

Shire

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

No. 629 - June 2024 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL TRADESPEOPLE section on pages 16-18 to find a local business who can help.

The Iron
Bridge Returns!
See Pages 8-9

See Our New Sport
& Activities Pages
See Pages 18-24

KEEP US SAFE!

With several nasty collisions on the roads of Shirehampton in recent months, there is growing concern in the village about dangerous driving and unsafe road use. Some of the biggest worries are around the schools and pedestrian crossings, where children and those who aren't so quick on their feet are most vulnerable. Most residents have a near-miss story, but few of us know where to go to report an incident. If the council and police aren't told how bad the situation has become, they can't do anything to help.

The Shirehampton Road Safety Group have teamed up with the Parent Council from Shirehampton Primary School to launch a new campaign, aimed at equipping residents with useful tools which empower the community to make a difference. We need your help to prove that change is needed on our streets, before someone is seriously hurt or worse.

The roads around our schools and the High Street crossings are particularly dangerous. Did you know it is illegal even to stop on zig-zag lines? These are areas that have been identified as high-risk crossing



© Shirehampton Road Safety Group

points, especially for children who can't see over vehicles that may have pulled up nearby.

One local parent at Shirehampton Primary School said: "At school drop off and pick up times a significant number of cars drive and even park on

the pavements and yellow zig-zags by the Springfield Avenue entrance. It is very dangerous and I am concerned to ever let my children make their own way to school because of this!"

To find out what you can do go to page 12.

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Scan QR code to book now!

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An advertisement for Ruby Jeans. It features a green starburst shape containing the text 'Burger & Fries for £10!'. To the left of the starburst is an illustration of a burger and a basket of fries. To the right is a QR code with the text 'Scan QR code to book now!' and 'SCAN ME' above it. The background is green with white and yellow geometric shapes.

Shire

Official address: The Library, Public Hall, Station Road, Shirehampton, Bristol BS11 9TU.

Please note the Shire contact number is: 0117 938 1709

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Distribution: distribution@shire.org.uk or 0117 982 0478

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

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

SHIREHAMPTON COMMUNITY ACTION FORUM (SCAF) SHIRE COMMUNITY LITTER PICKS 2024

Meet at 10.30am at Shire Public Hall, Station Road, BS11 9TU

Pick up equipment & we'll go to different areas of Shire and tidy up for 1-1.5 hours

Thursday 20 June

Thursday 18 July

Saturday 17 August

Thursday 26 September

Thursday 17 October

Thursday 21 November

Thursday 19 December

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

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

Events in our library



Every Tuesday afternoon 3pm - 5pm

Shire's Living Room -

Free soup & bread/tea/coffee/biscuits/board games and a friendly chat.

1st Wednesday of the month 7:30pm - 9pm

Record Appreciation Club -

Using analogue equipment, we play a classic vinyl album every month and have a discussion afterwards.

2nd Thursday of the month 6pm - 8pm

Family History Group -

We have a team of experts at hand to help you navigate the Ancestry.com website and other online tools and find out more about your family's history.

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

Shire Newspaper AGM

Friday 7th June 2024 5:30pm

Cotswold Community Centre, Dursley Road
Shirehampton BS11 9XH • All welcome



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

REGULAR EVENTS

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

Come along and join in the fun





For more details and regular updates, join our mail list by emailing cotswoldca@gmail.com

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The *Shire* Community Pages

Restarting Dementia Well-being Groups this Spring

The Forest of Avon Trust recently restarted our popular Dementia Woodland Well-being Group in Kings Weston Estate after a break for the winter. Woodland Well-being is an opportunity to spend quality time together in the relaxing environment of a local woodland and is designed for people with dementia and those who support them. These peaceful surroundings help people with dementia relax and give family carers a little time-out for themselves.

We love holding our sessions here as the woodland and grounds are beautiful with lots of seasonal wildlife to appreciate. The park has the added benefit of good, level footpaths, a car park and nearby bus stops making it easily accessible for people who might not otherwise be able to get out into nature. The park is managed by **Bristol City Council** with help from the active volunteers from

Kings Weston Action Group. Bristol City Council give us permission to hold our group in the woods on a fortnightly basis.

We enjoy meeting and chatting with other park users and appreciate the friendly and welcoming space.

Evidence suggests that being outside in nature can improve the lives of people living with dementia. Building a connection with nature by listening to the birds or appreciating the park's amazing trees, seeing the morning sunshine and experiencing the changing seasons and weather improves mood and builds new, positive memories. There are many physical benefits to being outside too. This all adds up to improved quality of life and remaining independent for longer.

The group also supports family carers and other people who support loved ones with dementia. It provides a warm and accepting space for people to connect to



each other. A typical session might include a walk noticing the changing seasons, some nature-based craft and, of course, a welcoming cuppa around the fire.

If you are in Bristol and living with dementia, or supporting someone who is, and think that you would enjoy this group, please phone your Dementia Navigator at Bristol Dementia Wellbeing Service on 0117 904 5151

The Forest of Avon Trust is a tree planting charity, that also supports people's health by providing outdoor activities for people who face barriers to accessing nature. We work in partnership with Bristol Dementia Well-being Service to run the Woodland Well-being group. If you would like to find out more or support our work, please visit our website forestofavontrust.org



Quotes from Participants

"I like the people who run the group. I like the location, somewhere to walk, away from the traffic."

"We're able to mingle and talk in the open air... It's less confining – everything floats away!"

"Fresh air does you good, there's a sense of wellbeing, reduced tension, I do sleep better."

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LETTERS TO
THE EDITOR

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.

WHO KILLED ROGER RABBIT

Dear Editor,

Due to the mindless, malicious attack on the Easter bunny post box display.

I've been informed that the person responsible for making such brilliant knitted scenes will no longer lift our lives, put a smile on children's faces, will no longer put out her amazing art.

SHAME ON YOU

Garry Thomas Sub Postmaster

LOST PHOTO!

A runner found this photo on the **Yellow Brick Road** on **May 9th**. We wondered if anyone recognized it or was missing it. If it's yours contact us at editor@shire.org.uk



CONCERNS REGARDING E-CONSULT AT SHIREHAMPTON GROUP PRACTICE

I can't stay quiet any longer, the stress and emotional strain has been eating me up and has affected my sleep for months now and it's time to speak up. Some change needs to be seen and my feelings need to be validated, recognised and resolved.

I have spoken with my family and some of the locals in the village so I know that what I'm feeling is something lots of our community and the patients at **Shirehampton Group Practice** feel too, they just need someone to speak up and express it.

The new **E-Consult system** has caused so much distress to both myself and many others who fear the unknown and change. It is a new system with no explanation or advice given, just a sudden jump that they now expect everyone to follow, though not everyone is able.

Have they considered the impact this has on our local residents? Those that are vulnerable, elderly, disabled. How is it an appropriate solution for those that are partially sighted? Individuals that don't have the dexterity they used too or are unable to read and write, or simply don't have access to a smartphone or the internet?

