

# Shire

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

No. 598 - November 2021 [www.shire.org.uk](http://www.shire.org.uk) 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL EXPERTS section on pages 19-21 to find a local business who can help.

Are You Concerned About Climate Change?

Come to the Climate Café  
Shirehampton Methodist Church  
Saturday 20th November  
10:30 - 12:00  
See Pages 4 & 12

## Funding The War Horse

You may remember reading in Shire about the proposal for a statue of a War Horse to be sited in the Daisy Field this time last year. At that time Stephen Judd, Chairman of Friends of Lamplighters Marsh, said: "This project will provide an important contribution to the public realm in Shirehampton and commemorate its historical role in World War I."

The project has been on hold because of Covid, and unfortunately expected finance has not materialized. But now at last the statue has been completed and Friends of Lamplighters Marsh have opened a new crowd funding site to raise money to complete the purchase of the War Horse for the Daisy Field. A Local Giving page where you can donate to the project will be going live soon (details when available to be published in a future edition of Shire).

More recreations of the statue in situ on page 18.



### A Soldier And His Horse

*A Poem For Remembrance Day*

They stood on parade together, proudly  
standing side by side.  
This too was the way they fought and the way  
they died.  
In a ditch of mud and blood, their bodies  
lay entwined  
Both courageous; both brave, on this their  
final ride.

In life they felt like equals, comrades, this man  
and his steed,  
They rode as one, fought as one so we could  
all be free.  
We will never forget the fallen and we all stand  
side by side  
In remembrance of all who lost their lives with  
gratitude and pride.

*I dedicate this to all the brave people and all the brave animals who gave up their lives in war. Lest we forget.*

Written by Jennie Frankowicz 0710 912021 (nee Button)

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# Shire

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Mrs Jill Williamson, Mrs. Sarah Matthews,

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Artwork: Iain Chaffey of Crimson Goose Design

Photographers: Kathryn Courtney, Bob Pitchford

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We welcome contributions for publication in 'SHIRE' but reserve the right to edit any copy received.

Any material published is at the editor's discretion and may also be included on our website [www.shire.org.uk](http://www.shire.org.uk) unless the copy is clearly marked 'not to be included on the world wide web'.

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# PUBLIC INFORMATION FOR NOVEMBER

## COVID MARSHALS TO CONTINUE THROUGH WINTER

COVID marshals will remain in place throughout Bristol until at least **March** of next year working to keep coronavirus infection rates down and support the city through its recovery.

The team of **16 marshals** were introduced across the city on **11 November 2020**, supporting residents and businesses to comply with COVID-19 guidance.

The council has agreed to keep them in place for at least a further six months to build on their work within the community.

**Washing your hands with soap and warm water is also one of the best ways you can stop the spread of COVID-19 infection, protecting yourself and the people around you.**

**A reminder that you can now get your COVID-19 vaccination every Tuesday at the Bristol Rapid Testing Centre, 17-18 Wellington Road, Bristol BS2 9DA.** The centre will be open for walk-ins between **9am-5pm**, without the need for booking an appointment

## COVID-19 VACCINE BOOSTERS

**The COVID-19 Booster Programme has started in our area.**

If you were in the first nine priority groups for vaccination – over 50, frontline health and care staff, or have an underlying health condition – you will be sent a letter or text message inviting you to have your booster, **six months after your second vaccine.**

A COVID-19 booster vaccine dose helps improve the protection you have from your first two

doses of the vaccine. It helps give you longer-term protection against getting seriously ill from COVID-19.

It's really important that, if you're invited for a booster, you please book your appointment as soon as possible.

The NHS will let you know when it's your turn to have a booster dose. It's important not to contact the NHS for one before then.

## BRISTOL FUTURE PARKS

**Community-led ideas for enhancing parks and green spaces** to help improve health and wellbeing in Bristol are being sought via a new project launched in October. Bristol Future Parks is aiming to transform how parks and green spaces are run, in response to their increased use during the pandemic. The project will also examine how our green spaces can help the city address the **climate and ecological emergencies** declared by the council last year.

The Bristol Future Parks project will not involve selling off parks or green spaces but is exploring ideas that could help generate income from which

parks, and the people who use them, can benefit. This will include exploring a variety of commercial opportunities to generate revenue that will be used to maintain parks and fund improvements, such as bike hubs, splash parks, cafés, lakeside activities and tree top adventures.

The first phase of the project is inviting people and organisations to submit proposals on how to enhance five parks and green spaces - **Blaise Castle Estate**, Chaplin Road Green Space, Dame Emily Park, Eastville Park and **Sea Mills Recreation Ground** – which will help with future improvement of other green spaces.

### ***New Parking Charges for Blaise Castle and Oldbury Court Estates***

Parking charges are to be introduced in **Blaise Castle and Oldbury Court Estate car parks**, alongside parking restrictions on many surrounding streets. The changes are being brought in to help manage parking at both sites and to enable investment in all of Bristol's parks and green spaces.

These parking management measures are being delivered to protect junctions, driveways, and bus routes from obstructive parking.

The standard charges, which will apply every day between 9am and 6pm at the three car parks, are:

- £1 for up to one hour
- £2 for up to two hours
- £3 for up to five hours

Pay and display machines are due to be installed in **November and December in three car parks – the main Blaise Castle car park off Kings Weston Road, Oldbury Court, and Snuff Mills.**

Parking for Blue Badge holders and motorcycles with two wheels will be free with no time limits, and standard parking will be free before 9am and after 6pm.

A number of waiting restrictions, including double and single yellow lines, will also be installed on sections of several surrounding roads in the next few weeks, weather permitting.

## BCC GARDEN WASTE COLLECTION

We are pleased to announce that garden waste collections will resume from **Monday 11 October 2021.** Garden sack collections will also resume on this date. **The drop-off points will close on Friday 15 October.**

We would like to thank everyone for their patience and understanding during this time, and apologise again for the disruption to the service.





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# The *Shire* Community Pages

## Shirehampton Public Hall November Newsletter

The past month has seen a number of changes to the use of the Public Hall. First of all we would like to express our sadness at the loss of our Pillowlace Club, who due to such a small number of members, has decided to retire from their Friday evenings at the Hall. Thank you, ladies, for your commitment to us over the years. You will be sadly missed.

