

Shire

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

No. 638 - March 2025 www.shire.org.uk 5,000 copies monthly

Have you got a job that needs doing? Go to YOUR LOCAL TRADESPEOPLE section on pages 17-18 to find a local business who can help.

**Congratulations
to OUR Library on
their 120th Anniversary!**

- See pages 1 & 16

**Sports and Activities:
Spotlight on Shire Colts**

- See pages 19-20

Shirehampton Library 120 Years Not Out... Yet!

On 6th March 2025 we celebrate 120 years since Shirehampton Library was opened to the public. With so many of those years marked by battles to keep the doors open, is it still worth fighting for in 2025?



When the population of Shirehampton village surged in the early 20th century, due to the new Avonmouth docks, it was widely acknowledged that the masses needed "a focal point". Squire Napier Miles of Kingsweston donated land along Station Road, originally called 'Ash Paddock'. Architect, Frederick Bligh Bond was appointed to design a building which would accommodate 500 people for cultural events, 'retiring rooms' and a public library.

These plans were revised after 6 months with an enlarged library. £800 had been donated by the American/Scottish businessman and philanthropist

Andrew Carnegie for a 'centre of light and learning' in Shirehampton. Over 2500 'Carnegie Libraries' were opened around this time, all over the world. Our own was to be run and maintained by Bristol Public Libraries. Carnegie's view was that "no millionaire will go wrong... who chooses to establish a free library in any community that is willing to maintain and develop it."



Pirate-themed children's craft activities. August 1996.

Over the last 120 years it certainly has been an immeasurable asset to the local community and has been developed in ways Carnegie and Napier Miles could never have imagined. Reading the reminiscences of readers and staff (which can be found in the library itself) you get a sense of a space which has acted like a magnet, drawing people from both the isolation and daily hubbub of their own homes, into a space of order, peace, friendly community and the endless possibilities for escapism, imagination and self-improvement that a library offers.

Compendium of 120 years of memories of a moment.

- Sleeping in the cellar of the then 'Parish Hall' during air raids – **Mary Parsons**
- Sliding down the banister from the children's section and disturbing the gents reading the daily papers in the 'Lower Room' – **Margaret May**
- Getting locked in the children's section upstairs at 8pm because you were so engrossed in your book!
- The packed out 'Internet Roadshow' in 2000 where many got their first chance to surf the Work Wide Web.
- A Royal visit from **Prince Edward** 2003.
- and currently lively **family history** sessions, **Vinyl Nights**, weekly '**Shire Living Room**' and **IT Literacy** classes run by the **Friends of Shirehampton Library**, **John Hastings**.

Continues on page 16.

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Saturday 29th March 2025

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Shire

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

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

Please contact Shire on: chairperson@shire.org.uk

'SHIRE' Contact Details

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Sport & Activities: sports@shire.org.uk or 07981 927787

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

EDITORIAL POLICY

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

Contributions submitted to: editor@shire.org.uk

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REGULAR EVENTS IN SHIREHAMPTON

SHIREHAMPTON PUBLIC HALL REGULAR WEEKLY ACTIVITIES

MONDAY	Twyford Art Club	10am-12noon	Main Hall
TUESDAY	Music with Mummy 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
WEDNESDAY	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
THURSDAY	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
FRIDAY	Youth Group (2nd and last Fri) Shire Stitchers (1st Friday)	7-10pm 10am-12noon	Main Hall/Penpole Bradley Room
SUNDAY	Church of Grace	11am-4pm	Main Hall & Springfield

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

Shirehampton Hub - What's On

MONDAY	CleanSlate 9.30-12.30 Housing Matters 9.30am-12.30pm (Fortnightly) Hub's Cups 9.30am-12.30pm
TUESDAY	Job Club 10am-12pm Chatty Cafe 1pm-3pm Games Night from 5pm (Over 16's)
WEDNESDAY	LPW After School Play Sessions 3.30pm-5.30pm
THURSDAY	ESOL Conversation Club 12pm-1pm

Community Fridge Available Monday to Thursdays (subject to donations). Foodbank / Fuelbank vouchers available. We offer a range of advice and signposting including PIP, Attendance Allowance, Universal Credit migration and much more.

