

# Shire

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

No. 636 - January 2025 [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 TRADESPEOPLE section on pages 18-19 to find a local business who can help.

Community  
Brunch  
to Help Shape  
Shirehampton's Future  
Climate and Nature Plan!

[www.shirehamptonaction.org.uk](http://www.shirehamptonaction.org.uk)

Saturday February 15th  
10:00 to 11:30am  
at the Public Hall

- See Page 15

## Another Successful Santa Dash

After a busy year of preparation and many fundraising events, organised by the volunteer team on Sunday 1st December, we reached the Grand Finale, with Santa Dash 2024. More than a hundred Santas, Elves and a Reindeer joined the festive 5k challenge and braved the weather.

Starting at the PBA runners were set off by the lovely **Louis Carey of Bristol City** football fame before making their way through Shirehampton, where they were greeted with mulled wine at the **Lifeboat Inn** and supported by residents who came out to cheer them on.

Meanwhile back at the PBA breakfast rolls were supplied by **Ruby Jeans**, and delicious food by **Go Greek**. Runners, their families and guests were also entertained by the talented singer **Brooke**.

First to finish, in the 3 categories listed for the challenge were;

Male: Dan Jenkins - 20.53 minutes.

Female: Charlotte Taras - 28.27 minutes.

Youth/Child: Noah Roberts - 22.58 minutes.

The **Christmas Market** had many great stalls this year, with flowers, jewellery, gifts, crafts, blankets, bunting and cushions, cake, sweets and a selection of produce from **Riverside Farm**.

There were raffles offering great prizes, generously donated and another for the real 6ft Christmas tree and lucky dip.

This year again we were so grateful for the wonderful volunteer team of **Marshalls** on the route, keeping everyone safe and on track.

All captured in colourful photos, by the talented **Bob Pitchford**.

*Continues on page 12.*



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# Shire

We hold regular monthly meetings on the first Monday of each month at 5.30pm in Shirehampton library. All welcome!

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

Please contact Shire on: [chairperson@shire.org.uk](mailto:chairperson@shire.org.uk)

## 'SHIRE' Contact Details

Web address: [www.shire.org.uk](http://www.shire.org.uk)

Submit articles: [editor@shire.org.uk](mailto:editor@shire.org.uk)

Sport & Activities: [sports@shire.org.uk](mailto:sports@shire.org.uk) or 07981 927787

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Distribution: [distribution@shire.org.uk](mailto:distribution@shire.org.uk) or 0117 982 0478

Requests for SHIRE by Post 0117 904 3037

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Mrs. Renée Slater, Mr. Robert Andrews,

Mr. John Rohde (Sport & Activities)

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Photographers: Kathryn Courtney, Bob Pitchford

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

## EDITORIAL POLICY

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# REGULAR EVENTS IN SHIREHAMPTON

## SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

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

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

## SHIREHAMPTON ACTION (Formerly SCAF) SHIRE COMMUNITY LITTER PICKS 2025

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 16 January**

**Thursday 20 February**

**Thursday 20 March**

**Saturday 12 April**

**Thursday 15 May**

**Thursday 19 June**

**Thursday 17 July**

**Thursday 21 August**

**Saturday 6 September**

**Thursday 16 October**

**Thursday 20 November**

**Thursday 18 December**

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

**Contact: Ash Bearman at SA on 0117 982 9963  
or email [ash@shirecaf.org.uk](mailto:ash@shirecaf.org.uk)**

## Events in our library



Every Tuesday afternoon 3pm – 5pm

**Shire's Living Room –**

free tea/coffee/biscuits/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.

Every Sunday evening 6:30pm – 7:30pm

**Heartfulness Relaxation and  
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Email [southwest@heartfulness.uk](mailto:southwest@heartfulness.uk) before your first session. All welcome 18+

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



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

## Regular Events at the Cotswold Community Centre

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

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FAMILY

2025

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# The *Shire* Community Pages

## Shirehampton Action is the New Name for SCAF

Shirehampton Community Action Forum has been running for over 20 years with Ash Bearman being their Community Development Officer and main contact for the local community, especially with the activities they run in the area.

The organisation is taking on a new name - **Shirehampton Action** - and I spoke with two of the Trustees, **Michelle Sylvestre, Chair Person** and **Ludo Tolu, Treasurer**. I was intrigued by the name change:

“We want to motivate people around the purpose of our organisation, to take meaningful action to improve Shirehampton for everyone who lives, works, or plays here. We’re proud of the work we’ve done over the past couple of decades but wanted to be more recognisable with a clearer name, logo and increasing online presence. In 2025 we will be launching an updated community plan, which incorporates a community climate and nature plan. We want to engage with more people and to join us in improving Shirehampton for everyone. So this was the right moment to change.” said Ludo

“We offer opportunities to raise concerns and discuss solutions at our action groups that cover planning, community safety, road safety and climate

emergency. You can also get involved with nature through our bulb planting, pollinator and gardening projects, and monthly litter picking. There is the chance to meet others at the weekly **Community Living Room, Walking Groups, Door to Door Shopping Trips** and the **Star Bereavement Group**. We also organise local events including markets, fayres, and Shire’s first ever **LGBT+ pride** event last July and hope to repeat this year.” added Ludo

I asked Michelle how Shirehampton Action will embrace intergenerational activities for all generations, disabilities and cultural traditions?

“We strive to make our events accessible for the people who live in Shirehampton. If you need BSL interpretation, translation from another language, or have other specific access needs we’d encourage you to speak to Ash about how to make a specific event or activity accessible to you. We hold events at wheelchair accessible venues and typically close to or on the Shirehampton high street. All events to date



© Kathryn Courtney

have been free to access. There is always more we can do to improve the range of events on offer to inspire different people, families and young people. We would welcome and support ideas, as well as volunteers from all backgrounds, with a range of skills and knowledge to join us and get involved with the activities we run too”.