On the flip side we would like to welcome **Messy Creators**, our new **Tuesday toddler group**. This is a book online group, not a turn up on the day group, so if you are interested do visit their website for details: [www.messycreators.co.uk](http://www.messycreators.co.uk). Also, in the last month we have become host to **Extraordinary Links, a group for disabled and SEN children and their families**, which meets in the Hall every **Wednesday between 4 & 5pm**. For more information call **Gillian on 07847 582221**.

The Hall management and Trustees would like to express their immense gratitude to these guys from Avonmouth:



They rescued our stage hoist from a difficult health and safety situation. Highly recommended company, first class with great customer service. Thank you, thank you!!

As well as the main hall area we also have two meeting rooms, one on the first floor accommodating around 20 people, and one on the ground floor for around 10 people. Don't forget to enquire if you have a business meeting or small group to accommodate!

Don't forget the Hall has a photocopier which is for community use also: 1p for community black and white A4, 4p commercial rate; 4p and 7p respectively for colour.

The hall is still desperately seeking new Trustees. For more information on becoming a Trustee please see [www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3](http://www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3). If this is something you would be interested in doing, and you have expertise/experience with fundraising or are just keen to help, please contact the **Hall Manager on 0117 9829963**, or email [bookings@shirepubhall.org.uk](mailto:bookings@shirepubhall.org.uk).



St Bede's  
Catholic College

### CLEANER VACANCY

The College has a vacancy for an all year round Cleaner.

This will be a permanent contract of 16 hours per week for which the hours of work are Monday to Thursday 3.15pm – 6.30pm and Friday 3.30pm – 6.30pm.

The hourly rate is **£9.30 (increasing to £9.50)**.

This post is subject to a 6-month probationary period. Successful candidates will be required to undergo a Disclosure and Barring Service Check before starting work.

A job description and application form can be downloaded from the website or a hard copy can be posted to you. Please note that CVs cannot be accepted.

If you have any questions, please contact Mr Wayne Haskins or Mr Martin Britton on 0117 377 2200.

## Introducing Myself

Hi I'm Lucille,

I have recently started working at Southmead Development Trust as the Community Development Lead. I work all across north Bristol. I'm funded by St Monica Trust so I particularly work with people over 50 or on projects which will benefit people over 50 but I can support things which benefit other ages too.



I work in an asset based way which means not focussing too much on what is wrong but supporting people to share and access what the community has to offer and create new offerings. I worked in

Shirehampton quite a lot in a previous role based mainly at the jobcentre and I am thrilled to be able to come back in a different capacity. I would love to hear about things that are already going on or new things which I could support.



I will be at the November market, I will base myself in the café so please do come and say hello. If you would like to contact me in the meantime my email address is [lucillesmith@southmead.org](mailto:lucillesmith@southmead.org)

## CLIMATE CAFÉ

SHIREHAMPTON METHODIST  
CHURCH

SATURDAY 20TH NOVEMBER  
10:30 - 12:00

ARE YOU CONCERNED ABOUT  
CLIMATE CHANGE?

WANT TO KNOW MORE  
ABOUT COP 26?

LIKE TO HEAR WHAT YOUR  
NEIGHBOURS THINK?

HAVE YOUR SAY

Drop in for coffee, cake and a chat  
about Climate

**FREE**

Families and Children Welcome

WE'RE CONCERNED TOO...

**SHIREHAMPTON CLIMATE  
EMERGENCY GROUP**



We enjoy spreading community news especially at this time and we love to hear from all our readers of both the online and printed versions. Please, send in your letters and stories to [editor@shire.org.uk](mailto:editor@shire.org.uk). If requested, we will not print the name of a letter written to the Editor, but we cannot accept an anonymous letter. *Many thanks.*

## WATERS AND PACE

Old Mrs. Waters met young Mr. Pace  
Up in the village, a smile on her face.  
“Why are you beaming?” Mr. Pace said.  
“What thoughts are running around in your head?”  
She replied: “Can’t you tell by looking around?”  
He looked up and down and then to the ground.  
“What am I supposed to be looking for, please?”  
“Oh, Mr. Pace you are such a big tease!”  
He then gave a laugh. “I do know what you mean -  
The large floral mural’s a sight to be seen.  
It really adds colour and grace to the wall  
And fits in quite nicely and well with all  
The rest of the High Street - yes, fitting’s the word.  
A modernist mural would be quite absurd.”  
“But it’s not only that, my dear fellow,” said she.  
“It’s the rest of what’s happened for people to see.  
It started off quite a few long years ago  
With the great thoughtful mural that’s still there on show  
On the wall of the Methodist Church, at the rear.  
Then, not long ago, The George Inn made it clear  
That *it* could do something to cheer passers-by

With beautiful blooms on the windows that I  
Think not painted but real, so graceful and thin;  
Paintings attractive enough to win  
The hearts of the public and customers too;  
Bring life to the village with something so new.  
Young Pace interjected: “I totally agree  
And its not just the outside of buildings to see.  
What of the Lifeboat’s fantastic new bar?  
Ingenious! Innovative! Surely on a par  
With anything Bristol has got to show.  
Shire’s got such talent - and its so good to know!”  
Mrs. Waters agreed with a nod of the head  
And, still smiling broadly, she went on and said:  
“Let’s have more of it. That’s what I do say.  
We need to feel good at the end of the day.  
We need cheering up after what we’ve been through  
With Covid and all - and we’ll soon have the flu!”  
“Yes,” said young Pace, “and anything they do  
To brighten the village will cheer us up too.  
So here’s to the artists with talent for hire  
And also the gifted innovators of Shire!  
NAMS0



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

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

- Improve health and fitness level
- Improve muscle tone and bone density
- Improve mobility and coordination

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

*Linda x x*

**Weekly classes - just come along - no need to book:**

- **Kettlebells** are Monday 5.15 - 6.15pm and 6.30 - 7.30pm, Wednesday from 5.15 - 6.15pm and Thursday from 6.30 - 7.30pm at the Cotswold Community Centre. Message for 1:1 technique session.
- **Bootcamps:** Monday and Wednesday 6.15-7.00am. Please message for details.



For a free initial consultation in your own home or mine. Telephone: **07875 054 292**

Email: [t.linda1206@gmail.com](mailto:t.linda1206@gmail.com)

[www.shirestrong.co.uk](http://www.shirestrong.co.uk)

## Family Announcements

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# Extraordinary Links

I recently visited new charity Extraordinary Links at their Wednesday afternoon activity group in the Public Hall. Local Mum Gill Crea and three other trustees have set up Extraordinary Links “to provide a safe space for disabled and SEN children, allowing them access to activities” that might not be available to them elsewhere.