Shirehampton Methodist Church, Penpole Avenue,
Shirehampton BS11 0DY

Email: projectcoordinator@jtehubshire.org

Tel: 07305 066478

Web: www.jtehubshire.org

Events in our library



REGULAR EVENTS

Every Tuesday afternoon 3pm – 5pm

Shire's Living Room –

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

1st Tuesday of the month 5:30pm – 7pm

STAR Peer to Peer Bereavement Group –
Contact Ash Bearman (0117 982 9963).

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

Record Appreciation Club –

(next one on 10th February – Rod Stewart,
with guest speaker)

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

2nd Thursday of the month 6pm – 8pm

Family History Group –

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

Every Sunday evening 6:30pm – 7:30pm

Heartfulness Relaxation and Meditation

Email southwest@heartfulness.uk before your first session. All welcome 18+

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



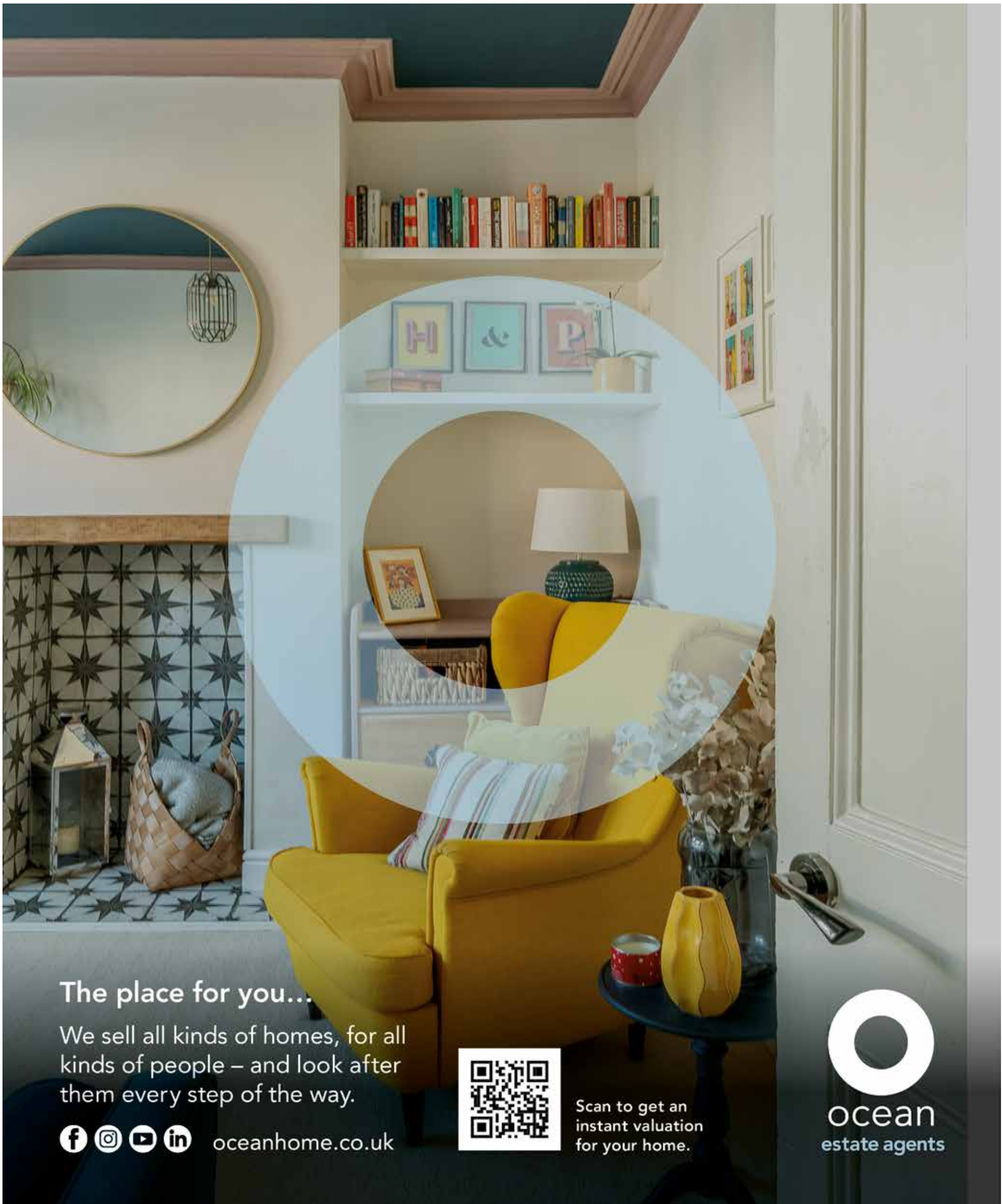
Cotswold Community Association
Dursley Road, Shirehampton,
Bristol, BS11 9XH
Registered charity no. 1101427
Website: cotswoldcommunity.org
Email: cotswoldca@gmail.com
Phone: 07943-401575