“Shirehampton Action could not continue without funding, sponsorship or donations for which we appreciate and our minimum funding target for this year is £30,000 which will allow us to continue our current range of activities. If we can double that we will be able to do a whole lot more and start some of our climate projects sooner.” said Michelle.

With a new web site being launched in January [www.shirehamptonaction.org.uk](http://www.shirehamptonaction.org.uk) Shirehampton Action would also like to thank **Direct Local, Bob Pitchford** and **Sonia Grogneuf** for their assistance.

Kathryn Courtney



We are looking for a Volunteer Treasurer

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# Planting for Gill Sheppard

Gillian Margaret Sheppard sadly passed away on October 26th aged 86. Gill was a huge fan of literature, never without books close at hand, and loved poetry too, often putting pen to paper and creating lovely verses herself.

So on Thursday 5th of December, friends and neighbours of Gill, together with her husband Gerry, made their way from the Cotswold



Community Centre to the garden at the rear of the hall, to see the planting of a "Curly Red" shrub in memory of Gill. Gerry saw it displayed at Blaise Nursery and fell in love with it! After thanking everyone for their good wishes and admiring the shrub, it was back inside for a brief chat over another cup of tea and a biscuit.

It is lovely to think that Gerry can visit the garden at any time to reminisce and remember times past with the love of his life. She will be sorely missed by all of us who were lucky enough to know her.

*Bobbie Perkins*



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](mailto: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.*

## FESTIVE SPARKLE

Dear Editor,

I would like to say a big thank you to the Shire Illuminations Committee for their efforts in making the village look so nice. I'm sure you'll all agree that every year the lights get better and better.

*Lorraine*

*(Thank you for your kind donation)*

## Personal Announcements

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

To book contact: [adverts@shire.org.uk](mailto:adverts@shire.org.uk)  
Prices Start from £7.50

## SHIRE ADVICE SERVICE

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

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- Improve health and fitness level
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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](mailto:t.linda1206@gmail.com)

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



## Correction

The article on Kat Wright in last month's edition (post office window display) was wrongly attributed to Annelies Egli from Shire Inspire. The article was authored by the artist Kat Wright.

*The Editor*

# Shirehampton Markets Provide Christmas Cheer

The Autumnal Christmas Fayre at Shirehampton Public Hall on Saturday 30th November kicked off the Christmas celebrations for the local community and Shirehampton Markets. The Christmas Grotto was ready. Father Christmas and Jan The Elf were very pleased with their new surroundings. Children loved chatting with Father Christmas and meeting Jan too, some with great excitement. Even the market traders had their photo taken with our special guests.

It was a busy day with plenty of refreshments' and cake on offer at the Christmas cafe. **Ruby Jeans Barbecue** was providing pigs in blankets with cranberry sauce festive roll, there was **Maddie's Magical Moments Face Painting** providing artistic creations on children and adults. You could buy Christmas gifts from many of the stall holders, order Christmas treats, buy Christmas decorations, stock up on cheese and even buy reindeer food and gonk food! **Avonmouth Sea Cadets** joined in the Christmas fun, **Tracy from Chatty Crafts** was back making marzipan fruits that all the family could enjoy and **Shirehampton Action** was on hand explaining the local climate survey plan.

The **Shirehampton Markets** team certainly love Christmas as the following **Thursday 5th**

**December** they were back with their **Christmas High Street Market**. **Father Christmas** popped in to do his Christmas shopping and happy to have photos taken with customers and traders a like. This was the last chance for locals to do their Christmas shopping with even more market stalls than the weekend. Ruby Jeans was back with their festive roll and giving Father Christmas a lesson in how to cook food on the barbecue. **Food by Sophie** was serving up the best Jamaican food you will ever taste and excited to meet Father Christmas again. Jewellery, knitwear, toys, personal care, plants including potted Christmas trees, Christmas gifts and wreaths were on offer too. Supporting small local business is important especially at this time of year.



Huge thankyou's go to the customers and traders for their continued support throughout the year. Not forgetting the volunteers who have worked hard either for our markets or fayres - **Colin Godfrey, Neil Watkins, Marilyn Gorry, Jean Edwards, Sherralee Parton, Jim Birth, Paul McMillan, Lucy, Peter Vincent, Sarah Jane Warren, Grant Tooze, Tracy Zhetabi, Ludo Tulo, and Cee MacDonald.**

The High Street Markets will be back in 2025 (excluding January), the **first Thursday** of each month from 9am until 2pm at the Tithe Barn. The **Autumnal Christmas Fayre** will be back at the Public Hall on Saturday **22nd November 2025.**

After four years of running the Spring and Summer Community Fayres, the difficult decision has been made to discontinue these two events due to no volunteers stepping forward to help and low footfall.

For more information about Shirehampton Markets or to book a stall please go to [www.facebook.com/shirehamptonmarkets](http://www.facebook.com/shirehamptonmarkets) email: [shirehamptonmarkets@outlook.com](mailto:shirehamptonmarkets@outlook.com)

*Kathryn Courtney*



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# Shirehampton Model Railway Club

Shirehampton Model Railway Club are holding their annual modelling exhibition on Saturday 1st February 2025 at the Public Hall in Station Road from 10:00 until 16:00 and we'd love to see you there.

As a club, we have been active for nearly 40 years and have a close knit and friendly membership with all kinds of modelling skills. We have interest in all the well known scales including G, O, HO, OO, TT & N gauge, so there's something for everyone.

We have a dedicated club room in the hall with large test track and an extensive exhibition layout, called **Brimscomb**, which is based on a real location between **Stroud and Gloucester**.

This, along with some of our members own layouts, regularly makes appearances at shows

around the country, and some have featured in the model railway news.

An example is **John Yorke's Bridge Street**, which is based on a large main line N gauge station scene. John is one of a handful of original members and is our current club chairman. Supported by other members, he likes nothing better than to attend shows and engage with like-minded people.

For example, in 2024 we have supported neighbouring model railway clubs and charities in **Swansea, Lydney, Ross-on-Wye, Burnham-on-Sea, Yate and Thornbury** to name but a few.

