contact us ahead of time, we can give you a total of three guest sails before joining the club.

We have several sizes of sailing dinghy. The largest are the Wayfarers, which can fit up to four people, but which are more comfortable with three or two. They are beautifully stable but also quite fast as they have tall masts, but the hull is heavy enough to balance the boat, so it doesn't capsize easily. On one of the outings last month, we just had the three Wayfarers on the water and had our first official race since 2016 - laying the first buoy up by the boatyard, and the second buoy up by the M5 bridge. What we'd forgotten was that it was a spring tide - when the tide is fastest. It was so strong, and the wind was so light that we had to paddle or row up to the start line to even start the race, and even then, we kept colliding with the start buoy. Eventually the tide slackened, and the wind freshened and so we were able to complete the race.

The next smallest boat is the **Mirror**, recognisable by the red sail. These were designed for people to make themselves out of plywood and there is only just enough room for one adult and a child. We also have **Lasers**, a **Topper** and some **Lightnings**, which are all single handers with one sail, plus other boats like the **Wanderer** which is in between a Mirror and a Wayfarer. The two club Wayfarers and the single handers are all available for club members and guests to **hire for the day** - £15 for the Wayfarer and £10 for the single handers.

On **Saturday 10 May** we launched a record of six boats – three Wayfarers, a **Drascombe Scaffie**, a Mirror, a Lightning and a Topper. It was an evening tide but this time the wind was much fresher and we got right down past the M5 bridge. As it was a lovely evening, and the **Lamplighters** was very noisy we sat out on the grass in front of the club afterwards and had drinks from the Lamps and picnic food – around fifteen of us including four young people and several prospective members.

Please come down on a weekend to have a look at the club and consider if you'd like to join. We have some great trips planned this year including one to **Bristol Docks**, one to **Portishead Marina**, the annual **Pill Race** and of course the **Pirate Party on Sunday 31 August**.





Check out the Google calendar on our website - shiresc.co.uk - and email us on info@ shiresc.cok.uk if you'd like to come out on the water with us.

Tina Biggs, Vice Commodore - Shirehampton Sailing Club.

**Note from editor:** these are lovely photos of the river and really shows how lucky we are to be living near something so stunning. Great we have local sailors who can enjoy it too.

# **Port of Bristol Youth Tournament 2025**

This annual celebration of youth football was held over the weekend of 17th-18th May. With the sun shining down, families and friends gathered to watch and support their youngsters as they played the game that they love and which does so much for their physical, social and emotional development. I've seen a lot of comments in the news recently about young people lacking role models and leadership; not these youngsters, who clearly enjoy all the support and encouragement they need and showed it in the joy they took in the playing of "The Beautiful Game."

A heartfelt thanks to all the coaches and volunteers at Port of Bristol Youth F.C. for the immense effort they make in laying on this tournament, but especially to **Van Papantoniou** and **Chris Williams**, who invited Shire to cover it. Van is the Chairman and founder of Port of Bristol Youth Football Club; his leadership and vision have been instrumental in shaping the club's identity and growth, making it a key part of the local football community. Chris is a



Goal bound!



A safe pair of hands.



Port's no.4 clears his lines.



Flying down the wing!

Board Member and leads two age groups at Port of Bristol, playing a key role in developing young players both on and off the pitch. With people like this in our community, our youngsters are not lacking in the guidance, leadership and encouragement they need as they grow and develop into the leaders of the future.

Article and Photos © Paul McMillan with thanks to Port of Bristol Youth F.C.

www.portofbristolfc.co.uk



Surging goalwards with "stars in their eyes."



There's no "I" in team.



Tricky feet! Th



Eyes on the prize and flying goalwards!



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feet! The joy of taking part and the pride in victory!

### Shire Nomads Walking Group

This is a free, fun, friendly group of social walkers. Walks are free to attend and are about 3 hours at a reasonable pace and cover between 4-5miles.

The walks are varied with some local and others further afield and aim build in a stop for tea/coffee at a café during or after walks when possible (but please bring water just in case this isn't possible, also remember money for transport and refreshments).