Regular Events at the Cotswold Community Centre

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

Cameras, Chickens & Cuppas

On Friday 17th January a camera crew and reporter from BBC Points West came along to the Cotswold Community Centre Happy Space, which is held monthly for Dementia sufferers and their partners/carers to interview the founder of the Bristol Dementia Action Alliance.

When **Tony Hall** lost his wife to dementia after nursing her for 20 years, he had a vision of making Bristol the UK's first dementia friendly city and has since opened 3 other memory cafés in the area.

Attendees and volunteers at the Shirehampton café were interviewed and the programme went out on

air on Thursday 23rd January. Every month **Lisa Dicker** and her team arrange different events and in January we had the pleasure of meeting a group of therapy chickens and ducks which went down a storm with everyone.

Jill Williamson



Avonmouth Ladies Club

We meet on the 1st & 3rd Tuesday at Avonmouth Community Centre 2.30-4.30pm (But not in January & February)

We return in March 2025

A warm welcome awaits

March 4th - Beetle Drive

March 18th - Bring & Buy (Charity Auction)

Programme to be confirmed for rest of year.

For information contact Julie on: 07814 183976

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SHIRE PAPER NEEDS THREE NEW VOLUNTEERS!

Can you help?

We have three roads needing new deliverers. If you have free time of approximately 30 minutes once a month. The papers are usually delivered to us on the last Friday of the month (except Christmas) and then ready for delivery after that. We need papers delivered to the following roads:

- Merriman's Rd. 34 papers
- Oaktree Court. 36 papers
- Part of St. Bernard's Rd. 49 papers

If you are interested in helping the team, please contact me on 07811 385385.

Bobbie Perkins Shire Paper co-ordinator

Shire Stitchers

We meet monthly to share, learn and encourage all members to try new sewing projects and other crafts.

Get advice or inspiration for your handicrafts from a friendly group of ladies. This year's Chairs challenge is to make tote bags for the Avonmouth Food Bank - support their hard work providing a bag for life for their customers to use again and again.

No more use of single use plastic bags!

The programme for the first half of the year:

February - Macrame by Georgia

March - Hand Quilting by Gail

April - a Sewing evening for all - Bring your own unfinished project

May - Avonmouth Food bank talk by Emma Murray

June - Sewing evening for all

July - Fabric box by Denise

Come along and join us at the Public Hall on the third Wednesday of the month, starts at 7.15pm.

Email Julie at: juliewatson@live.co.uk for more details

Personal Announcements

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

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

Happy 70th Birthday - Elizabeth Harvey



We would like to wish Elizabeth Harvey a wonderful 70th birthday. We hope you will have lots of fun celebrating with your family and friends.

Lots of love Gemma, Lee and Mya xxx



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.

CLEAN UP AFTER YOUR DOG!

Dear Editor,

I have decided it's time to make a plea to the reliable and honest people on the **Cotswold estate**, and the few others of genuine concern, who pop down here.

Could you all keep an eye out for the disgraceful excuses of so say human beings, who are shamefully and purposely turning the river bank into a disgusting canine latrine!! I and many of my friends are sick and tired of clearing up YOUR FILTH!