We are proud to say that our club is held in high regard by the wider railway modelling community, and we are always looking for opportunities to extend our membership and diversity in order to make railway modelling more accessible in the Bristol area.

If you have an interest in Model Railways why not look at our web site at [shirehamptonmrc.com](http://shirehamptonmrc.com) or come along in person and have a chat.

Everyone is welcome and we meet every Thursday at Shirehampton Public Hall, Station Rd, from 7.30pm – 10.00pm.

*Phil Sanders, Shirehampton Model Railway Club*

## Is life just a big game of Snakes and Ladders? Free advice on avoiding the snakes!

The advert below, posted by Bristol based solicitors AMD, offers us the opportunity of a free advice session on managing and negotiating some of the major challenges that many of us will face as we approach the “end game!” Making a plan to manage our affairs during this stage of our lives can save much potential heartache, both for ourselves and for our nearest and dearest.

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*“Putting in place a power of attorney can give you peace of mind that someone you trust is in charge of your affairs.”*

AMD have four branches, including the **Shirehampton Branch**, opposite the Post Office on Station Rd. The event is free, including refreshments, but if you are able to, please make a donation to support AMD's nominated charity, “**Flamingo Chicks**”, in their work to give disabled children the opportunity to explore dance and movement.

*Paul McMillan*



**BUILDING LADDERS TO AVOID THE SNAKES OF LIFE -**  
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On **Friday 28 February 2025**

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There is no charge  
but a donation to our  
charity of the year  
“**Flamingo Chicks**”  
would be  
appreciated.

# Cotswold Community Centre Christmas Lunch

On Tuesday 10th December 38 guests from the Cotswold estate attended the Community Centre for their annual Christmas Meal. They were treated to a full Christmas dinner followed by Christmas Pudding or Cheesecake, with plenty of Christmas “spirit”.

There was a great atmosphere as they tucked into their meals and shared a drink with friends. After the meal there was a visit from the “Big Man” himself, Santa, who distributed gifts to everyone.

Another fabulous event organised by the CCA Committee. Thank you to the John James Foundation for the funding for this event.

JW



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LOOKING FOR A REWARDING NEW OPPORTUNITY? BECOME A SCHOOL GOVERNOR IN 2025

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You don't need to have a background in education to volunteer - just some spare time and a willingness to contribute positively.

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Let Our Family Care For Your Family

# An Update from Darren Jones MP, Bristol North West

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

*My family and I would like to wish you all a Happy New Year!*

Ring in the new year makes us reflect on the one that has just ended. 2024 was certainly a momentous year that I will never forget – another General Election and being asked by the Prime Minister to be a cabinet minister.

More importantly, this time of year makes us plan for our hopes and goals for the coming year. With this in mind, I'm holding a **Town Hall event** on **Saturday, 18th January** in Henleaze for a forward-looking discussion about the **climate crisis** with constituents from across **Bristol North West**.

As always, the audience will decide the topics to be discussed, but the recent COP29 conference will be on the agenda, with an invited speaker sharing the outcomes from this international climate conference.

On a related topic, in November, **Viridor** wrote to me to announce its decision to close its UK plastics reprocessing site in Avonmouth at the end of the year because recycling rates are below what they were projected to be. Given the site only opened in March 2022, I know this news has come as a surprise to many people. At the time of writing, Viridor said it is still undergoing a consultation process for the 120 employees at the site, and I have been informed that 14 of the employees are constituents who live in Avonmouth, Shire and Lawrence Weston.

This would always be difficult news to hear, let alone coming in the lead up to Christmas. I sincerely hope that many workers can be redeployed to other parts of the Viridor business. (Its other facility at Avonmouth, which incinerates non-recyclable household waste that would otherwise end up in a landfill, will remain open. I've been reassured that plastics that would have recycled at the Avonmouth site will be sent elsewhere rather than incinerated, though.) Bristol has had the highest recycling rate among English 'core cities' for eight consecutive years but we know that recycling rates are too low across the UK and that we must improve our use of resources. Even here in Bristol, we see recycling rates stubbornly stagnating. Around 45% of waste in Bristol is recycled, which is good compared to other areas, but we can all do more. That's why this government is committed to delivering on packaging reforms and a transition to a 'circular economy' – moving away from the current unsustainable 'take, make, and throw' economic model, and replacing it with the principles of 'reduce, reuse, and recycle'.



© Darren Jones/Houses of Parliament

If you're keen to find out more about a circular economy, I'll be happy to answer your questions at the Town Hall. And, yes, there'll also be an opportunity to discuss the draft proposals reportedly being considered by **Bristol City Council** to reduce the frequency of general waste and recycling bin collections (which seems like a daft idea to me).

**To book a place for my Climate Crisis Town Hall, please visit [darren-jones.co.uk/events](http://darren-jones.co.uk/events) or call my office on 0117 959 6545.**

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

## 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](mailto:cllr.donald.alexander@bristol.gov.uk)

Zoë Peat - Labour: [Cllr.Zoe.Peat@bristol.gov.uk](mailto:Cllr.Zoe.Peat@bristol.gov.uk)

Tom Blenkinsop - Labour: [Cllr.Tom.Blenkinsop@bristol.gov.uk](mailto: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: 0117 959 6545

Email: [darren.jones.mp@parliament.uk](mailto:darren.jones.mp@parliament.uk)

Website: [www.darren-jones.co.uk](http://www.darren-jones.co.uk)

# Welcome Space Day Out

On Friday 29th December a group of people from the Thursday morning Welcome Space made their way to Shirehampton station to board the train into Temple Meads.

From there they "set sail" on the Matilda for a very knowledgeable and interesting trip around Bristol Docks. The weather was kind and the majority sat outside enjoying the sites of Bristol. After a warm drink at Wetherspoons we made our way back to Temple Meads to board the train home. Thank you to Bristol Ferry Boat Company and the Cotswold Community Centre Committee for arranging another great event.