I've experienced a few receptionists speak to patients in an unacceptable manner, one of those being myself. I was made to feel like an absolute "prat" when phoning and asking for help with this system. I was eventually given the help I needed, but it certainly didn't come easily and was made known that I should "just be doing it myself" and to "get used to it".

The practice promotes they are here to help, but have taken away the personal touch that so many desperately need when they are feeling the most

vulnerable. I know for myself and many of us, the last thing I want to do when I'm feeling so utterly unwell is to fill out essays regarding my symptoms, just to have to say it all over again - If I actually manage to get an appointment that is(!)

Appointments seem to be increasingly more difficult to obtain, even for those that do understand how to use this new system. We all could understand during COVID, and the pressures GP surgeries in particular faced, but things have moved on now and unfortunately we haven't seen things go back to "normal"

To my knowledge and the others I've spoken too, the practice haven't communicated what support is available to those that may need help to book appointments which is resulting in patients, myself included, leaving their illness and concerns until later scheduled appointments. For me this was due to the fear of being made to feel an idiot again for not knowing how to complete the E-Consult.

This has resulted in complications that could have been avoided and I'm sure for some, life threatening situations. If we were supported and treated with the respect and dignity we deserve and have an alternative solution for those that need it, surely this risk would be lower?

I am asking Shirehampton Group Practice to consider the needs of all the patients in their service and how they can adapt to ensure they are being inclusive. Right now, I know for many of us this isn't the case and something needs to change to prevent some very serious consequences.

Linda Turner



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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Linda x x

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

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



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

Email: t.linda1206@gmail.com

www.shirestrong.co.uk



Personal Announcements

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

To book contact: adverts@shire.org.uk
Prices Start from £7.50

SHIRE ADVICE SERVICE

Free Advice Sessions

*Shirehampton Health Centre, Pembroke Road,
Shirehampton*

Tuesdays from 10am

To make an appointment call 0117 9515751

Tandem Arts Update

There has been a lot of activity at the Cotswold Centre in recent months, not least with an Easter tree session at the end of March. We used beautifully coloured dogwood, curly willow and corkscrew hazel and set the branches in plaster for stability. We carried on making felt samples which resulted in a range of attractive practical objects. Weaving in the round is always popular as are crochet and knitting. Alongside the many crafts on offer there are many other activities people enjoy, such as playing scrabble and dominoes or making puzzles. The Thursday mornings at the Cotswold Centre function as a small, friendly local day centre, there to be enjoyed by all. A big thanks to all the many volunteers who make this possible.



Tandem Arts will be contributing to the Festival of Nature Community Day (festivalofnature.org.uk) which takes place on 9th June. There will be a Free Drop-in Creative Session at the Public Hall 12noon -3pm. All welcome - this is a family friendly event which will take place in the garden at the Public Hall in good weather – indoors in poor weather. A heap of scrap materials will be provided to make bugs and creatures of all kinds - this always appeals to children not excluding those of us who are young at heart, looking for some playtime, distraction or inspiration. We will also revisit working with pressed plants and fresh foliage and explore the limits of our imagination and sense of humour!

Tandem Arts is a Community Interest Company with the intention to offer creative opportunities to the community at a low cost. We enjoy offering workshops for free whenever this is possible. We also run sessions or short courses for a minimum of three to four people (depending on the activity). For more information, please email tandemarts2@gmail.com. Tandem's fb page and photo gallery will also give you an insight into many past projects and events: <https://www.facebook.com/theportwayroom>

Oasis Academy Brightstowe News

Here is just a snapshot of the amazing opportunities our students have had since returning to Brightstowe after the Easter holidays.

Amey supported us over 2 days with the workshops for Years 9 and 10. Year 9 students looked at bridge designs & made bridges using K'Nex kits. The Year 10 students focused on business & maths and had the opportunity to design & pitch a new school on a budget of £8.5 million!

Some of our Yr 9 students have been given the opportunity to take part in a rowing programme with a charity called London Youth Rowing. The programme will continue until the end of the term and we cannot wait to see them out on the water.

We also took 40 students across Years 8-11 to see a performance of Hamilton at the Bristol Hippodrome. 'Edu Hamilton' also included a 30-minute session after the show highlighting the careers available in theatre. We saw demonstrations from the sound and lighting team and a quick-change costume race.

Our Year 11 students have also sat their first GCSE exams and are busy attending masterclasses and revision sessions.



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An Update from Darren Jones MP, Bristol North West

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

On Thursday, 2nd May, like many of you, I headed down to Shire Public Hall to cast my vote in the local elections. More than 4,000 people voted in our ward of Avonmouth and Lawrence Weston. Thank you to everyone who took part in this important democratic process.

I'm pleased to report that the three Labour candidates standing in our ward were duly elected: our returning councillor **Don Alexander**, and the new councillors **Zoë Peat** and **Tom Blenkinsop**. Furthermore, our **Police and Crime Commissioner** is now Labour's **Clare Moody**.

Congratulations to our newly elected councillors and Police and Crime Commissioner, and thank you to our retiring councillors, **John Geater** and **James Scott** for the Conservatives, who have done a great job over the past four years.

The work of our councillors is more important than ever now that Bristol no longer has an elected Mayor. In April 2022, Bristol voted in the **Mayoral Referendum** to move to a system in which local decisions are instead made by various committees of groups of councillors.

We will need to make sure the committee system works in the best interests of Shire and the wider

city. As your local MP, I will continue to hold the council to account and to liaise with them on your behalf when necessary.

At the time of writing, for example, my office has just shared a successful outcome in helping **Shire FC** with a Council matter. **The Chairman** of the football club, **Pete McCall**, recently reached out to me for guidance on how to lease the football ground formerly used by **Lawrence Rovers FC**. He had spoken with several former Lawrence Rovers FC players who were supportive of their plans but couldn't provide a contact person for the lease.

My office was happy to assist and liaised with the Council to put them in touch with the right people to move this forward. I hope Shire FC will be able to call the ground by the **Cabbage Patch** home by the start of the next football season!

I'm here to help on issues both big or small – and to stay on the issues that matter to you for as long as it takes.

Speaking of long-running issues, we're all celebrating the news that the restored **Iron Bridge** is finally back in its rightful place, connecting the **Kingsweston** and **Blaise Castle** estates.

I was more than happy to help keep the spotlight on Iron Bridge and to raise its restoration with the **Council** over the past six and a half years, including writing letters to help secure the funding and then making sure those funds were ring-fenced when the work was delayed. I would also like to thank **Janet Poole** and the **Save the Iron Bridge group** for campaigning tirelessly to help make this happen.