JUST STOP IT!!!! I will notify the authorities if it continues! PICK IT UP OR STAY AWAY!

(Name withheld by request)

WITH GRATITUDE!

Dear Editor,

Following both the closure of both the **card shop** and "**Break**" **charity shop** where, I understand, all the staff have been made redundant. I would like to acknowledge my gratitude to them and the volunteers who served me. One of the joys of visiting shops in Shire is the welcome and positivity of staff/volunteers. Both these retailers were very supportive of the **Craft exhibition**, taking part in the "hunts" organised for the children. The card shop particularly made it a fun experience for the children.

I am sure this wasn't part of their contract of employment, but they made a great difference to the daily experience of shoppers with small acts of kindness.

I wish all those affected well, and hope they find employment that values their skills and kindness.

Gail Amphlett

CLOSURES ON OUR HIGH STREET!

Dear Editor,

On my way home from the excellent **Community Climate and Nature Plan Breakfast** (thank you all!), I was shocked to find that the wonderful charity shop, opposite our Fish & Chip shop, has closed. A passing lady explained that the rent had been put up too much. Further down the High Street, what was another charity shop, opposite the butcher, is still empty what seems like many years since it shut.

In the context of Shire doing more to be sustainable and community minded it seems absurd that we are losing these charity shops which provide such an important amenity to the village. To me it would seem common sense and even economic sense to allow charities to use these shops at a modest rent rather than have these premises sitting empty for months or years on end?

Keith



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

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

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

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

Linda xxx

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



SHIRE ADVICE SERVICE

Free Advice Sessions

*Shirehampton Health Centre, Pembroke Road,
Shirehampton*

Tuesdays from 10am

To make an appointment call 0117 9515751

Voyagent Travel Agent Makes Their Home In Shirehampton

It is so good to see a new shop open on Shirehampton's High Street, especially as a much needed Travel Agent is now local to the 'Four Villages'.

Stuart Briffett is owner and manager of 'Voyagent' and knows Shirehampton well. His mother was born and raised in Shirehampton and the family remained local to Shirehampton whilst he was growing up, with Stuart making regular visits to Shire High Street. He recalls many of the old shops with Burt Britton Sports Shop and the local Travel Agent that used to be on The Parade, having booked holidays in the past.

Stuart began his career in sales and loved to travel: "I wanted a change of career and I wanted to combine travel and sales so Travel Agent seemed to be the most obvious thing really. I've been in the travel business for over six years now and I did have travel shop in Bradley Stoke. I sold that to my ex-business partner just over two years ago and decided to set up another business in my own right just before Christmas 2023." said Stuart.

"I met **Mike** next door and found this shop would be available to rent. It all fitted together really. I've travelled all my life and I've been to all five continents."

"I like talking with lots of different people that are looking at different resorts and different places to go, giving people inspiration to go different places. **We offer 350 different tour operators and approximately 27 different cruise companies.** The most popular holidays are the shorter haul destinations. Spain, Greek Islands and all the Costa's I would say. We can also book your airline tickets and flights if you are holidaying in your own holiday lets for example."



I asked Stuart how he was finding his 'new home' in Shirehampton. "It's been very friendly, lots of people have been through, getting ready to book a holiday and saying thank goodness we have a Travel Agents in Shire and bringing something different into the village. I will continue to build my business and provide good customer service to the community."

This is one business that will take the stress out of booking your holidays.

Voyagent is ABTA registered and can be found at 10a High Street, Shirehampton, Bristol, BS11 0DP. Telephone: 0117 462 6666. Email: info@voyagent.co.uk or <https://voyagent.co.uk>.

Article & Photos © Kathryn Courtney

Careers Week at Shirehampton Primary School

Shirehampton Primary School recently held a very successful careers week. It was designed to inspire children and encourage them to think about what kind of jobs they would like in the future.

We had an incredible range of visitors, including a policeman, hair salon owner, civil engineer, gym owner, builder, chefs and two charities. Our fantastic parents stepped up and most of our guests were from the local community.

The children were absolutely fascinated and felt very inspired. The week really helped the children realise the steps they needed to achieve their dream job, the first one being working hard at school!