© John Hastings



© Jill Williamson

# Goldies Sing and Smile “Big Christmas Singing Event”

On Tuesday 3rd December, groups from North Bristol, including our local Shirehampton, Avonmouth and Lawrence Weston groups met in the wonderful auditorium at St. Michael’s Church Hall in Stoke Gifford. Free transport was laid on in addition to a delicious afternoon tea.

The highlight was the appearance of the exceptionally talented choir from **St. Michael’s Primary School**, who wowed us all with a selection of Christmas songs. The choir’s spot concluded with a communal session, everybody in the hall being issued with a “Boomwhacker”, enabling us to play our own individual notes to create the tune by following on screen instructions. Great fun!

The sing around that followed was, as always, sung heartily and joyfully. A fantastic way to spend an afternoon, heralding the approach of Christmas festivities. There are two local monthly sessions that are open to all, as follows:

**Shirehampton;** first Wednesday of each month, 10.30-11.30, St. Mary’s Church, High St.

**Avonmouth;** third Monday of each month, 12.00-1.00, Avonmouth Community Centre, Avonmouth Rd.

Sessions cost £3 but your first session is free. You don’t have to be able to sing well; it’s all about the fun and the company. You don’t have to sing at all if you’d rather not; you can hum, stomp your feet, clap, rattle one of the shakers that are distributed, or just sit, smile and enjoy the company.

**For more information go to: [golden-oldies.org.uk](http://golden-oldies.org.uk)**

*Paul McMillan and Photos by © Kathryn Courtney*




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# Santa Dash! *Continued from page 1.*

I never knew how much hard work, throughout the year, went into giving Shirehampton village our dazzling display of **Christmas Lights**, that brighten us all up every year, until I joined the volunteer organisation this year. A massive Thank You to all the team - you're incredible and fun as well.

This year's sponsors were **The Bristol Port Company** and **The Lifeboat Inn**. A much appreciated Thank You for their invaluable support.

Looking forward into 2025. We are already planning for a NEW, even brighter, dazzling display to light up Shirehampton and more fundraising events, during the year, so look out for those and follow us on our Facebook page.

*Andrew Sharkey. Photos © Bob Pitchford*



Winner Dan Jenkins 20.53 minutes.



Winner Charlotte Taras - 28.27 minutes.



Winner Noah Roberts - 22.58 minutes.



# “If I could walk with the animals, Talk with the animals...” (Bobby Darin)

## Dementia Respite Care at Lawrence Weston Community Farm

Autumn Years Community Care recently opened a new day centre at Lawrence Weston Community Farm, providing respite care to people living with dementia and their carers in the local area. The centre is open every Monday throughout the year and runs from 10am to 2pm with a hot lunch included.



**Naomi Elder, Centre Team Leader** commented: “We organise different activities every week including live music, arts & crafts, animal therapy, chair based exercise, gardening, song and dance, pottery, trips out and much more. Our clients also enjoy interacting with each other during chats over coffee and lunch. Most importantly our activities are designed around each individual’s interests and capabilities, to ensure that they make the most of every minute.”

Those familiar with **Lawrence Weston Community Farm** will know that it has lots of outdoor space for attendees to explore and to interact with the farm’s livestock.

**Autumn Years Director Victoria Irish** said, “We offer a safe and compassionate environment for anyone living with dementia or living in isolation. We are all too aware of the impact that loneliness can have on a person’s general wellbeing. Our focus is on helping our clients to improve their physical and mental health, reduce anxiety and maintain their independence and quality of life.”



AUTUMN YEARS COMMUNITY CARE LIMITED



The photos show some of the first clients to attend the **Lawrence Weston Respite Day Centre**, enjoying one of the many activities available. The first session is offered as a free trial. For full details and costs of additional sessions and other services offered, visit: [www.autumnyearscommunitycare.com](http://www.autumnyearscommunitycare.com)

*Mark Lloyd, edited by Paul McMillan. Photos by © Mark Lloyd*



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*Respite*

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# We Can All Support Each Other!

When I first started writing these Climate pieces, I thought it was important to be informed about Climate Change, what it was, how it worked, how we would be affected. I thought it was important to know that ordinary people like us were taking action to publicise the reality of climate change and pressure government and the fossil fuel industry to take action to reduce global warming. We were inspired by COP26 held in Glasgow in 2021. People from Shirehampton joined a march all the way to Glasgow to support the conference which aimed to keep global warming to 1.5C.

In 2024 the world exceeded the 1.5 limit. We had Storm Burt and Storm Darragh with truly destructive winds and devastating floods. We see that climate change is underway and accelerating. We know our homes and infrastructure are increasingly at risk yet we seem unable to do what is necessary: stop fossil fuel emissions.

So as I look forward to 2025 I ask myself *'What can I do to live well with the consequences of climate change?'*

In December I wrote about a workshop imagining a future for ourselves as our climate changes. We thought a lot about local, communal ways of living, sharing local resources and organizing local government. Whether we knew it or not, we were imagining living by a whole new set of values – caring for one another, respecting and caring for our local environment and all the creatures in it, taking only what we needed to live healthy joyful lives. I think we see hopeful signs of our community living these values for example, in local responses to



© Kathryn Courtney

storm damage, in the many warm and welcoming communal spaces available, in projects like the **Repair Cafes** which support more sustainable living and the communal gardens and green spaces which encourage biodiversity.

**Starting in January** there will be a **Talking Corner** at the Repair Cafe where we can explore our climate anxiety – what it's like to feel powerless in the face of climate breakdown – and talk more about what we all can do to live well with whatever happens. **We can all support each other!**

R Slater

## Happy New Year from the Repair Cafe

We are pleased to let you know that we will be continuing regular Saturday morning (10am-12noon) sessions at the Public Hall in 2025. Take a note of the dates below or look out for the posters giving you full information:

Saturday 18th January

Saturday 22nd February

Saturday 22nd March

Saturday 26th April

Saturday 24th May

As always, the team is focusing on textile/clothing repairs. We can offer all kinds of sewing machine and hand repairs, including darning. We can help with alterations and upcycling ideas. There are bike repair tools on hand and if you want energy efficiency advice, **Bristol Energy Network** will be able to help. Why not drop in for a cuppa and piece of cake and find out more?