And finally, regular readers will know that I recently created a collection of short films, called **Village Matters**, giving historical context to issues that are important to constituents today. If you missed the screenings of the films in March at **Scott Cinemas in Westbury Park** and at **Shire JTE Hub's movie night**, they're now available to watch online at darren-jones.co.uk/village-matters

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

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

Your Councillors are:

Donald Alexander – Labour: cllr.donald.alexander@bristol.gov.uk

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

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



The Lifeboat Upcoming Events

Tea and coffee available daily.
Freshly made rolls available
Monday to Saturday from 12pm.

June

Sun 2nd 6pm - Live Singer TBC

Thurs 6th 8pm - Karaoke

Sat 8th 8pm - Live Singer TBC

Weds 12th 8pm - Open Mic

Sun 16th 5pm - Acoustic Duo

Tues 18th 7.30pm - Quiz Night

Fri 21st 8pm - Live Singer TBC

Thurs 27th 7.30pm - Bingo

Fri 28th 8pm - Live Singer TBC

We will also be showing the Euro football games

Deals & Offers

Sundays & Mondays Bath Gem £1.90 per pint

Monday - Saturday Fresh crusty cob and a tea or coffee £3.50

For more information follow us on Facebook
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July Babies & Under Four Tues
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Friday 4pm

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Music Classes every Tuesday and Friday in Shirehampton Hall and Library

For further information Contact Reissa: 07921660711 mwm.reissaperring@gmail.com

Climate Fashion Repair Cafe

Saturday 15th June
10am - 12noon
Shirehampton Public Hall
BS11 9TU

Come to a FREE fashion morning at the Public Hall.

Explore ways to REPAIR, RENEW, UPCYCLE, MAINTAIN and SWAP your favourite clothes.

Create affordable sustainable fashion for yourself.

Advice on clothes from expert clothes repairers, block printing, a tie-dye table, swap shop.

Advice on heat and energy and insulation from Bristol Energy Network. FREE coffee and cake.

Join a general discussion on how we feel about climate change and what we can do in our own lives to reduce our impact. HAVE YOUR SAY!

FREE and ALL WELCOME

Your Memories are in Demand: Kings Weston Iron Bridge

Note: As publication of this article was delayed due to my error, the bridge has since returned. See the next article for some photos of the re-installation. Paul McMillan

For around 200 years, Kings Weston Iron Bridge has provided a link for walkers between the Kings Weston and Blaise estates, a link in a chain comprising miles of off road walking routes. It became increasingly vital with the increase in traffic at the dangerous junction below the bridge. Have you ever tried to cross on foot there? If you have, you will know what I mean.

On the 5th November 2015, we lost the vital link provided by the grade 2 listed structure when a “hit and run” lorry struck the bridge. This meant that no insurance claim was possible, so BCC were going to have to foot the repair bill. To compound the problem, the scaffolding temporarily erected to support the bridge reduced the clearance and it was hit twice more as a result. After 800 days of inaction by BCC a newly formed protest group, “Save the Iron Bridge” founded by Kate Ellis (www.facebook.com/groups/639364729607199), presented a list of three demands to the council. These were:

- The nomination of a named person at BCC who would be the contact for the local residents interested in the future of the bridge.
- Warning signage to be provided on site.
- The creation of a repair plan for the bridge.

The saga continued for 8 years, BCC consistently omitting repairs to the bridge from their budget, saying that it was not a priority because of “footfall.” Protests were organised at the site of the bridge, Bristol North West MP Darren Jones called, in February 2022, for funding to be set aside and local councillors James Scott and John Geater weighed in with their own pressure on the Mayor to allocate funds, after yet another draft budget was presented in 2022 with no mention of Iron Bridge funding.

At last, a result: the final budget included £1.1m of funding for the restoration of our well-loved and historic bridge.

The bridge is now almost ready to leave the workshops of Dorothea Restorations. It will be refinished in the original bottle green, discovered during stripping. Now for YOUR part in the story. Janet Poole is writing a book on the history of the bridge and she would like it to include local residents’ memories, including photos if possible. Talking to some folk recently, I was told that it was part of the Portway School cross country course, so some of you must have memories of slogging up the hill from the school, through the mud of Kings Weston and across the bridge to more mud on the Blaise side. Maybe you have fond memories of the run on more pleasant days? Someone else remembered snowballing off the bridge and another of leaping over broken or missing deck plates when the bridge was open but in disrepair. The book will also contain recipes of cakes that Janet regularly takes up to the workers on site.

All proceeds from the book will go to the Kings Weston Action Group and Janet is hoping that the launch will be on the first anniversary of the re-opening of the bridge. John Barbey, owner of Kings Weston House, has kindly offered free use of the house on the day.



Janet Poole writer of the book on the history of the Iron Bridge.

Memories for Janet to potentially include in her book can be emailed to her at kingswestonironbridge@gmail.com There will also be a folder kept in Shirehampton Library where you can drop off written submissions.

Paul McMillan

Photos by © Bob Pitchford



The Iron Bridge as seen during the Tour of Britain cycle race in 2014.



The Iron Bridge Comes Home!



The Kings Weston span on the way in.



After 8 years of struggle, protest, argument and counter-argument, the saga is all but over. The bridge arrived on its low loader on Tuesday 30th April around 08.30 and by 9.15 the Kings Weston span was in the air and on its way to the newly prepared abutment. After a little bit of adjustment to the stonework with power saw and hammer and chisel, it was in place. The Blaise span followed and by 10.30 the bridge was a bridge once more!



Edging towards the Kings Weston abutment.



The Kings Weston span in place.



Blaise span incoming.



Inches separate the East and West spans.



The spans meet and a long saga approaches the "end game."



Local resident and member of "Save the Iron Bridge" group, **Jean Maish** shows her joy that the long fight has reached a happy conclusion. Although the stairs at either end are not ideal for her, she is just delighted that an "old friend" has rejoined our community.

Paul McMillan



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Churches in the Shirehampton Area

Shirehampton Hub at the Methodist Church

We continue to have some great food fetched by Darren and Kirsty for the Community Fridge. M&S, Tesco and Redland Bakery are frequent donors, with KFC, Nandos and Aldi on occasions. The food will usually be advertised online – Facebook or the WhatsApp notifications Shire Hub Food Group. Please note that you need to come to the Hub for this food, but there are no restrictions or referrals. Mondays to Thursdays usually 9.30-4pm. Excess food stocks (in date) and Petfood are always appreciated too.

There is a new venture **3D Printing Workshop** – for 16 plus and adults – on Mondays 4-6pm till end July – **Booking is required** – please call/email Darren. This has been funded via the **National Grid**.

This is a truly welcoming space for all the community and regular activities include:

HUB'S CUPS, a Drop-in on Mondays 11-12.30pm – and Job Club on Tuesdays 10-12pm.

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

ESOL (English language conversation group) Thursdays 12-1pm provided by Community Learning

Welcome (Warm) Spaces – this has finished till next winter, but some early evening activities continue on Tuesdays.

Cost-of-Living Advice or benefit checks – Monday or Wednesday mornings. Thanks to Quartet, BCC and Bristol Churches City Fund for those weeks of support.