The Hall was well-stocked with craft materials, a dark den, Lego, and sensory toys. There were individual work/play stations but the children, who wanted to, were free to roam about the Hall and engage with others or make use of whatever materials took their fancy.

Gillian and the other three trustees all have children with various forms and levels of disability “who are as unique as their diagnosis”. They can offer support to other **parents and carers of disabled and SEN children**, with a resource library of information and experience dealing with official forms, educational issues and finding relevant organizations.



**EXTRAORDINARY LINKS**  
FOR DISABLED CHILDREN & THEIR FAMILIES

The Activity Group meets at 4:00 pm on Wednesday afternoons in the Public Hall. Gill believes there are other families in Shirehampton and locally who may have a disabled or SEN child and she hopes many will come to the Activity afternoons. Siblings are welcome as well. You can come along to the free sessions or find out more on their website: [www.extraordinarylinks.wixsite.com/website](http://www.extraordinarylinks.wixsite.com/website)



## Bristol Disability Equality Commission

### Commissioner Voluntary Post

If you are a disabled person who wants to be part of a high-level strategic group working to improve the lives of Disabled people in the city, the role of Commissioner for Bristol's Disability Equality Commission could be for you.

The Commission will lead the work of embedding **Disability Equality** in every part of the city to improve the lives and opportunities of all Disabled people. The Commissioner membership will include individual Disabled people, Disabled people-led organisations and groups working with Disabled people, provided their representative is a Disabled person.

As Commissioner, you will bring knowledge of **Bristol's diverse community**, awareness of at least one area or issue impacting on Disabled people, be able to work as part of a team, be a spokesperson for the Commission and ensure that the work of the Commission reflects the whole community of Disabled people in Bristol. This includes all impairments, backgrounds, and protected equalities characteristics.

A Disabled person is anyone who has mental health problems, a physical or sensory impairment, learning difficulties or neurodiversity. Applications from Disabled people from all backgrounds are welcome, but we particularly encourage Disabled people who also have other protected characteristics to apply who are currently under-represented in this type of role and work. The appointments to this role will be made on merit.

The role is voluntary and Commissioners will be able to claim agreed reasonable expenses. The time commitment is expected to be 2-3 days per month. To support Commissioners in their role there will be opportunities for personal development, including training and mentoring.

### Application Process:

Please submit a personal statement of no more than 1,500 words setting out what you could bring to the role and how you meet all the essential criteria detailed in the person specification to **General.BDEC@gmail.com** by **midnight on Tuesday 23rd November 2021**.

The personal statement can be submitted in any accessible format e.g. via email, letter, or video. Please include your address, a contact telephone number and email address.

The application pack documents, including Role Description and Person Specification, Equalities Monitoring Form and Sensitive Interests Form can be downloaded from the website link here: <https://bit.ly/3FiqBBq>





# Bee Happy Shire - *Planting at Last*

Bee Happy Shire launched in the spring of 2020 with a project to plant native wild flowers in Shirehampton for the bees and other pollinators.

They were due to plant seeds in early April of 2020 but then lock-down was announced and the project had to be put on hold. Now, eighteen months later, Bee Happy Shire are inviting us all to their Autumn Planting.

## An Invitation from Bee Happy Shire

Saturday November 6th is Global Day for Climate Justice. Why not start your Climate Justice Day by joining Bee Happy Shire and Shire Greens planting bulbs for pollinators?

Starting at 10am on The Ridge Amenity Area BS11 0BN, the planting will run until 12 Midday

“You are invited to join us for the 2021 Autumn Bulb-Planting Party - we will be planting all the early flowering spring bulbs, including snowdrops, crocuses and daffodils. These bulbs will provide the essential pollen and nectar that the early bees need to get off to a flying start in 2022!”

*Hope to see many of you there.*

*Bee Happy Shire*



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Teresa Cox

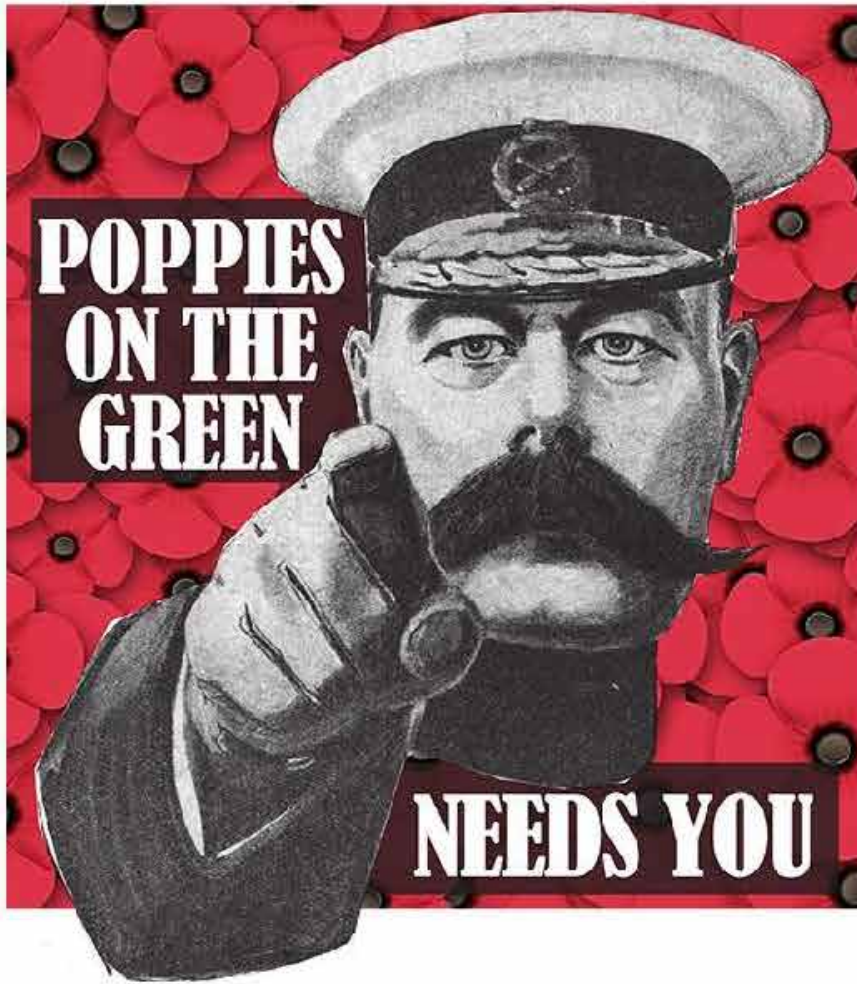


Adam Lenik



Jess Duncan





**We need volunteers to help set up & take down/pack away the 'Poppies On The Green' display in Shirehampton on the following dates:**