Apart from mending we are usually also swapping or giving away garments we no longer want, or never liked. It adds a bit of fun and an element of surprise. A pop up library offers a lot of practical

tips on how we can live more simply and more in tune with nature. We like to offer **workshops and taster sessions** for those who would like to learn a new skill or improve on an existing one. **In January**

this will be **crochet**. February is a bit too far off for us to have a clear plan in place but you can expect something seasonal with spring being just around the corner by then.

Feel free to contact us on email:  
[shirehamptonrepaircafe@gmail.com](mailto:shirehamptonrepaircafe@gmail.com)

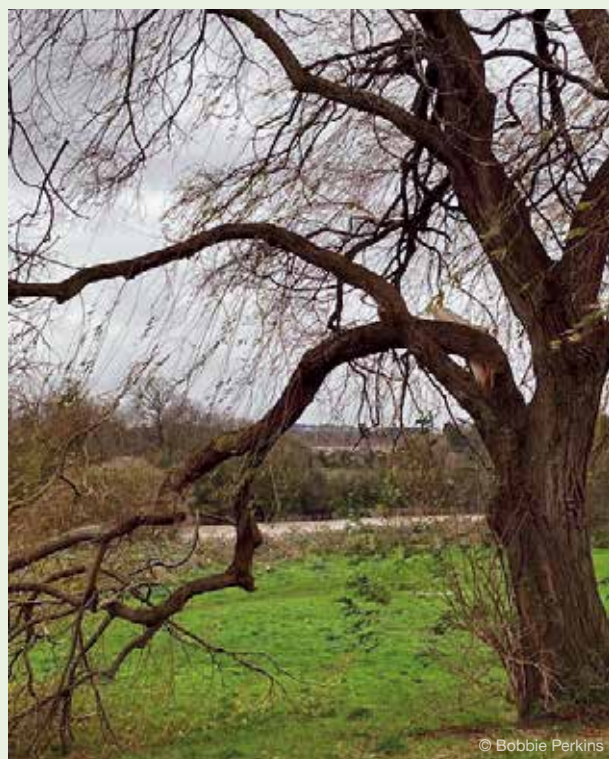
The Repair Café Team



© Shirehampton Repair Cafe

# Nature Notes

The impressive conker tree which is just a few yards from our front garden, was cruelly damaged by the fearsome winds during storm Darragh in December! I left the house with Russ, my dog, the following morning, and was so shocked and sad to see what had happened. This picture doesn't really show how much force must have been needed, to cause such an enormous bough to be felled!



© Bobbie Perkins

I hope the tree can be saved once the broken part has been removed, as this year saw a massive haul of beautiful conkers produced. The flowers in the Spring are so attractive too.

On a different note, but a climate related observation, word spread recently along the river bank that a pair of pheasants had been spotted close by, a male and a female! Well, I commented that it was a case either of searching for fresh pastures of food supplies, or they really thought it might be Spring again! I never got a chance to see them, but I did hear the male calling a few days later!

A friend and neighbour had a surprise visitor the other evening, as a fox wandered into her garden. However, a bigger surprise was then seeing her recently retired and sedate guide dog clearing the garden wall at speed to give chase to said fox!! Fear not dear reader, as the fox got clean away, and the "should have known better" dog returned home still smiling!

Such is part of life here on the Cotswold estate!

*Happy nature watching folks!*

Bobbie

# Join Us for a Community Brunch: Shape Shirehampton's Future Climate and Nature Plan

Do you dream of a greener Shirehampton with more trees? Ever thought about volunteering at a community-run plant nursery? Or perhaps you're passionate about tackling the litter and waste issues in our area?

Come along to a lively community brunch on **Saturday, February 15th**, from 10:00 to 11:30 at the Public Hall and help shape our local Climate and Nature Plan! After months of gathering input through a resident survey, we're excited to share the key themes and priorities emerging from your feedback.

There will be plenty of tea, coffee, and a delicious light brunch to enjoy as we discuss ideas and next steps. Everyone is welcome and if you have any accessibility needs, please don't hesitate to reach out to us at [contact@shirehamptonaction.org.uk](mailto:contact@shirehamptonaction.org.uk)

Your thoughts and feedback will be essential as we fine-tune the plan throughout 2025, with a launch planned for summer. This project is led by Shirehampton Action and funded by the Bristol Climate and Nature Partnership.

For more information or to sign up for updates, visit [shirehamptonaction.org.uk](http://shirehamptonaction.org.uk)



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Map of the climate and nature survey responses received so far.



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# The Arts in Shirehampton

## Fundraise with Tandem Arts

On December 10th the Tandem Arts festive wreathmaking season started with a couple of creative hours at the Public Hall. The large group of participants was brought together by Kelly Emery, a local Mum and member of the Parents and Teacher Association at St Bernard school.

Annelies of Tandem Arts has been running wreath making sessions ever since the pandemic, when she started offering free foraging walks and wreathmaking throughout the month of December 2020. Since then Tandem Arts has become a Community Interest Company (CIC) which takes pride in offering low cost creative opportunities for

all. Kelly took it upon herself to turn and organise the session into a fundraising event and raised a proud £125 for the PTA of St Bernard's School as a result. It was a happy session with wonderful work being produced. A big thank you to all and all the best for 2025.