Games sessions and modelling events – watch out on our Facebook page.



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

Email: projectcoordinator@jtehubshire.org to register interest in any of the above, or for a one-one appointment to discuss your needs. Also Tel. 07305 066478 or check the Website - <https://jtehubshire.org/>

Revd Pearl Luxon

The Noise Put Family Fun Into the Bank Holiday

Once again, 'The Noise' were running a series of events throughout Bristol during the first Bank Holiday of May. The rain stayed away for this event with all the activities taking place inside St. Mary's Church in Shirehampton and being Monday the venue was packed with plenty of people teenagers and young children.

No matter what your age there were plenty of activities to choose from **first aid, face painting, hair braiding, temporary tattoos, nail care, tombola, games, dance demonstrations** and a chance for everyone to take part in a **simple dance routine**. With refreshments on tap for everyone, delicious cake, bacon butties and hotdogs too, there was plenty of chat, catching up with family and friends whilst the children played with new friends and old.

The Noise organise these events, generally on **Bank Holidays** or some school holidays. Every time I have attended these occasions on behalf of the Shire, they are different each time and full of smiles, fun and play as well as **community**

spirit. Each event is well worth attending even for a coffee and a piece of cake and open for all the local community to join in.

The Noise is charity that is mainly made up of volunteers that organises events in churches to show **God's** love in practical ways to their communities. As well as the family fun days, they also do teas for seniors, tidy up the neighbourhood days and more besides.

For more information please go to: www.thenoise.org.uk They also have a Facebook page www.facebook.com/bristolnoise or send an email to: info@thenoise.org.uk

Kathryn Courtney



© Kathryn Courtney



© Kathryn Courtney



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Shire Baptist News

Now June is here, we hope to enjoy Sunshine, lighter mornings and longer evenings. Over the past few months we have started some new ventures.

Firstly, our **All Age Service** on the last Sunday of each month. This is led by **Lucy** and it has been good to see young and old worshipping together.

Secondly, on Mondays some are meeting at the church building, Station Road from 1:30 to 3pm to look at the **Gold Bible Course** which helps them understand the best way to read the Bible. The course is designed by **David and Angela Ball** from **St. Peter's**.

Rock Steady has grown in numbers, often nineteen children. During May and June following

the drama of the *Crucifixion and Resurrection of Jesus* they are now working on another drama looking at the events which followed. Once again it is a mixture of drama and music. The **Creative Group** have made instruments for use in the performance. **Rock Steady**, for children of primary school age meets every Thursday term time 3:30 to 4:30pm in our building, Station Road.

I'm glad to say our **Life Cafe** is continuing and the next is **Thursday June 27th**. All welcome at our building, Station Road 10:30 to 11:30 am.

The next **Songs of Praise Cafe** is **Sunday June 9th**, 4:45 to 6pm. Do come along. We meet in the Cotswold Community Hall, Dursley Road. It is run by the **Cotswold Christian Community**, consisting of folk from various churches, or no church, all welcome.

Shirehampton Baptist welcomes all to our **Sunday Morning Service** at 10:30am and a Bible study on Zoom at 4:30pm.

Hard to believe we are now halfway through 2024. Whether we are extremely busy or with time on our hands let us make time for God in our lives.

For information on any of our activities see **Contacts: 07749 683684** or rhodespaul360@gmail.com

Sent with love from Shirehampton Baptist.

St Mary's News

Hi Folks!

June already - I can hardly believe it. It seems only a very short while ago we put the clocks forward into **British Summer Time** and by the 21st of this month we shall have reached the longest day and the nights will be drawing in again! Time seems to be absolutely racing along and all the time I am getting that much older. Nevertheless, I am glad to have reached the age I am. But enough of such talk - I must get on with the news before I forget it!!!

Sunday 2nd June is the first Sunday of the month, and it is the day when we have **Sung Eucharist** at our **10.30 am service**. A major part of the service is sung instead of saying various words and prayers. It is my favourite service as I and other members of the church choir enjoy the additional singing. During the late afternoon there is a **Mission Area Celebration** in church, when we anticipate visits

from other **Youth Groups** taking part in dancing and **Worship Groups** providing music - refreshments will be served as well. This is open to anyone who cares to come along and join in!

Wednesday, 5th June at 10.30am the "**Goldies**" meet again for their monthly sing song of old and favourite songs from the recent past. Your favourite song may be amongst them - so why not pop in and join them?

The next **'Pop Up'** session at St Mary's will be on **Tuesday, 18th June** from 3.30pm until 5.30pm and will be called "**Creation Station**". This is for children who must be accompanied by a responsible adult. Once again refreshments will be provided for all attendees.

Family Service this month is on **Sunday, 23rd June** at 9.45 am and all are most welcome.

Now some advance notice of a function that always proves very popular: on **Monday, 8th July**, the **Bristol West Concert Band** will be giving a performance of their music in St Mary's. This will be their **Summer Concert**, your only other chance to hear them is when they hold their **Winter Concert** around January time. Further details will appear next month.

Well, that's it for this month, so I anticipate you are now waiting for your monthly yarn, so here it is - Question: What kind of timber did Noah use to build the Ark? Answer: 2 x 2 !

Bye for now! C.M.E.

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

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

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



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ROAD SAFETY TOOLS FOR SHIREHAMPTON VILLAGE

By Shirehampton Road Safety Group & Shirehampton Primary Parent Council

We want to hear your stories about anything that has happened to you (so do email us) but more importantly we want to make it easy for you to begin reporting these problems to the people who can make changes.

On this page you will find a series of QR codes which will connect you to the council and police reporting sites. We will soon be printing these on pocket flyers and making them available to you. Our aim is to prove there is a problem and we can only do this as a community. We need to keep each other safe!

Shirehampton Primary Parent Council:
parentcouncil@shirehampton-jun.bristol.sch.uk

Shirehampton Road Safety Group:
shirehamptonroadsafetygroup@gmail.com



COUNCIL SITES:



ROAD SAFETY & PARKING CONCERNS

This tool is the main way residents can voice their road safety concerns to the council.

You can also see previous reports. The more people that report about an area, the better. Even if you're commenting on an area or concern that has already been reported.

<https://bcc.maps.arcgis.com/apps/CrowdsourcingReporter/index.html?appid=2365214eb7c64b1da49bc904611e108e>

“You can use the tool to tell us if you have a concern about road safety, for example if:

- parked cars cause a problem, such as making it hard to see oncoming traffic or for emergency vehicles to pass
- drivers regularly speed through a particular area or on a specific road
- a road is difficult for pedestrians to cross safely
- drivers cut through residential areas to avoid traffic on main roads, known as rat-running
- commercial or heavy good vehicles (HGVs) are ignoring weight and height restrictions
- there are not suitable facilities for cyclists, such as cycle lanes or cycle parking
- there are not suitable facilities for pedestrians, such as pavements”*

*Taken from BCC website

POLICE SITES:



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www.avonandsomerset.police.uk/report/accident-on-the-road/#/



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ANTISOCIAL DRIVING

www.avonandsomerset.police.uk/report/anti-social-driving/anti-social-driving-form/#/



SPEEDING CONCERNS

This is used for data gathering rather than activating a police response.