**Set up:  
Tuesday 9<sup>th</sup> November 2021  
10am – onwards.**

**Take down/pack away:  
Thursday 18<sup>th</sup> November 2021  
1pm onwards.**

This display has been created by many people from Shirehampton, Sea Mills, Coombe Dingle, Avonmouth & Lawrence Weston, including local schools, Avonmouth Sea Cadets, local venues & business for hosting our 'painting poppies' sessions and Shirehampton High Street/The Parade businesses for using our displays in their shop windows.

Thank you to everyone involved, from volunteering, making material donations, to your time and creativity that makes this annual community project possible.

Check out our smaller poppy displays at Shirehampton Railway Station & the Daisy Field orchard just off The Portway, with the help of 'Shire Greens'.

Thank you to Shirehampton Community Action Forum (SCAF) for your continued support.



For more information: [www.facebook.com/poppiesonthegreen](https://www.facebook.com/poppiesonthegreen) - Tel: 0117 9829963.

**At the going down of the sun & in the morning we will remember them.**



# Making Movies – Year 6 at Shirehampton Primary

In Year 6 we have had a very busy start to the year already! We have been experiencing life as film directors and created our own adverts with snappy slogans. We used the iPads to film and edit adverts on iMovie where we were able to add music, effects and text to our filming.

A day was spent in workshops with the TV production team – **Celery TV**. Children used persuasive writing techniques to come up with winning taglines for their advert to “sell” their product.

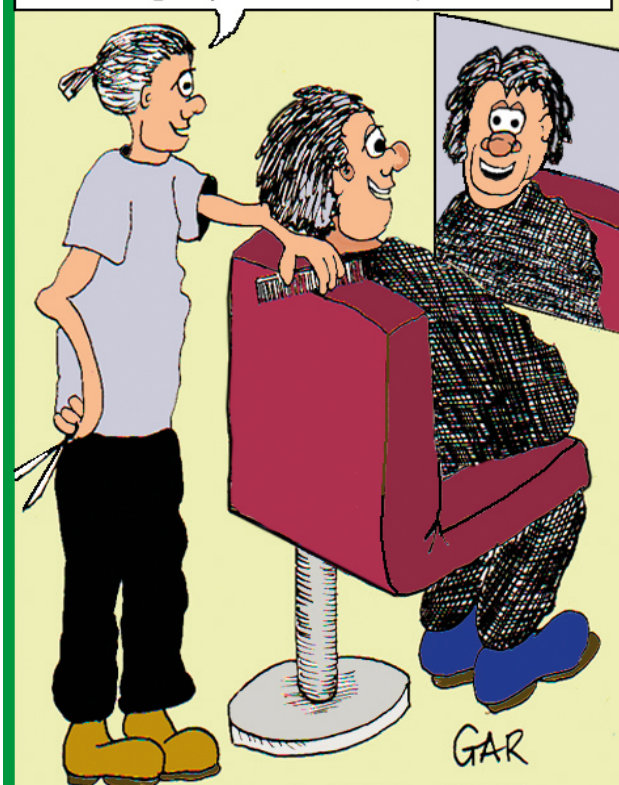
Away from being film stars, we have been looking at wildlife in our green space area and sorting animals and plants into different categories. We demonstrated this by creating classifying trees and Carroll diagrams. We closely looked at the specific features that the five groups; mammals, fish, birds, reptiles and amphibians have and compared their similarities and differences.

*Shire Primary School*



## CHICO THE DEMON BARBER

MY GIRLFRIEND ONCE HIT ME WITH A CAMERA.....I STILL GET FLASH BACKS



CHICO'S BARBER SHOP  
22 HIGH STREET SHIREHAMPTON

# Latest Update From The Cotswold

Our activities are getting closer to normality still, and we had a very successful Breakfast Club at the beginning of October. We are taking bookings for the next one on Sunday 7th November. Please email [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com) or ring 07943 401575 if you'd like to come along.

We're back to having Saturday evening events again, so **Bingo Nights**, **Race Nights**, and **Quiz Nights** have all taken place recently.

Our **Annual General Meeting** is taking place in our hall on **Thursday 4th November at 5:30pm** and all are welcome to attend. We're losing a couple of committee members this year so would love to see some new ones. Do come along if you feel you'd like to contribute to a warm and welcoming group.

Finally, we're getting closer to our target of £2,000 for our **Defibrillator Fund**, thanks so much to all

those who've donated to this wonderful cause. We are still taking donations and these can be made by the following methods:

Online: [www.justgiving.com/crowdfunding/cotswold-defib](http://www.justgiving.com/crowdfunding/cotswold-defib)

Cheques: payable to Cotswold Community Association.

Bank transfer: Cotswold Community Association RC 11014,

Sort Code 08-92-99, Account No. 65620182

Cash or to any committee members



Cotswold Community Association  
Dursley Road, Shirehampton,  
Bristol, BS11 9XH  
Registered charity no. 1101427

### REGULAR EVENTS

<b>MONDAY</b>	<b>Pilates</b> 9.30-10.30am <b>Kettlebells</b> 5:15-6:15pm <b>Kettlebells</b> 6:30-7:30pm
<b>TUESDAY</b>	<b>Film Night</b> 7:30pm* (1st & 3rd of each month)
<b>WEDNESDAY</b>	<b>Keep Fit</b> 10:30-11:30am <b>Kettlebells</b> 5:15-6:15pm <b>Pilates</b> 6:30-7:30pm
<b>THURSDAY</b>	<b>Bingo</b> 2pm <b>Kettlebells</b> 5:15-6:15pm <b>Kettlebells</b> 6:30-7:30pm <b>Table Tennis</b> 8pm
<b>SATURDAY</b>	<b>Coffee Morning</b> 10am (2nd of each month) <b>Bingo</b> 7:30pm (2nd of each month) <b>Quiz</b> 7:30pm (6 weekly)
<b>SUNDAY</b>	<b>Breakfast</b> 9:30-11am (1st of each month) <b>Cotswold Christian Community Service</b> 4:45pm (2nd of each month)

\*Booking must be made, either by email: [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com) or leave a message on 07943 401575

For more details and regular updates, join our mail list by emailing [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com)

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# Lawrence Weston Community Farm



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

## Farm Tots

Wednesdays 10:30 - 11:30am • £2.50

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

## Walking Group

Wednesdays 2 - 3:30pm • FREE

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

## NEW Woodland and Orchard Club

Thursdays 10 - 11:30am • FREE

Come and spend time outdoors, making friends, learning new skills and having fun. Together we will look after the farm's orchard and woodland. We'll prune, coppice, weed, harvest and nature-watch. No prior knowledge necessary.