*Annelies Egli*



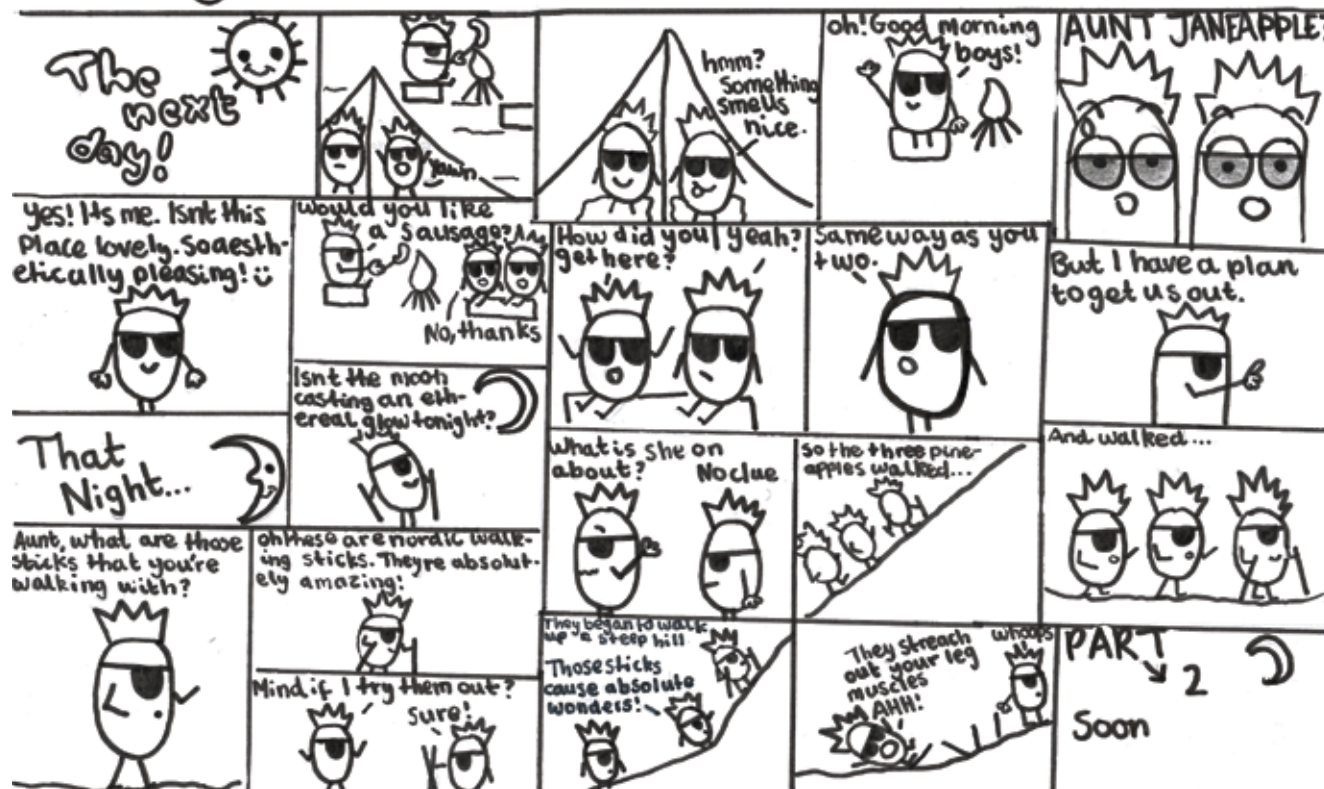
## Shire Inspire: Rebecca Hodgson

I am very pleased to be asked to exhibit with Shire Inspire and to be the 1st of 2025 to display in the Post Office.

After retiring a year ago, I joined the Twyford Art Club and helped organise the recent Shirehampton Art and Craft Exhibition. My inspiration is drawn from my love of nature and British wildlife, painted in watercolours and oil pastels.



### Funky Funky PINEAPPLES WALK DISASTER! By Loops ft. Someone special



### SNOW

Silent, so silent it fell to the ground  
To cover the earth with not even a sound,  
And as we look at this wonderful sight,  
Nobody knew it had happened last night.  
The garden all glistens  
A chill fills the air  
The birds are still singing  
They don't seem to care...

Children now waking – their eyes open wide!  
Quickly get dressed and rush straight outside.  
They laugh as they play,  
Their cheeks all aglow.  
Was this the first time they rolled in the snow?  
The trees are all laden with frosty lace.  
Everyone walks at a much slower pace.

Nobody knew it had happened last night,  
But we all love such a beautiful sight.  
Then silent, so silent, it all melts away  
To bring in the morning, another new day.

*Angela Cozens*



# Churches in the Shirehampton Area

## Shire Baptist Church News

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

You know I always dread the whole year. Well this year I am only going to dread one day at a time. As we begin 2025 we may be feeling a bit like Charlie Brown. Jesus knew we could know anxiety when in Matthew Chapter 6 v. 34 he said "Take no thought for tomorrow, for tomorrow will worry about itself. Each day has troubles of its own". As Christians we have the assurance that we will not face each day alone.

After the short Christmas break our weekly activities resume as follows.

**Our Life Cafe** will continue to offer gorgeous cakes and a chat on **January 30th**.

**The Songs Of Praise Cafe** will meet on **January 12th**. This is run by the **Cotswold Christian Community**. We meet in the Cotswold Community

Hall on the second Sunday of the month at Dursley Road, 4:45pm - 6pm. All welcome.

**Rock Steady**, the club for drama, singing and craft will start on **January 9th**. The children are enjoying a new format. They meet every Thursday term time at our church building, 3:30pm - 4:30pm.

During January we will be bringing the *Good News*

*Paper* to about half the village. We trust many will read it and discover the Good News it contains.

We meet every **Sunday at 10:30pm** at our building, Station Road. We welcome families with children who have their own time together during part of the services. There is also a **Bible Study** or film on Zoom at 4:30pm.

For all our activities see contacts above.

May all readers have a happy and peaceful 2025, and may we see peace in the many lands which are experiencing war and all its dreadful consequences.

Sending our love and prayers from Shirehampton Baptist Church.