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OBSTRUCTIONS OR HAZARDS

This takes you to a general enquiry form that offers you the option to report an obstruction or hazard, as you work through the options.

www.avonandsomerset.police.uk/forms/gef

“You should report a vehicle to us if it is causing an obstruction or hazard by:

- parking in a dangerous position such as on zig zag lines or other pedestrian crossings
- parking opposite or within ten metres of a junction
- parking over a dropped kerb
- blocking a road or pavement which causes pedestrians to enter the road
- preventing you from being able to park or get your vehicle off your driveway (try to find the owner and ask them to move the vehicle, before reporting)
- preventing emergency vehicles from accessing an area

Your local council is responsible for the enforcement of parking offences. The Police will only deal with vehicles causing a hazard or obstruction.*

*taken from Avon and Somerset Police Website.

We report to make our streets safer!

Volunteers Needed to Listen to Children Read in Bristol Schools: Could You Spare Some Time to Help the Children of Shirehampton?

Schoolreaders

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10 Years

As Schoolreaders celebrates its tenth year, we're on the lookout for enthusiastic volunteers who are passionate about nurturing a love for reading among children in primary schools in Shirehampton and across Bristol.

Schoolreaders is a national child literacy charity which, since its inception, has been dedicated to ensuring that every child has the opportunity to improve their literacy, and in so doing, increase their future life-chances. Over the past decade, **Schoolreaders Volunteers** have provided **more than 2 million one-to-one reading sessions, to over 80,000 children.** We are now the largest in-school child literacy charity in the country.

The support Schoolreaders offers has tragically never been more needed, as statistics reveal that **1 in 4 children leave primary school without reaching the expected reading standard**, which means they cannot fully access their secondary education, which will have a negative impact on their future prospects. This stark reality underscores the urgent need for more volunteers to step in and make a difference.

Schoolreaders Volunteers commit to spending just one hour per week listening to children read in primary school. **The impact of this commitment is measurable: 81% of children supported by our volunteers showed improvement in their reading fluency, 91% displayed a boost in reading confidence, and 84% were found to take greater enjoyment in reading.**

Our dedicated volunteers serve as mentors and role models within the school community.

Juliet, a Headteacher at a Schoolreaders partner school, said; "What the Schoolreaders volunteers offer us is quality of time with reading that we simply cannot offer ourselves. It's more than just a volunteer. It's a unique role. It's someone we have a relationship

with, perhaps from a different generation. It's another adult, who is not their teacher, not their parent, who children can experience in a really positive way and can share thoughts and ideas with."

Peter, a volunteer and Schoolreaders Ambassador, shared his rewarding experience: "I, like many other Schoolreaders volunteers, could share a great many heart-warming stories. From the boy who for over a year had really struggled, then one day was comprehending sentences and asking questions about the book, to the girl who not only reads the stories, but gives each character a different voice. I always return home from school with a spring in my step!"

To learn more about Schoolreaders and how you can get involved, visit www.schoolreaders.org

Apply now to become a volunteer and help to change a child's life-story. Volunteers will be promptly matched with a partner school following completion of a mandatory DBS check and virtual safeguarding training.

Join us in spreading the joy of reading and building brighter futures for the children of Shirehampton. Together, we can make a lasting impact on children, families, and communities at large.

For further information, please contact Izzy Perks on I.perks@schoolreaders.org 01234 924111.



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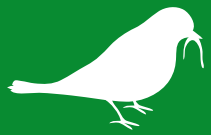


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Flood Awareness Morning

Around 30 people came out in the cold and wet on the last Saturday in April to hear what the experts have to say about the risks we face from climate change. Professor Daniela Schmidt, lead author of the IPCC (Intergovernmental Panel on Climate Change) report on Impact, Adaptation and Vulnerability to Climate Change, spoke about the impact climate change is having on our lives. Here in Shirehampton we already face increased flooding from both rising sea levels affecting our tidal river and from the greater intensity and volume of rainfall causing ground water flooding.



It is already too late to prevent these consequences of global warming, but since we know what to expect in the coming years the question is how best to adapt to our changing climate and protect the most vulnerable.

Professor Schmidt suggested we need to transform our cities by creating streets where there is sufficient shade and shelter for people to move about during periods of extreme weather such as prolonged severe heat, or prolonged heavy rain leading to flooding. Here in Shirehampton we can create 'social safety nets', mapping who is most vulnerable to which risks. We can prepare local 'places of refuge' and recruit local 'drain monitors' and 'flood wardens' to help minimise damage and offer support to the more vulnerable.

John Stevens from Bristol City Council spoke specifically about Bristol and Shirehampton describing the challenges the various water authorities face in managing the river 'from Avonmouth to Keynsham'. We won't be able to prevent all flooding as sea levels rise, storm surges become more violent,

and heavy rain more frequent so we need to make our homes much more adaptable and learn to be better prepared ourselves.

The talks were followed by a workshop which asked residents to locate themselves on Council Flood Maps, imagine what the effects of flooding would be where they lived, and consider what actions they could take to deal with those consequences in their own homes. The feedback from that workshop will be used to inform Shirehampton's Community Plan. We will post a digital summary of the workshop activities and the feedback from residents on the Shire website.



There are also many on-line resources available from the BCC Flood Risk Management website:

- Sign up for flood warnings - GOV.UK (www.gov.uk)
- www.nationalfloodforum.org.uk
- www.floodmary.com
- Flood Re - A flood re-insurance scheme
- Blue Pages
- www.bristol.gov.uk/council-and-mayor/policies-plans-and-strategies/energy-and-environment/flood-risk-strategy
- Flood emergency plan template for developers (available on the above web page)
- Flood emergency plan template for owners (available on the above web page)
- www.bristol.gov.uk/residents/crime-and-emergencies/emergencies/severe-weather/flooding-and-storms
- www.bbc.co.uk/weather/coast-and-sea/tide-tables/12/523

R. Slater

Nature Notes

This was the shot I mentioned in the previous notes. I find it so hard to capture either the Sun or the Moon in a really good picture on my modest camera phone! But on that morning I got a bit lucky, and I was quite pleased with this effort! It was taken from my front garden, so you can appreciate how blessed I feel living here on the Cotswold Estate. I loved it as a child, and am enjoying the gift of being part of it now.