For more information call Amy on 0117 9381128 or email amy@lwfarm.org.uk

## Gardening Group

Fridays 11 - 12:30pm • FREE

Interested in getting involved in gardening on the farm? Come along Fridays to help with our gardens. Call Amy on 0117 9381128 for more details.

## Farm Hands

Saturdays and Sundays • FREE

Local 8 - 11yr olds can come and help look after the farm.

If you are interested in any of these activities or need an application form for Farm Hands then please contact Helen on 0117 9381128 or helen@lwfarm.org.uk

## Hedgelaying

1st Weekend of the Month  
6th-7th Nov & 4th-5th Dec

Want to spend time outdoors learning a traditional skill? We are relaying the sheep field hedge. Please contact Helen on 0117 9381128 or office@lwfarm.org.uk if you are interested.

# GOLDIES IS BACK!

The Golden-Oldies Charity is delighted to be re-introducing our much loved daytime Sing&Smile social groups across the South West. This includes our popular session in Shirehampton at St Mary's Church on the High Street which takes place on the 1st Wednesday of every month from 10.00-11.00am led by Maggie.

"Goldies Sing&Smile is something to look forward to, a chance to get out, make new friends and sing along to those popular hits of the past," says founder Grenville Jones. Goldies Sing&Smile sessions are open to everyone, but particularly aim to reduce isolation for older adults. You don't have to be able to sing, just enjoy music and socialising. We ask for a £2 donation to attend.

Why not invite a friend and pop along, our next sessions will be held on 3rd November and 1st December in St Mary's Church .

# 178th Rainbows and Brownies Need Your Help

Were you a Rainbow or Brownie who enjoyed yourself at the weekly meetings doing lots of fun activities, learning new things and making new friends? The Rainbows and Brownies in Shirehampton have lost their Leaders due to relocation as a result of COVID.

We are looking for someone to take over the running of the units. It could be a couple of friends who would like to do it together.

There is training available and you would get the support of the other Leaders in Bristol West Division. Both units have an enthusiastic Unit

Helper who is keen to continue to work with the girls and be part of the new Leadership team.

If you are interested and would like to find out more please contact Becky or Christine atwestdivision@girlguidingbsg.org.uk or Pat Davidson on 982 3192 for more information.

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Your Councillors are:

Donald Alexander – Labour: cllr.donald.alexander@bristol.gov.uk  
John Stephen Geater - Conservative: Cllr.John.Geater@bristol.gov.uk  
James Scott - Conservative: Cllr.James.Scott@bristol.gov.uk  
Conservative Members' Services Office: 0117 922 2746  
Labour Members' Services Office: 0117 922 3827

**CONTACTING YOUR MEMBER OF PARLIAMENT**  
Shirehampton is in the Bristol North West Constituency

Darren Jones  
Phone: 01179596545  
Email: darren.jones.mp@parliament.uk  
Website: www.darren-jones.co.uk





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# BRISTOL EARTH VIGIL



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# THE GREEN PAGES

## CLIMATE NEWS FOR OCTOBER:

# COP26: Time for ACTION

By the time you read this the COP conference will be well underway. There are 30,000 delegates from 194 countries taking part. They will have responsibility for taking decisions that will affect the future of all life on earth.

Some of us from our **Shirehampton Climate Emergency Group** have walked part of the way to **Glasgow on The People's March for the Planet, the Camino to COP**. Some are there in Glasgow to support the delegates as, hopefully, they agree to implement the changes we need to make in the essential transition to a green economy. Some of the walkers came to a Climate Group meeting to share their experience of **Pilgrimage**. One had written a poem about the walk (see opposite page).

Here at home the Climate Emergency Group launched a **Climate Café** in the **Methodist Church** in October. They thank the Church for the use of the Hall on **Saturday 23rd October** and hope many of you will drop in to the next Climate Café on **Saturday 20th November**.

### CLIMATE CAFÉ

Saturday 20th November 10:30 – 12:00

Are you concerned about Climate Change?

Would you like to know more about COP 26?

Come in for a chat, a coffee or some cake - they're FREE

... and we're concerned too.

Climate actions will be taking place all over the world while COP is in session.

**Bristol** will be joining the **Global Day of Action for Climate Justice** on **Saturday November 6th** with a march leaving from **College Green**, assemble **12:00 noon**.

### EARTH VIGIL

Many of the **Climate Pilgrims** have been sitting in silent vigil in support of the conference. There was an overnight vigil in **Glasgow on October 30th** as the delegates arrived and there are daily vigils from 11:00am to 5:00pm both in person in Glasgow and on-line.

There will be another overnight vigil on **11th November** as the **Conference concludes**. We will be holding an **Earth Vigil on College Green on 11 November starting at 9:00pm and closing at 9:00am on the 12th**. Any of you who would like to come whether for an hour or two or for the whole night will be very welcome. Wear warm clothes, bring waterproofs and something to sit on. A hot water bottle, a spare blanket, a flask, a poem, a friend might be useful. There is more information at [www.earthvigil.co.uk/Bristol](http://www.earthvigil.co.uk/Bristol)

*To pause, to pray, to meditate in the midst of action is a radical act.*

The Pilgrimage: The People's March for the Planet, the Camino to COP26



© Sarah MacDonald



© Sarah MacDonald

## SHIREHAMPTON CLIMATE EMERGENCY GROUP

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



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





## A PILGRIMAGE

The motley crew  
emerge  
from the Cathedral,  
wrapped in blessings  
and raincoats;  
picked-up and  
cross-stitched,  
knitted together  
by thoughts  
and longings  
of Survival,  
our footsteps  
the common thread;  
booted feet  
transporting us  
constantly  
consistently  
through half-caught  
conversations  
desires and hopes,  
(as well as briars and  
stiles  
and cowpats),

onwards  
to a place of  
tomorrow  
where dreams  
transform hearts.  
  