## St Mary's Church News

[www.stmarysshire.org](http://www.stmarysshire.org)

*We hope you had an enjoyable Christmas and we wish you all a Happy New Year.*

It was a busy Advent and Christmas at St Mary's and it was a real joy to welcome so many people through our doors. Unfortunately, Storm Darragh prevented our Christmas Fayre going ahead and we were grateful to the many people who supported us in the following week, buying cakes, crafts and toys so that everyone's hard work wasn't wasted.

We open our doors again on **Thursday 2nd January** with our 11am **Holy Communion** service, and our **Coffee Morning** and **Welcoming Space** returns on **Friday 3rd January** 10am to 2pm.

The first "**Goldies**" singing session of the New Year is at 10.30am on **Wednesday, 8th January** (a week later than usual since the first Wednesday of the month falls on New Year's Day). All are welcome to come and sing favourite songs from the past.

On **Monday 27th January**, we welcome back the **West Bristol Concert Band** to St Mary's for another of their enjoyable performances. It commences at 7:30pm and tickets are available on the door - cost is £5 and £3 concessions. Refreshments will be provided during the Interval. We look forward to welcoming you.

Finally, we should mention that the fantastic sum of £931.29 was raised in the 3 collection tins for



the Poppy appeal in November, in aid of the **Royal British Legion**. Thanks go to **Stephen Simmons** for arranging the collections, and for the generosity of everyone who donated.

Take a look at our website [stmarysshire.org](http://stmarysshire.org) or Facebook page for information of our services, events and opening times - we look forward to welcoming you.

*Eleanor Beddoes, Parish Administrator, St Mary's Church Shirehampton*

**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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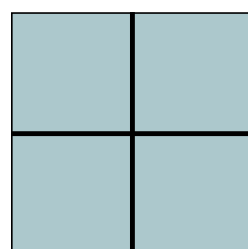
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# Sport and Activities IN SHIREHAMPTON

## Football's Coming Home; Shirehampton F.C. Return to Penpole Lane

On Tuesday 3rd December, Shirehampton played what it was hoped would be their final game at Manor Farm. The floodlight installation at Penpole Lane had been completed on the previous day, but not "signed off" in time for this match.

Our guest reporter, **Timothy Mansford**, composed a brief report for us, as follows:

Most of the football in the first half was played in **Gillingham** territory, with the visitors only managing one shot on the Shire goal. Shire pressed consistently well and in the 15th minute the pressure was rewarded, Shire's no.9, **Dillan Kerr** firing in a left-foot shot into the bottom right hand corner, from just inside the box. A proper "predator's goal." 1-0 to Shire.

The pressure on Gillingham did not ease, and in the 30th minute Shire won a free kick in an advanced position on the left, taken by our no.10, **Ryan Radford**. Shire's no. 3, **Benjamin Adam**, rose at the far post to meet the cross and placed a majestic header into the bottom right corner. 2-0 to Shire.

The second half was more even, without any clear chances on goal. Tim nominated Benjamin Adam as the *Shire News Man of the Match*, noting that he "had

their winger in his pocket, made BIG tackles and put in a high energy performance."

It was hoped that the following Tuesday would see Shirehampton's return to their home ground, against local rivals **Hallen** in the cup. Everything fell into place and the teams ran out for the first time onto a ground bathed in white light; it was quite an impressive sight walking up **Park Hill** and catching a first glimpse of the lights through the trees.

Hallen have been a "bogey team" for Shire recently and so it proved again tonight, a double from **Corey Thomas-Barker** in the 30th and 80th minutes seeing Shire exit the **GFA Challenge Trophy**. The lads are home again though and that's the big story to take from tonight. **Welcome home Shirehampton F.C.!**

*Article by Paul McMillan & Match Report by Timothy Mansford*

**Tues 3rd Dec**



**2 - 0**



**Shirehampton FC Gillingham Town**



The Creek, home of Manor Farm F.C.



Dillan Kerr puts Shire ahead.



Benjamin Adam heads Shire into a two goal lead.

**Tues 10th Dec**



**0 - 2**



**Shirehampton FC Hallen AFC**



# Stories and Excuses

We tend to define ourselves by stories. I am the sort of person who does this or that; I'm the person to whom such and such has happened.

We tend to bring that same approach to sport - and it's no bad thing. Many a fencer took up a sword as an earnest, a sort of proof that they are the sort of person they'd like to be. Trying to be what we'd like to be, we are much more likely to become it.

Where narratives help less is the actual contest. Going into match with a narrative can prevent us seeing the unexpected. It can become a rat-run, an easy escape route, in which we anticipate and manage a loss we fear by concocting a story; we can embrace defeat itself and give ourselves credit for being a good loser, accept flattery from the victor as some sort of compensation or simply make up excuses.

The worst aspect of narrative is that it ties into hope. That may sound strange. One should always surely have hope? But that sort of hope is better termed courage; it's the willingness to do one's best, no matter the odds. The hope that isn't useful in sport is the hope of desperation. Desperation has its place. The classic situation occurred in the bronze medal match of the **Women's Sabre** event of the recent **Paris Olympics**; a young Korean fencer met the multiple times **World Champion, Olga Kharlan of Ukraine**. Kharlan was the crowd favourite

and expected to win. She started aggressively but inattentively, lost in the narrative of bringing glory to her country and achieving part of her fairy tale. She rushed and was hit, ending the first period of fencing well behind. At the break her coach gave her a talking to. Kharlan came out a different fencer. The Korean could have realised the change and fenced Kharlan on her merits, with the advantage of a lead. Instead she kept on trying to punish the fault Kharlan was no longer doing. The Korean had slipped into hope; the hope that Kharlan would revert to carelessness, the hope that the few points required come her way to get to the fifteen required.

We don't engage with the moment when we hope. One trick is to view each action in a match as a cell of a comic strip and ignoring how we got there, just sensing what can be done from there, in that moment.

Sport is that interplay of developed skill, fault/opportunity recognition and review. Hoping gives us none of those. It's courage gets us through.