© Bobbie Perkins

We have been watching Spring take a bigger hold of the river bank and its inhabitants too! A green woodpecker decided to herald the changes nice and early for several days recently, with his laughing call echoing throughout the houses! After a while, with his challenge delivered to any interloper that might be nearby, things have settled down a lot! We now have resident robins firmly based along the field, with their pretty song so clear all around. I recently put a birdsong app on my phone to register what was in our area whilst I was walking my dog. I know a few, such as Robin, Blackbird, Wren and so on, but was so amazed to have a garden warbler, blackcap, chiffchaff and gold crest appear on the app as Russ and I strolled along! It was such a treat, and very satisfying to know these birds were so close. Let's all look forward to more surprises as the weather improves.

Happy nature watching folks!

Bobbie

Shirehampton Primary: An Eco-School

Shirehampton primary school are making a real effort to earn their Eco-Schools Green Flag this year.

Children have been busy raising money for a local wildlife charity, tackling litter around the school and thinking about reducing our energy bills. Making our school more attractive to wildlife is also a priority. We've installed bird feeders and we'll be planting out our nature garden in the next month.

Young people care deeply about environmental issues and the Eco-Schools programme provides a simple, seven-step framework which empowers young people to make a difference in their school, local community and beyond. We are all looking forward to the warmer weather and bringing a bit of nature into the playground.



© Shirehampton Primary School



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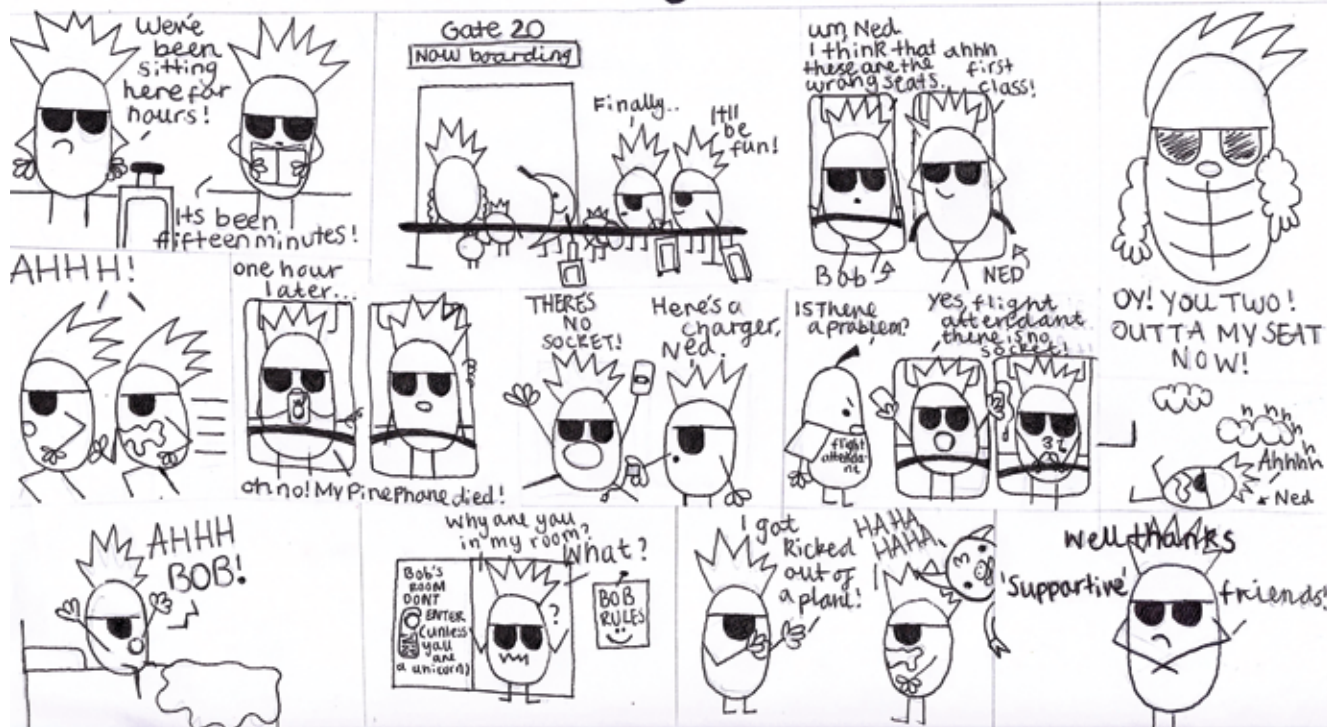


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The Funky FunKy PINEAPPLES'
Get away



The comic strip depicts several pineapple characters in various situations:

- Two pineapples talking about waiting for hours and fifteen minutes.
- A pineapple at a gate with a sign "Gate 20 NOW boarding".
- A pineapple with a "PINEAPPLE" sign on its back.
- A pineapple saying "I got kicked out of a plane!"
- A pineapple saying "well thanks Supportive friends!"
- Other panels show pineapples with "AHHH!", "THERE'S NO SOCKET!", "Here's a charger, Ned.", "Isthere a problem?", "yes flight attendant thing is no.", "OH! YOU TWO! OUTTA MY SEAT NOW!", "why are you in my room? what?", "Bob's room DONT ENTER (unless you are a pineapple)", "BOB RULES", and "AHHH BOB!".

Avonmouth OBRFC Minis Festival Success

Sunday April 21st saw an exciting event take place at Avonmouth Rugby Club for the first time in over 25 years. We hosted a Mini Rugby Festival catering for ages U7s to U11s. The Festival is part of the growing 'M5 Super Series' which comprises our Senior 7s tournament in the summer, the Minis Festival, Junior Tournament & Girls' Tournament.

The day was a great success and it was fantastic to see **nearly 1000 people attending** the event at **Barracks Lane**. Teams from across the Combination & further afield enjoyed rugby - in the sun for a change! In total **400 kids took part**, from 46 sides with 136 games being played. A huge well done to all who took part.

Many thanks to the children and parents who ran cake and sweet stalls, the stage that was donated by **Hickery Bros Scaffolding**, and the **Men's First team** who were on hand to manage and run the car parking - a real team effort! A small army of volunteers from across the Club helped make the event run really smoothly, the atmosphere was fantastic and the event has received great feedback.



As this season's rugby comes to a close, Avonmouth Rugby Club looks forward to welcoming players old and new for some summer multi-sports to keep everyone active, and our Mixed adults Touch rugby team will be training and playing on Wednesdays from 7-8 pm (Contact Stu on 07821 427840 if you are interested). We are proud to have boys and girls playing at the Club from age 4 in our Tots up right through the age groups to Colts and joining our adult teams (Men and Women). New players (of all ages) please contact Wayne on 07557 022466.

Barracks Lane will next come alive for our Men's and Women's 7s tournament on July 13th. For more information or to enter a team, contact M5super7s@outlook.com

Sport and Activities IN SHIREHAMPTON

Shirehampton F.C. v Hallen, Saturday 4th May

What better way to finish off the season than a local derby against rivals Hallen, on a glorious Saturday morning by the Avon at Manor Farm's "Creek" home. (Penpole Lane preparing for cricket) I'm not going to give a full report here, just highlights and some photos. We are looking forward very much to covering future matches of our senior club in more depth next season. Here's the highlights:

5 minutes: Shire free kick from the left and the ball is about to drop into the net for a goal by Trystan-luc Baker.