Shocked  
to tears  
by generosity  
and inescapable  
blessings;  
Carried on a  
continuum of  
faith, discomfort  
anger and foolishness,  
gently holding, shaping  
spreading  
What is,  
into  
What will be  
What can be

What must be  
Hidden,  
by the  
forgotten remembering  
of one-hundred mile  
legs  
We walk, We walk,  
We walk,  
tenderly  
on shared ancestral  
paths.  
And we sing.  
With one simple  
goal we firmly place  
one foot in front  
of the other  
and walk  
our longed-for world  
Into Being.

Janne Bird  
September 2021  
After the Western  
Camino to COP26

## Nature Notes

A memory from September in the picture. Our garden, like many others, was awash with webs and their creators. Every day we left the house we had to duck and weave our way out of the garden, to avoid sending all their hard work into oblivion!



I must hold my hands up and say that I, like a lot of people, am more than a little skittish around spiders, but I do love seeing them weave their magic, especially at this time of year.

Later today I am preparing the hedgehog house with some hay ready for, (hopefully), a passing hog to check it out for the winter recess. Fingers crossed.

I am really happy to report that as I had hoped, the gold finches have returned to their feeder in really good numbers at last, thanks to the gradual approach of autumn. We are seeing a mix of adults and juveniles tucking in to the Niger seeds, so 'Happy Days'!

Another character we rarely spotted near to our home was a squirrel, which was just yards from our garden the other day, scampering across to the conker tree. A great time of year to see these guys gathering up their winter stores, without caring too much about who might be watching!

Just returning to the hedgehogs for a moment, I hope people will forgive me for mentioning the risks they face at this time of year above most others. Bonfires, fireworks, you see where I'm going with this. I hope people will keep these innocent little critters in mind, and check for any evidence of them sheltering in piles of garden waste and wood, that sort of thing. Far better to disturb them and move them to a safe haven surely.

*That's me done for now folks, so happy nature watching everyone.*

*Bobbie.*



# Shirehampton Community Garden Update

The Shirehampton Community Garden team would love to say a huge thank you to the community for all the wonderful donations we have had so far! The garden on Pembroke Avenue is really starting to take shape now and is already a space to be enjoyed. We have tyre planters filled with beautiful donated plants, benches, water butts, and lots of other plant pots just waiting to be filled.

We have had two community days where the tyre planters were constructed, and another where we had soil delivered. There have also been smaller teams who have planted up and travelled around Shirehampton picking up donations when people have been unable to drop them to the site themselves. It has been lovely to see it become an intergenerational project with children and adults working alongside each other to make this dream a reality.

In our next phase for the garden, we plan to install raised beds to create a central feature and hope to

have a mural too. If anybody in the community has experience painting murals, or installing water butts and can give of their time please do get in touch. Likewise, if anyone has a van or larger car and would be willing to help with collecting donations from people in Shirehampton we would love to hear from you, as we currently don't have someone with a van on the volunteer team.

Donations we are specifically after include a bird table, plants, soil, sun dial, raised beds or rectangular planters, and trellis... But any donations are considered and usually accepted. For donations or



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updates, or if you'd love to get involved in any way, please email [shirehamptoncommunitygarden@gmail.com](mailto:shirehamptoncommunitygarden@gmail.com).



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# Boat Building Workshop at Underfall Yard, November 10th

Community Learning will support interested learners to attend a day workshop - finding out more about traditional boat building with some hands on activities. The structure of the day can be changed to meet the needs on the participants. We could fund a minibus if needed to get to the venue.

There will be a maximum of 12 adults, it will take place indoors with social distancing. There may be some spaces reserved for North Bristol residents.

Please get in touch with me, **Suzanne Gaffney**, [suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk), if you know of a small group or individuals who might be interested. We are particularly wanting to offer this to adults with few or no formal qualifications, or with barriers to finding work or getting on to further training/volunteering.



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# Churches in the Shirehampton Area

## Shirehampton Baptist Church

As we come near the end of another difficult and challenging year life has become more normal and this is true for us as a Church. We now worship every Sunday morning at 10:30am in our building and provide Zoom for those who for medical reasons are not yet able to come out.

On September the 26th we held a **Farewell Party for David and Jess Collard** who have moved to Temple Cloud. We miss them very much but are glad that they have settled in a local church and trust this next chapter in their lives will be a very happy one,

The following day we celebrated **Harvest** and our food gifts went to the **Food Bank**.

Our minister **Paul Rhodes and Pauline Jones** have been taking assemblies in **Shirehampton Primary School** and the drama lessons which Paul takes in a lunch hour are proving very popular.

Sadly we have had to close **Mainly Music** as we are unable to supply the help needed for such a venture. It was a great success and ran for ten years. However plans are going ahead for a **Parent and Carers, Baby and Toddlers Morning** which we hope to start next year.

Our Church is open from 10am to 12pm on the **second Thursday of the month** where you are welcome to sit and pray in private or to chat with some of our members who are always glad to pray with you.

Our next service at the **Cotswold Community Hall in Dursley Road** will be on **November the 14th at 4:45pm**. We are finding the video on prayer which deals with topics such as Why are my prayers not answered? very helpful.

Christmas draws near and we will be holding another **Christingle Carol Service** in the above venue on **December 12th at 5pm**. It is a service where adults and children can celebrate the Christmas Message in a simple, visual meaningful way. Make a note of it as it will soon be here.



© Bob Pitchford

November is often thought of as a dark, dreary month and can be a lonely time for those living alone as the evenings grow darker. Jesus is known in the Bible as 'The light of the World' who if we trust in Him can bring light into our hearts.

We trust all who read this will keep safe and well as Winter approaches and send our love and prayers and help where we can.

*Greetings from Shirehampton Baptist Church in Station Road*

Contact number 07743 683684

## Hello from Shire Methodist

At the end of September, the Project Coordinator for our Jobs, Training and Enterprise Hub started work. We are now at the stage of getting our IT system up and running and some new furniture delivered and will be ready to run services to support our community in the near future.