Thank you to everybody who was involved.



Hair stylist and business owner Bianca Taylor.



Local builder Tom Bradley.



Mike Cole, Plumber and school caretaker.



Sergeant Ed Harris.

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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)

At the start of February, as our first Prime Minister to join a meeting of European Council members since Brexit, Keir Starmer has started the much-needed work to rebuild the UK's relationship with Europe.

On **19th May**, the UK will welcome the **Presidents of the European Council** and the **European Commission** to the UK for the first UK-EU leaders' summit, to further strengthen the relationship between the UK and the EU.

And in **June**, I'm organising a summit in Bristol North West specially for constituents on *'Resetting our relationship with the EU'*.

The latter is part of a new series of town hall events that I'm running across the constituency this year before the summer recess, with each event themed to focus on a different mission in this government's **Plan for Change**. And you'll be pleased to hear that one of the town halls will be held in Shire!

I'm holding these events because it's important that, in my capacity as a constituency MP, I hear your views on the government's plans. This is your opportunity to share with me your support, questions or concerns about the work that my Cabinet colleagues and I are doing to deliver on our promise of change.

I've already got the ball rolling on this new series of events by discussing the UK's transition to clean energy at a packed **Climate Crisis Town Hall** in **Henleaze** in January.

Next up, I'll be holding a town hall in **Southmead** on **Saturday, 1st March** (2:30pm-4:00pm) to discuss our government's mission to build 1.5 million new homes in England and fast-track planning decisions.

Whilst this drive to find new sites for house building won't affect Bristol North West, in the local context, a housing development in **Lawrence Weston** with existing planning permission will be breaking ground in a few months' time. And work on the **YTL Arena** and neighbouring **Brabazon housing development** is already underway – along with new train stations for the **Henbury line** and somewhat controversial plans to add bus and cycle lanes in Henbury and Brentry in the works, all in a bid to prevent congestion from the builds.

The town hall in Shire, which is anticipated to be held on **Saturday, 26th April**, will focus on the mission



to put 13,000 more police officers on the beat and to have a named officer for every neighbourhood. Most of us have experienced a rise in Anti-Social Behaviour in the village over the past couple of years, so I would greatly value your participation in this event. Everyone should feel safe in their own home and within their community.

Tickets for the event in Southmead are available to book now at darren-jones.co.uk/events, or by calling my office on **0117 959 6545** if you don't have internet access. Tickets for the other events will be released in due course – please sign up to my monthly newsletter on my website to be among the first to hear when the events are available to book. (The event in Shire might be available to book by the time you read this, so it's worth checking!)

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

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: 0117 959 6545

Email: darren.jones.mp@parliament.uk

Website: www.darren-jones.co.uk

Churches in the Shirehampton Area

Greetings from Shirehampton Baptist Church

Contact: 07743 683684 or rhodespaul360@gmail.com

During these last two weeks several of us have been recovering from the various viruses circulating our village. Fortunately we in Shire Baptist are able to share our Sunday morning service via Zoom thanks to our brilliant technician. This is greatly appreciated when one is too ill or old to get out.

During January some of us delivered the **Good News Paper** to about half the village. We trust many will read it and discover why it brings Good News.

The next **Songs of Praise Cafe** opens on Sunday March 9th at 4:45pm. This informal hour is run by the **Cotswold Christian Fellowship**. People enjoy the warm welcome and sharing talks, drama, songs, poems, not forgetting a drink and a cake.

The next **Life Cafe**, held in our building in Station Road, will open on Thursday March 27th, 10-11:30am. A warm welcome with a drink and cakes awaits everyone.

Rock Steady Club meets every Thursday, term time, at 3:30-4:45pm. They are working on dramas about the miracles of Jesus and preparing some worship songs. This term the children are being encouraged to find their personality gifts such as leading, caring and supporting, etc.

We would love to welcome anyone to our **Sunday morning service**, 10:30am. We meet in our building in Station Road. We also have a Bible Study or Films on Zoom every Sunday at 4:30pm except the second Sunday in the month. See our contacts if interested.

We have a website where you can listen to one of the previous Sunday morning talks, www.shirehamptonbaptistchurch.co.uk/recent-talks.