11 minutes: Hallen equalise from a corner on the left.

19 minutes: Scott Bamford beats the keeper, after a slick move on the left, to restore Shirehampton's advantage.

The game ended 3-4 to Hallen.



© Paul McMillan



© Paul McMillan



© Paul McMillan



© Paul McMillan



© Paul McMillan

Duel Like D'Artagnan

Fencing comes in three flavours: foil, epee and sabre. Each takes their name from the type of sword used but each has its own set of rules and conventions.

Why rules and conventions? For three reasons, really: All forms of combat have some conventions: duelling takes its name from being a fight between two persons but once it was between teams of three. Before that it could be between however many either side could muster and merge into a battle.

Another reason is to reward fencing in a way that's realistic in the sense that we take care not to be hit; fencing takes its name from the art of defence after all.

The third reason is to provide a safe, healthy and enjoyable form of exercise; to make it work as a game.

The simplest to explain is epee. Here the whole body is a valid target; you can score by hitting any part of it but only with the point of your sword. By the last days of duelling, in the late Nineteenth and early

Twentieth centuries, the standard duelling sword was only sharp at the point. A fencing epee has a spring-tip that, pushed down by contact, completes an electrical circuit, registering the hit. If you hit, you score; if you both hit, you both score. The only restriction is that hits must arrive almost simultaneously to register.

The essence of epee is patience; working out your opponent and then explosive speed and power to exploit an opening. Epee takes nerve, stamina and decisiveness. Action comes in flurries from which someone or other is going to emerge with a hit.

The simplicity of the rules is a major attraction of epee and it rewards those who like to plan but also those who have the flexibility of mind to take an opportunity in an instant.



© Bristol White Eagle Fencing Club

For the more headstrong fencer, who likes to cut and thrust, we have the sabre, which is what we will look at next time.

As ever, anyone who'd like to checkout fencing (5+ yrs) can drop in to take a look or have a free go, at our Shirehampton club (<https://bwefencingclub.com/>) or contact me at johnrohdeuk@yahoo.com. All kit is provided.

Shirehampton Sailing Club

Founded in 1978, the Shirehampton Sailing Club is based by the River Avon, opposite the Lamplighters pub. Whilst the club's main activity has been dinghy sailing, there are now also options available for other water sports such as canoeing and Cornish Gig Rowing.

With the start of Spring comes the start of our sailing activities. Whilst limited to high tide times, a normal sail will take participants under the motorway bridge and beyond, with other excursions planned to sail into **Bristol harbour** or even out into the **Severn channel**. There are club boats available to hire, or opportunities to join someone as crew for a sail. A safety boat is launched for all sailing activity to rescue anyone unlucky enough to capsize or to assist with towing boats back to the slipway.

As a club we have developed options to allow members to take advantage of the early morning tides by kayak or canoe. There are now paddling excursions up river, under the **Suspension Bridge** for a quick pit-stop, before returning with the tide back to **Shirehampton**. This is a great way to take in the scenery, see the wildlife and a good start to the day.

The club also has now has access to two **Gig style** rowing boats, which can be used all year round when conditions allow. These are a great way to get out on the water, providing some exercise and the chance to see the **Avon Gorge** from an alternative viewpoint.

There is also plenty to do on shore, to help with the general running of the club and the upkeep of the riverside clubhouse and compound. The slipway, once used by the **Pill ferry**, is cleaned weekly to keep

a check on the relentless mud flow that comes with every high tide. This makes sure it is safe and easier to use for our club activities. There are also a wide variety of maintenance tasks involved with the upkeep of the clubhouse, boat compound and club boats.

So, whilst we are a sailing club, there are plenty of other land or water based activities to enjoy. We are always looking for people to come and join us in any activity, be it for sailing or to help crew the safety boat, so we can enjoy the river we are lucky enough to have on our doorstep. For more details on how you can join, email info@shiresc.co.uk or drop by the club when there is a planned activity and speak to one of our members. The Google calendar is on the website: www.shiresc.co.uk/Sailingtimes.php.



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Parkinson's Awareness Golf Tournament

Here's our promised review of the tournament that took place on April 18th at Shirehampton Park Golf Club organised by Russell Slee. Firstly, an apology, as I mis-identified the Parkinson's UK staff attending as NHS nurses. They were Karen Safe, Community Fundraiser and Caroline Craig, Parkinson's Adviser.



Alex Leaman tees off watched by friends James Cook, Adam Buckley and Richie Clark.

At the beginning of the day, I chatted with Alex Leaman, a relatively new member, who joined because he had friends who were already members. Alex described the ethos of the club as "The right level of seriously!"

Continuing to wander around in the sunshine, I bumped into Liam Bennett. Liam featured in the April's Shire; remember the photo of him winning a trophy for Shirehampton's Junior section in 2013? Liam was there with his dad Jason and friends Mark Newman and Bob Rich.



The next group I met on the first tee were members of the "club family." L to R: Matthew Bennett (Greenkeeper), Russell Slee, Louis Elliot (Greenkeeper), Carole Slee, Jamie Greenslade (Head Greenkeeper), John Palmer (Course Professional) and, seated, Keith Hobley (Tournament Starter)



Liam and Jason with friends Mark and Bob

It was obvious to me as I chatted to people that this is a very relaxed and happy club, with a sense of camaraderie and a shared commitment. I chatted to Bob Slee, Russell's brother, "the older, handsome one" in Bob's words. Judge for yourselves; Russell's in the flowery shirt and Bob's in pink!

Bob told me that a lot of work was done by members during COVID. The club was in a difficult financial state but under the forward thinking and dynamic leadership of Chair Melvyn Griffiths, investment was made in buggies and in improving facilities and it has paid off. The club is thriving and there is a core group of artisan members who continue to work at improving facilities, making the club a well-cared for treasure.

Tournament Results

INDIVIDUAL:

1. Stuart Haycock, Visitor
2. Iain Murdoch, Shirehampton
3. Chris Hawkes, Visitor

TEAM:

1. Iain Murdoch, Robin Walkinson, Gordon Collett, Jim Birth; Shirehampton
2. Jason Bennett, Liam Bennett, Bob Rich, Mark Newman; Shirehampton
3. Harry Phipps, Stuart Haycock, Robert Haycock, Colin Tickner: Parkinson's Team



Jason tees off to start the round for "Team Bennett and friends."



Russell Slee and family. Left to right: Sarah, Jenny, Russell, Bob, Carole and Jane.



Caroline Craig and Karen Safe.



John Palmer, Course Professional, tees off at the 1st hole, with a prize sponsored by Carol and Russell Slee for nearest the green in 1 shot.



As the afternoon draws to a close, a team drives off the 18th at the top of the slope, towards the clubhouse and a well-earned drink!