In November, we are planning to hold **Morning Worship** in our building on every **Sunday from 11am**. A **visiting preacher** will lead the first Sunday, the second will be an **All-Age Worship event**, the third will be **Holy Communion** and the fourth will be a more informal event with conversation and coffee.

**October** was a time for us to think about God's creation and how best to help look after God's world. We held a **Climate Sunday service**, our harvest festival, prayers in preparation for **COP26**

(the international climate conference being held in Glasgow this month), and the local **Climate Emergency Group** hosted a **Climate Café** in our church building.

Many additional support services appear to be lessening as the pandemic restrictions ease. However, all the churches in Shirehampton continue to hold our community in prayer, and will do our best to respond to any concerns and needs. Please don't hesitate to contact us on the numbers below:



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[www.shiremethodist.org/](http://www.shiremethodist.org/)  
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 Shire Baptist 07743 683684  
 St Bernard's Roman Catholic 0117 982 3380

*May God's peace be with you all during November.*

*Everyone at Shire Methodist*



# St Mary's News

Hi Folks!

The dark nights are back with us and as I write these notes it is surprising to realise how close we are to Christmas! Will it be the same as usual or will we be having shortages with everyone panic buying? Nevertheless, we hope our worship patterns and routine are not disturbed by the dreaded Covid19 virus.

The "Goldies" singing session at last returns on **Wednesday 3rd November from 10.00am** onwards at church. Come and clear your throats and entertain us all on our regular **Coffee Morning**, it will be wonderful to welcome you back!

**Saturday, 13th November** is the date of our **Annual Memorial Service** when we remember loved ones passed away, either recently or long ago. The service commences at **3.00pm** and the little **Memorial Cards** to hang on the **Tree of Light on Advent Sunday** will be available then. Please let us know if you plan to attend this service so we can ensure adequate seating is set out.

The next day - **Sunday, 14th November** is of course **Remembrance Sunday**. No firm decisions have yet been made as to exactly what will take place on that day - we expect to hold a short service in church but are unclear at the time of writing whether there will be a procession to the **War Memorial**. Pop in to the church nearer the date and pick up a copy of **The Link** which is our weekly bulletin and you should find the information there.

**Tuesday 16th November** is the date for our next session of **Messy Church at 3.30pm until 5.00pm**. If you require refreshments please let the church

staff know by **Friday 12th** in order to order the appropriate amount of food. Thank you!

Please put this date in your Diary - **Saturday 20th November** - this is the date of our **Christmas Fayre from 10.00am until 12.00noon**. Whether it is held inside the building or outside will no doubt be dependent on the weather. Your custom will be very much appreciated to raise much needed funds.

**Sunday, 28th November** is **Advent Sunday** and on this day there is a **10.30am Family Service with Baptism, and at 6.00 pm we will hold our Tree of Light Service**. This is when our Advent Tree of Light, decorated with the Memorial Cards, will be illuminated. Again, please let us know if you plan to attend this service so we can ensure adequate seating is set out.

Now some early December news for you. On **Saturday, 4th December**, we anticipate holding another of our **Christmas Tree sales** in the Churchyard from 10.00am until 12.00. So, if you haven't got yours here's a chance to get one now!

We were pleased to welcome 2 of our local **Police Community Support Officers** during a recent coffee morning. They hope to set up a regular Beat



Surgery when the church is open for Coffee so that people can pop in and talk to them about any issues or concerns they have, or simply to meet the officers. This was an opportunity for us to raise concerns we have had over recent months about unacceptable behaviour from a small number of individuals in our Churchyard and Memorial Gardens. These Gardens are for persons to visit and sit quietly and remember their loved ones whose ashes have been interred there. Most people treat the area with respect and consideration, so it is a shame that some individuals spoil this for others and cause upset. Our local Police Community Support Officers will be giving this their attention as and when they can. Finally, can I politely request again that Dog Owners not put doggy poo bags in our waste bins - the bins in the Churchyard and Gardens are not council ones. We have a lovely team of volunteers who empty them each day, so please take any such bags home with you for disposal, or place them in the appropriately marked bins elsewhere - your cooperation would be really appreciated!

Now, tell me what does a Bee use to comb his hair?  
Answer: A honeycomb!

*'Bye for now.*

C.M.E.

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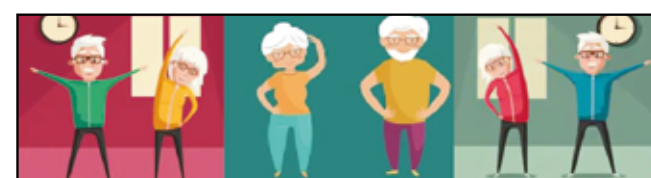
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Continued from page 1.



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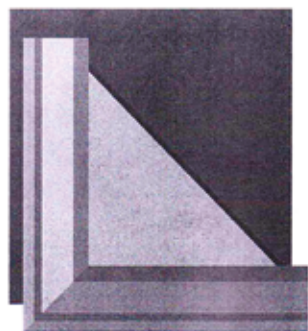
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# SPORT IN SHIREHAMPTON



## City and Port of Bristol Bowling Club

For further information about the club and its activities please call David Hinksman on 0117 908 2713 or 07932 387217.

It was great to see the return of both competitions and the club league in season 2021 after losing both to the pandemic in 2020. Starting a little later in the season than is usual, rounds were played through to semi-finals and eventually over the week end of September 18th and 19th - the long awaited finals.



Carol Green and Flo Grimes before the Ladies Four Woods Final. David Hinksman is the marker and as President spun the coin for the first game of this seasons finals.

This year's competitions were arranged by Chairperson Lis Davies and she must have been pleased to see the sun shining on both days and a wonderful number of bowlers, family and friends at the green to support those taking part and create an atmosphere worthy of the occasion.

Saturday morning saw two finals starting at 10am. The Ladies Four Wood Singles was between Flo Grimes and a first season bowler Carol Green. As is the tradition President David Hinksman, resplendent in the presidential chain of office, spun the coin which decides which bowler has the mat (plays first). Being one of the clubs qualified markers he went on to mark what was a game that either player looked likely to win at various stages. Carol established a good lead early on but Flo came back close to level before Carol forged ahead again to win the game 22 shots to 18 and become this seasons Ladies Champion.