Easter falls in April this year. More good news to come.

All at Shirehampton Baptist send our love and prayers.

M.B.

St Mary's Church News

As usual, St Mary's Church has been bustling with activity and here we are, already talking about what March has in store.

West Bristol Concert Band provided an entertaining evening of music at the end of January – thanks to all those who braved the elements to attend, as the weather was quite wild that evening.

As we approach the **season of Lent**, we are holding a **Pop Up Pancake Party** on Tuesday 4th March 3:30 - 5:30pm, which is **Shrove Tuesday**. This marks the last day before Lent, traditionally a period of abstinence when people would clear their cupboards of goods such as sugar, fats and eggs, hence the pancakes. All are welcome to come along and enjoy the pancakes at this event.

Wednesday 5th March is **Ash Wednesday** and **Goldies** are meeting here from 10:30am for their monthly get-together, enjoying music and company. The **Prayer Hub** will also be taking place between 10.15 and 10.45am (a shorter session than usual whilst Goldies meet). Then, at 6-7pm we will hold our second *'Rooted'* service. As a reminder, this is a new service we offer that is designed for those who are seeking to explore and deepen their understanding of the Christian faith. We will celebrate the rhythms and seasons of life in a welcoming and informal service which will be in a modern praise and worship style.

Mothering Sunday is on 30th March and this will be marked in our service that day. As ever, all are welcome to this service.

St Mary's are again joining with the **ASMA (Avonside Mission Area)** churches for the **Lent Course 2025**. This will take place at the various churches on each Wednesday between 5th March (Ash Wednesday service at **St Mary's Stoke Bishop**) to 9th April. Each session will have refreshments from 7pm for a 7.30pm start, ending by 9pm. Details of where each session will take place can be obtained by picking up a flyer at church.

Our **Easter Fayre** will be held on Saturday 5th April between 10am and 2pm, with lots of stalls mainly during the morning, and lunch available from midday. This event is suitable for all ages.

Finally, we are required to prepare a new electoral roll in the first half of this year, so forms will be available for completion at church, should you wish to join



ST MARY'S
SHIREHAMPTON

www.stmarysshire.org

our electoral roll. You are required to complete this form even if you are on our current electoral roll. There are certain criteria that need to be met to be included, so please check if you are unsure – we will be happy to help. Being on our electoral roll means you can vote on Church matters, attend the Annual **Parochial Church Meeting (APCM)** and stand for election to the **PCC**.

We hope to see you soon!

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.



BDAA Happy Days Hub - Dementia and Ageing Well Resource – PRESS RELEASE

Bristol Dementia Action Alliance is excited to be launching its Happy Days Hub – a dementia and ageing well resource for people concerned about or affected by dementia.

This pilot, the first of its kind in the area, opens its doors on **Monday 24 March** at 2pm. All are welcome to attend this community afternoon to learn more about the Hub.

The Hub will open on Mondays and Fridays with a **Community Café** open to all, 10am-2pm at **Ambition House**, 2 Stiles Acres, Lawrence Weston. BDAA and partners will offer social, practical and holistic support to help people navigate the dementia journey.

An important aspect of the Hub is to offer preventative awareness and management of conditions which can affect us as we age and could increase the risk of developing dementia. BDAA and partners will educate about diabetes, high blood pressure and hearing loss as well as other conditions.

The Hub will host a variety of social groups including memory cafés and carer support groups.

We are delighted to be part of Ambition House which is the new community building by **Ambition Lawrence Weston**. This centre welcomes all of the community and hosts regular activities as well as supporting the wider community.

Lisa Dicker, Development Manager says: “We would love for this Hub to be part of the community and for local residents and businesses to play a key part in the success of this much needed resource.”

We need volunteers to support the Hub – we have a variety of key roles including supporting the café, helping with activities, being companions at the groups.

Further details here: www.bdaa.org.uk/volunteering/ or email office@bdaa.org.uk. Lisa Dicker can be contacted on lisa@bdaa.org.uk or 07467 428179. www.bdaa.org.uk/happy-days-hub/



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Autumn Years Dementia Respite Group at Lawrence Weston Community Farm

“The disease might hide the person underneath, but there's still a person in there who needs your love and attention”.