Next year's tournament will be on Friday 25th April. Parkinson's specialist and Consultant Neurologist, University of Bristol and North Bristol Trust, Dr. Alan Whone will attend to support Russell's efforts. Russell has raised around £6000 so far for Parkinson's UK. If you would like to contribute, open the GoFundMe webpage (gofundme.com/en-gb), search for "Parkinsons Golf Buggy" and choose the page by Carole Slee.

Paul McMillan

Photos by © Bob Pitchford



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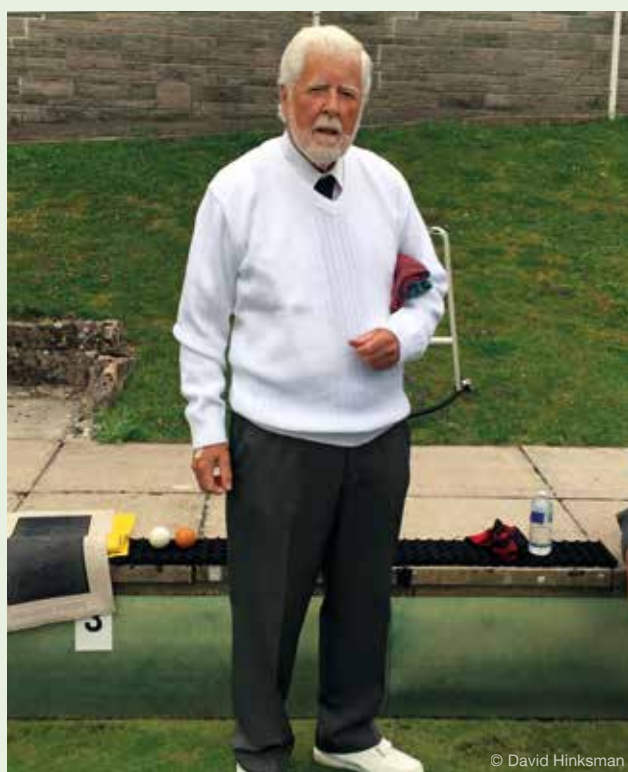
City and Port of Bristol Bowling Club

For the first time in just over fifty years there was no green opening day, first day roll ups and the long awaited first game of the season at the green in Nibley Road this year.

Instead the green has been returned to the main Social and Sports club, who own it ---- they paid for its construction in 1973 ---- to do with it as they see best in the future.

The good news is that more than twenty of the final season's playing members have now joined other clubs and are bowling again.

Where have they gone? The greatest number have joined either **Avonmouth** or **Bristol Arrow** whilst others are to be found at **Victoria Park, Henleaze, Redland Green, Canford** and **Weston**



© David Hinksman

Taken in July 2021 this is Ken Davies who was not only top bowler for many years but also a great servant to the club in many ways. He will be remembered for not only what he did at the club, the success he achieved but also the help he gave to others over the years.



© David Hinksman

In 2021 Ken Davies reached the Bristol Section Final of the Champion of Champions competition beating some very accomplished bowlers along the way. Here he is in the final against Graham Hudd at Bristol St. Andrews. Graham won the game and went on to win the competition overall.

St. Andrews. Importantly they are still bowling and enjoying the sport that really is for all.

Very sadly one bowler who will no longer be seen on a green is **Ken Davies** who passed away on **April 8th**.

Ken was at the club for around 25 years and was one of the final season members. In his time at the club Ken contributed hugely to its running, doing many jobs at the green and always having it set up ready to be played on. He also did many of the jobs that needed doing around the green in the various buildings and the green surround.

Known for years as **Top Bowler Ken** - at one time wearing a shirt with those words on - he really was a very good bowler who won many trophies and contributed greatly to club teams success over many years.

Ken was not only a very good bowler but also a very helpful one. He helped many new bowlers with the basics of bowling and when **Bristol After Stroke** came to the green to try their hand at bowling Ken was there to give help and support.

In 2021 Ken reached the final of the **Bristol Section Champion of Champions** competition beating some very good bowlers to play **Graham Hudd** of **GB Britton** at **Bristol St Andrews** for a place in the **County Final**. Graham came out in front and went on to win the overall competition but Ken's achievement in reaching the Bristol Final was quite special even by Ken's high standard.

Ken's funeral was at **Canford** on **April 26th** and it was a great tribute to him that the crematorium was full with people standing at the back. People knew Ken



© David Hinksman

Ken Davies was always keen to help other people and here he is, in club shirt showing members of **Bristol After Stroke Club** the basics of bowling, in June 2023.

for many reasons but amongst the congregation were many bowlers not only from the **City and Port Club** but also numerous other clubs, **Severnvale, Bristol, Henleaze, Canford, Avonmouth** and the **City and County Indoor Club** were all represented. Ken was well remembered with tributes at the service and yes ---- his top bowler shirt was there too.

It is very sad that the City and Port Club is no more but it will be remembered by many people who have been associated with it ---some from its foundation in 1970 and through some very good and successful years since. People will have their own memories of it.

Bowling is still very much alive in the area. Your nearest club is Avonmouth whose green is in Barracks Lane, Avonmouth. The contact there is Darren Pople – call him on 07425 847323 to find out more about the club and arrange a trial bowl.

Thank you for the interest you have shown in the City and Port Club over the years. Once a big, thriving and successful club that sadly declined in recent years, but has much to remember --- great success on the green, the summer tours, those big days out and big events at the green in Shirehampton. What a club!!



© David Hinksman

The Club enjoyed a number of very memorable bowling days out over the years and here is one of them - at Windsor Great Park in June 2009.



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News From ShireStrong Kettlebell Club

We are a small club of enthusiastic members who get together 3 times a week to work on our endurance and strength using kettlebells. We also meet twice a week on Monday and Wednesday at 6.15am for Boot camp.

Our boot camp sessions last for 45 minutes and take place outside at the **Lamplighters Marsh playing field**. The sessions consist of several timed exercises using our body weight and sometimes a small handheld weight. All ages and abilities are welcome. **If you would be interested in joining us, then please contact me on 07875 054292 or by email at t.linda1206@gmail.com.**

"Bootcamp is fantastic for that endorphin boost in the morning. I relish the challenge of rising at dawn (which was quite the challenge!) and immersing myself in the fresh air, gazing up at the sky. I never imagined it would be my thing, but I'm thoroughly enjoying it."

Congratulations, Erika!

In other exciting news, our **Member of the Month for April is Erika Glanville!** Erika, a dedicated member of **ShireStrong** for over five years, embarked on a personal challenge in the first quarter of 2024. Her goals were to enhance strength, reduce body fat, and increase muscle mass, all of which she achieved through consistent attendance at bootcamps and kettlebell sessions, and mindful nutrition practices. Notably, Erika, who had not previously participated in bootcamps, has now become a regular enthusiast. Reflecting on her experience, Erika shared:



© ShireStrong Kettlebell Club

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