Men's Pairs finalists - Ken Davies, Mike Porter, Bill Hatherall and Dave Chilcott.

On a neighbouring rink the Men's Pairs Final was played over 21 ends and saw Bill Hatherall and Dave Chilcott beat Ken Davies and Mike Porter 24 shots to 13 to win the Stevenson Cup.

Saturday afternoon and another pairs final, this time mixed which resulted in a win for Bob Morgan - in his first season at the club - and Sandra Rees by 27 shots to 18 against Ken Davies and Mary Lomas.



Mary Lomas and Sandra Rees playing in the mixed pairs final.



Bob Morgan and Ken Davies playing in the Mixed Pairs Final.



The remaining two finals were played on Sunday --- The **Sid Holmes Handicap** in the morning and in the afternoon the closest contest of the weekend - the **Men's Four Wood Singles** between two **Dauids-Chilcott and Hinksman**.



**Dave Chilcott and David Hinksman with marker Ken Davies centre - before the men's four wood final.**

With a handicap of six **Ken Davies** was set a winning target of 27 whilst his opponent **Howard Surman** needed just 21 to win. Despite a late comeback by Howard it was Ken who reached his target first – winning by 27 shots to 14 to lift the **Sid Holmes Handicap Trophy**.

The **Men's Four Wood Singles** playing for the **Edney Cup** turned out to be the closest game of the week end. It was **Dave Chilcott** who established the early lead and looked likely to win

the trophy but in bowling - it's never over until the final shot has been won and that was certainly true of this game. With 21 shots being the winning target the scores eventually arrived at 20 each --- next to score a shot wins. The on looking supporters fell silent as the last end was played - who would find that winning shot? It was **David Hinksman's** first wood that did just that and there was no need to bowl the second. What a game and what a conclusion to a great week-end of bowling.

A competition played in one day and not part of finals weekend is the **Jack Ashton Triples**. This year's competition was scheduled for August 7th but washed out that day. It finally took place in the sunshine and with music from **Kevin's Jazz Giants** playing in the ballroom on **September 5th**. Four sets of five ends were played with teams moving to different rinks and different opponents each time. Winners at the end of the afternoon were - **Ken Davies, Phil Cormack and Nick Burrand** with runners up **Bob Morgan, Derek Jones and Bill Hatherall**.

In the next edition of Shire we'll tell the story of the clubs first ever game of Spoons and all the news from the delayed **Bowling Break in Torquay**.

Don't forget - **October 31st Beetle Drive, November 19th Presentation Evening** and entertainment by singer **Dave Dean** and on **December 5th** thinking caps on for **Quiz Night**.



**Gill Gibson who with other ladies made a big contribution to finals weekend.**



**Howard Surman looks on as Ken Davies bowls in the Sid Holmes Handicap final.**

# SHIRE STRONG

**When I started my journey as a personal trainer I was 57 years old. I am now just 62 and I feel stronger both mentally and physically than I ever have before.**

**Why do I feel so positive? One word – training.**

I have been training for many years, changing up my exercise habits to include aerobics, local team rugby and running; I have completed several half marathons and 10k's. Of all the training I have done, strength training has proved to be the most beneficial.

I started with kettlebells around 12 years ago at the age of 50 and went on to take part in competitive deadlifting achieving the **BDFPA world record** for my age and weight. This obviously isn't a "must do", all exercise is really good for you whether it be a short walk or 2 hours in the gym, especially if it is something you enjoy!

As an added bonus, training supported my 2 stone weight loss and has played a part in me being able to maintain a healthy weight since.

I believe that women of a 'certain age' are overlooked when it comes to training and their needs. The gym can be a very intimidating place especially when full of perfectly toned young people mirror squatting and flexing. However, it is exactly at this age that we, as women, gain massive benefits from participating in a regular training practice.

When we reach the menopause the hormone oestrogen decreases, causing our bone density to

also decrease, increasing likelihood of osteoporosis. Strength training can help to improve bone density and thus offers some bone protection.

As well as losing bone density, we lose muscle mass, increasing our risk of sarcopenia. Another condition best prevented or treated through exercise and more specifically strength training.

Strength training doesn't mean bulking up - let me put your mind at ease, you won't end up looking like the Hulk! We certainly don't need to build that mass of muscle, but it is important to maintain as much muscle as possible in our later years. It also doesn't do any harm to lose a bit of fat either!

I can help and support you with both - through the correct exercise and with good eating habits.

Kettlebell exercises are now my primary beneficial exercise of choice - there is nothing like having a good swing! These exercises improve overall strength, core power, balance, flexibility, coordination while also reducing fat and producing healthy and lean muscles.

The offset centre of gravity of the kettlebell means that any kettlebell exercises need strict and controlled body form and body mechanics – unless you are



already a seasoned kettlebeller then it is usually better to start in a class where you can be prompted and positioned by an expert.

As well as being compact, portable and a fun workout, kettlebell exercises target functional strength, working on muscle groups you use in everyday tasks. A kettlebell workout ticks off your strength, cardio and flexibility in one session – if you can get it all done at once, why wouldn't you!

Personally, I love strength training.

As well as helping me stay strong, positive (both physically and mentally) and maintain a healthy weight, I have had the best time and met some amazing and inspiring people through my journey.

If you would like to learn more then please contact me, there is never a better time to get started!

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# 191<sup>ST</sup> ST MARY'S SHIREHAMPTON SCOUT GROUP AND TWYFORD CRICKET CLUB



During September and October Twyford House Cricket Club's Under 13's team have been playing friendly floodlit cricket matches on a Friday, each one with a different sponsor. So far, they have raised £500 for Motor Neurone Disease.

The game on 24th September was sponsored by 191st St Mary's Shirehampton Scout Group. The game was attended by Group Scout leader Martin Pearce who came along to watch and present the Player of the Match trophy, together with Cub Scout leader Rama. It was a slightly chilly but dry evening, and the team had an enjoyable game. The match proves that cricket can be played by anyone as the **Player of the Match** trophy was won by Ava - Congratulations Ava.

A big 'Thank you' to all of the other sponsors: Anderson Parslow, Berkeley Vale Motors Hyundai, MG Stonemasons and Gary Ball and to Central Body Shop for sponsoring the trophies.

If you or someone you know is interested in playing cricket or getting involved, please contact Coach John Harvey on 07906 598 773.



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