On Monday 27th January, Shire was invited to join one of the weekly sessions, based at **Lawrence Weston Community Farm**. The morning session included a craft session, themed on **Chinese New Year**, including making origami fortune tellers and Chinese lanterns. There was a very stimulating group discussion, based on our knowledge of China and things Chinese. There were thrilling tales of members past adventures, travelling in China, Tibet and other parts of the Orient. There was a musical request session and more stimulating discussion about songs and bands, fondly remembered. When The Rolling Stones *Little Red Rooster* was requested. Group leader **Naomi** showed her youthfulness by admitting that she had never heard it before! As you can imagine, shock and horror, tinged with a little pity, rippled around the room. Naomi believes passionately in the power of singing as a therapy and a “joy bringer.”

On Monday 10th February the Respite Group also held a **Valentine's Day Dance** which certainly brought warmth and cheer for a cold winter day as can be seen from the photos!

We also had the opportunity to chat to people individually and to hear their own stories:-

Carol worked for many years at the now demolished **Masons Arms** on Lawrence Weston Road. Several of the group knew Carol well from her time there. **Chris** told me that he has frontal lobe dementia,

which means that, to an extent, he has “lost his filter”, although his memory is sound. He is obviously happy to be known as the “group joker”, puns and witty quips dripping from his lips at every opportunity. Chris is involved in work to further understand dementia, giving talks to NHS students about his experiences; some have visited him at home. He has also appeared on regional TV, to help further understanding of dementia. Chris said that he feels “part of him had died already” and as the disease progresses, “more bits die.”

Peter has enjoyed a lifetime's love of football and cricket. He played for Leigh Town and Leigh-on-Sea Cricket Club, the latter based largely on the Essex Coast cockle industry. He worked in the City of London as a tea broker, for what he describes as a “great company”. He obviously enjoyed his career and everything it provided, including a good pension. Peter's philosophy is: “Always remain positive and laugh a lot!” This is a good way to end, because Peter could have been summing up today's session in those seven words. There was fun, companionship, stimulation, care and love in abundance; the person masked by the disease is still there; they need our love and care more than anything else.

Here's a link to the Autumn Years webpage:
www.autumnyearscommunitycare.com

Article by Paul McMillan, photos courtesy of © Naomi.





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Shire JTE Hub - The One Stop Place To Be

The Shire JTE Hub is a community service that provides a whole range of activities and services including *Chatty Cafe, Games Nights, Job Club, to Financial Advice, the Community Fridge, craft activities* and more. It is based in the middle of Shirehampton's High Street at the local Methodist Church.

Darren Moore is the Hub Project Co-ordinator:

"When I first started it was meant to be jobs training and enterprise but on my second day somebody came in and wanted to take their own life, I spent seven hours with them calling in the mental health crisis team. He's still alive, he realised there was somebody in his corner. After that things changed and there was wellbeing being offered, talking to people, spending a bit of time with them sort of building up their confidence a little bit."

"I have my own business and if someone has got an idea and they want to start their own business then that's my thing and I can really help them. I'm also a great believer in empowering people and that is why we have expanded on things and brought in other organisations such as **CleanSlate** who provide **debt**

advice and maximise income. We try to appeal to a lot of people".

"With the community fridge, it's all about reducing food waste. We don't want anybody to come in feeling like they're a burden or they're not entitled to it because they are. We don't need people to explain why they need food"

Kirsty Moore is a volunteer at the JTE Hub and is Darren's wife: "I've been a volunteer here for about two and a half years. I help allocate surplus food to people, giving them what they need and chatting with them. Sometimes they'll open up on little things like, they are struggling a bit, so I steer them maybe to CleanSlate who are here on a Monday. We had one gentleman saying he was ultra lonely so I suggested to him the Chatty Cafe and Games Night on Tuesdays. We welcome everybody and anybody to the JTE Hub."

Kirsty helps out each day and she also has a talent for crafting: "If there's an easy way out of doing anything it's crafting, I'm there. I try and do sessions here during school holidays and we do advertise it. Personally, I make soap and lip balm and I can crochet a little."