*John Robde & Photos © Bob Pitchford*



# Avonmouth Sea Cadets

**At our last Divisions in November several cadets achieved their advancements., NEC Maria and Freddie to Cadet, Cadet William to Cadet First Class and OC Jack to Able Cadet. Congratulations to them all. The Merchant Navy Association attended and presented a donation to the Unit as we have agreed to maintain their Memorial at Battery Point Portishead for the foreseeable future. We thank them for the donation.**

We attended **Shirehampton Remembrance Parade** and the following week **Patchway**. Both parades were well attended by **Cadets and Instructors**. Everyone enjoyed the **Autumn Fayre** in the Public Hall. It is so enjoyable to be attending the community events once more, if anyone is holding a community event and would like Sea Cadets to attend, please contact us.

The **RN Attract Team** attended on Thursday 5th December, their presentation including giving the cadets a talk about life in today's Navy and some Leadership and Communication tasks. The Cadets thoroughly enjoyed the evening.

Looking back over the year it has been a successful year with Cadets gaining a good number of qualifications in rowing, paddlesport and sailing also in specialisations and proficiencies. Our Annual report shows improvement year on year in all areas, which is extremely pleasing and a recognition of the hard work done by all volunteers involved. Instructors are also gaining further qualifications enabling a broader range of subjects to be instructed to the cadets. Plans are already in place for 2025 and we look forward to sharing these with you.

**We welcome young people from the ages of 12yrs-18yrs. We will be holding our next Taster evening on January 23rd 2025. Please contact us on [avonmouthseacadets@gmail.com](mailto:avonmouthseacadets@gmail.com) to book a place or for further information.**

**We also welcome adult volunteers and have a variety of roles available, including Supporters, Uniformed Instructors and Management Team members. If you would like to know more, please contact us on [avonmouthseacadets@gmail.com](mailto:avonmouthseacadets@gmail.com)**

*Alison Fowler*

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# U 15 Football; Port of Bristol Greens v Stoke Lane Athletic

The main reason for Shire's existence is to tell your stories, to bring to you and to celebrate all that is best in the life of our community. I think that this is a story worth celebrating.

Coach Paul Griffiths told me that, three years ago, these lads came together as a "development squad", barely able to string a couple of passes together. Last season they won their division of the **Avon Youth League** without losing a game and now sit in second place in their current division. They also won the **Port of Bristol Tournament!** On top of that, Paul tells me that they are a great bunch of lads and having watched the game, witnessed their great attitude and conduct and chatted to some of them after the match, I can only reflect Paul's view; "Canny Lads!" as they would say in my part of the world!

The first half was a cagey affair, ending 0-0. An early second-half goal from Port saw the floodgates

open and the lads ran out **5-0 winners**. Here's four of the goals; I missed one sadly!

My apologies to **Adem** for not managing to get him in shot for his first goal, Port's third and for completely missing his second goal, Port's fourth. Must try harder! I couldn't say that about this Port of Bristol team who played with huge effort, commitment and togetherness to pull off this resounding victory. Congratulations to all the lads and to Adem for his *Man of the Match* award. A big shout for **Kenneth** too, who took all the corners that produced three of the five goals. **Shire is proud of you all.**

Article & Photos © Paul McMillan

Sunday December 1st 2024



5 - 0



Port of Bristol  
Greens

Stoke  
Lane Athletic



The goal scorers; James (2) Adem (2) and Damien (1). Adem took the "Man of the Match" award.



POB u15 Greens. Kenneth, with three assists from corners, is centre front row, Paul Griffiths is back right and Josh Beacham is back left.



No.9 Damien powers in the first, a header from a corner on the left.



No. 23 James turns away in celebration after firing in the second. Damien is on the right-hand post, poised to join the celebrations!



James crosses for Adem (out of shot) to head in the third on the back post.



James tucks away Port's fifth.

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# Avonmouth Rugby Club "Mini's" Christmas Bash

On Saturday 14th December the youngsters of Avonmouth held their Christmas party. After progressing from the tots, the kids begin playing tag rugby when they reach year 2.

Today, it was time for a large slice of indoor fun and Santa was obviously in attendance to help the

children celebrate. Judging by the photos, everyone had a great time.

If you would like to know more about children's rugby at Avonmouth, here's some links:  
Web: [pitchero.com/clubs/avonmoutholdboys](http://pitchero.com/clubs/avonmoutholdboys)  
Facebook: [facebook.com/avonmoutholdboysrhc](https://facebook.com/avonmoutholdboysrhc)

Paul McMillan



© Paul McMillan

Tots in training.



© Paul McMillan

Minis in tag action.



James, Lucas and Suzie-Mae.



Happy party goer Jabe.



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# Proposed New Cycle Hub

Share your views on the council's proposals for a flagship cycling facility in Lawrence Weston and Shirehampton on the Merrimans and Henacre Open Space next to the BMX track.

The state-of-the-art **Bristol Regional Cycling Hub** would be open all year round and aimed at people of all ages and cycling abilities from across the **West of England**.

**Proposals include:**

- a 1km long, 6m wide closed loop cycling circuit
- **Bikeability** rubberised track where everyone can learn to cycle
- a cycling practice area and track
- a two-storey building with offices, public toilets and rooms to hire
- a car park with EV charging points
- a public footpath around the site
- an upgrade of the **National Cycle Network**

On top of offering a variety of cycling tracks and spaces to learn, train and compete, Bristol Regional Cycling Hub would provide jobs, volunteering opportunities, community spaces and bike maintenance.

**Councillor Ed Plowden, Chair of the Transport and Connectivity Committee**, said: "We're keen to find out how people would use the proposed cycling hub and want to hear from residents in the surrounding area as well as those across Bristol.

"This is an opportunity to build a fantastic traffic-free environment dedicated to cycling. We would use it to offer targeted active travel and health programmes, road safety training for all, and a fun space to cycle for sport and health from beginners right through to experienced cycling competitors.

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