#### Timetable for June:

- Tues 3rd LEIGH WOODS (3.00 miles)\* Starts: 9.50am at P&R Station Rd. or Woodwell Rd. for 9.56am Bus then X4 (Return X4, P&R/41)
- Tues 10th WESTON-SUPER-MARE (4.5 miles)\* Starts: 9.45am at Shire Railway Station for 9.50am Train (Return Train) (Group Saver Return £7.70)
- Tues 17th CRIBBS CAUSEWAY/ EASTER COMPTON/SEVERN BEACH (4.4 miles)\* Starts 9.35am at Shire Green for 9.39am No.4 Bus (Return Train) (Group Saver Single £1.10)
- Tues 24th ASHTON COURT GOLF COURSE (3.75 miles)\* Rough Terrain Starts at 9.50am at P&R Station Rd. or Woodwell Rd. for 9.56am bus then X4 (Return P&R/41)

For more info contact walk leader - John H. - 07790 426 691



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### **Avon Youth League u15 Cup Final**

### Port of Bristol Purple v Brislington Juniors

Shire reported in the March edition on the success of Port's u15 Purple team in reaching the final, with a great win over Stockwood Wanderers.

We were intending to cover the final, originally scheduled for Sunday 18th, but the game was rescheduled for **Tuesday 20th** and we were informed that the league had made a ruling forbidding media attendance to cover the game. We are not forbidden from reporting the result though, so we have include it here.



We are told that the boys performed magnificently and were leading **2-0** against the league champions at half time. We are hoping to bring you a fuller report from the club and some photos of the game in the July edition.

Paul McMillan



### Parkinson's Awareness Golf Tournament Shirehampton Golf Club, Friday 25th April

As reported in April's Shire, the Parkinson's Awareness tournament that took place on the 25th April at Shirehampton Park Golf Club, was organised by Russell Slee, primarily to raise awareness of the disease, the importance of early diagnosis and to help raise funds for research.

Eight of the golfers taking part had been diagnosed with Parkinson's. Russell told us that around £5,700 has been raised this year to support the vital research. Bar takings and donations for food and cakes were good and the auction raised over £400. A fun day of golfing, with the emphasis on fun, was played in near perfect conditions, a little chillier than last year's perhaps, but still a lovely day for a round.



Club Chairman Melvyn Griffiths driving off the 10th.



Biddy was nominated by his team to carry essential supplies!



On top of the world, looking down on the 18th!

Next year's tournament is booked, for Friday April 24th, so golfers put it in your diary. If you'd just like to support the cause as a spectator, whilst enjoying the beautiful clubhouse, terrace and free food (donations appreciated) then you are most welcome. We'll remind you again in next April's Shire.

Paul McMillan and Photos © Paul McMillan



Tournament organiser Russell on the 1st, with the Cole family from Keynsham.



Andrew fights his way out of trouble.



Contact: Reissa reissa.perring@thejollymelodiesmusiccompany.co.uk www.thejollymelodiesmusiccompany.co.uk





A Shirehampton four: L to R Andrew Webb, Darren Charles, Biddy Griffiths, Jamie Carroll.



Ladies Tournament winner Nao Kato.





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### **Shirehampton Goldies Sing&Smile Group**

Come and join the next Goldies Sing&Smile session at St Mary's Church on Wednesday, 4th June, 2nd July and 6th August, from 10.30am until 11.30am (1st Wednesday of each month) with Goldies Session Leader Shelley Cox.

You don't have to book, and you don't have to be able to sing as we're not a choir. Just turn up, have a sing, smile, chat, laugh, meet old and new friends, tap along, dance, share memories but most of all have fun. We sing a-long to popular hits of the 50s onwards with tracks from our Patron Sir Cliff Richard, Petula Clark, Elvis and many more! Everyone is welcome.

Goldies Sing&Smile sessions are open to everyone but particularly aim to combat isolation with older adults. Apart from being fun and uplifting, singing has lots of health benefits. A good sing can stimulate your immune responses, release pain relieving endorphins, improve sleep and reduce snoring, improve lung capacity and posture, tone facial and stomach muscles. Singing is a great stress reliever too and is well known for improving mental health, supporting those experiencing grief and bereavement, and developing a sense of belonging and connectivity.

We have a suggested donation of  $\pounds 3$  to attend our monthly groups, carers are free. If you'd like more information, please call the office and speak to our friendly team on 01761 470006 or email events@golden-oldies. org.uk. We hope to see you there!!



Included are some pictures from 2024 Christmas party held at St Michael's Church Centre, Stoke Gifford, Bristol.

Shire was invited to attend the Christmas gathering and it was a fantastic afternoon; **St. Michael's School choir** treated us to a Christmas concert, there was a lavish lunch laid on and of course there was the traditional singalong, so that everybody had the chance to exercise their lungs and vocal chords. The local singalongs are great fun too; why not give it a try? I hope to see you at St. Mary's on Wednesday June 4th. To all the team at Goldies I'd like to express my own gratitude for what you do in the words of Abba: "So I say thank you for the music, the songs I'm singing, thanks for all the joy they're bringing..."

Julie Brady with postscript by Paul McMillan



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