The JTE Hub certainly has plenty to offer the local community, helping people reach their full potential in education, enterprise and employment, and plenty more besides. It is a welcoming place with plenty



© Kathryn Courtney



© Kathryn Courtney

of teamwork behind the scenes and they would love some more volunteers to help.

It is open Monday to Thursday from 9am until 4pm at the Methodist Church, Penpole Avenue, Shirehampton, Bristol, BS11 0DY.

Check out their Facebook page www.facebook.com/ShireJTEHub and web site: <https://jtehubshire.org/> You can also call 07305 066478 or email: projectcoordinator@jtehubshire.org

Kathryn Courtney



© Kathryn Courtney

Bristol Youth Voice Conference 2024

"The Power of Participation is to be wondered at."

The Bristol City Youth Council is a group of 29 young people, elected to represent Bristol's youth as follows:

- 18 young people are voted in through the Bristol Youth Elections where they stand for election within their school/ youth organisation
- 5 young people are elected through equality youth voice groups
- 6 young people are elected through their local areas.

The aim of the **Bristol City Youth Council** is to represent the voices of young people in Bristol and to campaign on their behalf. To find out the views of Bristol City Youth Council, 3 area youth forums a year are held in 3 areas of Bristol and end the year with a Youth Voice Conference.

Bristol's Youth Voice Conference 2024 was held at City Hall on Wednesday 6th November. The aim of the conference was for young people from across

Bristol to come together to discuss the 4 themes identified from the Area Youth Forums. These were:

Communities: A sense of belonging or not belonging in their community, parks and spaces for young people, fly tipping and littering, anti-social behaviour, parking/speeding, schools and special educational needs and disabilities referrals.

Youth Services: Support for young people in school and outside, things to do that are free or low cost, along with safe spaces, more youth spaces and sessions.

Safety: Women's safety, online safety, areas where young people don't feel safe, lighting and policing.

Knife Crime: Witnessing other young people with knives, feeling unsafe, policing, recent tragedies affecting young people.

Our local delegates from **Lawrence Weston** were positive about there being something to do for all ages, having a safe place to go with friends and having a community food pantry. However, they also said that they feel unsafe in the area due to intimidating

people, including drug users. There were worries about littering and rubbish, including needle usage in play areas. Young people feel there are not enough green spaces. Another concern was poor-quality housing. They would also like to see the rebuilding of parks and play areas. Young people also voted on their top priority for North which is Safety.

At the latest **North Area Youth Forum** in February, local young people came to Lawrence Weston youth centre to discuss issues affecting them including their priority of safety including solutions to make young people feel safer.

The next Area Youth Forum will be held on Wednesday 11th June 2025. Location TBC



For more information please visit: Bristol City Youth Council

Instagram: @bristolcityyouthcouncil

Make sure that your voice is heard.

Edited by Paul McMillan

 THE GREEN PAGES

Snow In New Orleans!

February 2nd - Candlemas, Lady Day, Imbolc - the beginning of Spring half way between Solstice and Equinox. Green shoots pushing up through the leaf litter, buds swelling on bare branches, light returning stronger every day: a time of new beginnings.

But lovely as the Spring is our seasons are out of kilter. Temperatures in the Arctic are 20C above average for February and above ice melting point. Yet there's been snow in New Orleans!

Already most of us have forgotten the storms and floods and wild fires that began the year.

But the commentators on climate speak of feeling 'overwhelmed' by the challenges facing us and afraid that *"the world has surrendered to climate breakdown."* (Malm and Carton. Overshoot, 2024). They fear that we are trying to adapt to climate change, rather than address its causes even as its effects become more and more disastrous.

So where is the good news as we struggle to keep cheerful and hopeful in an increasingly disrupted and anxious world? Well, apparently the French government is issuing advice on how frequently we should wash our clothes. This is a good example of adaptation. We can use our expensive electricity and our dwindling water resources in more economical and environmentally thoughtful ways. Wash our underwear every day, but our jeans once a month. It won't stop climate change but it may limit overshoot.

RS



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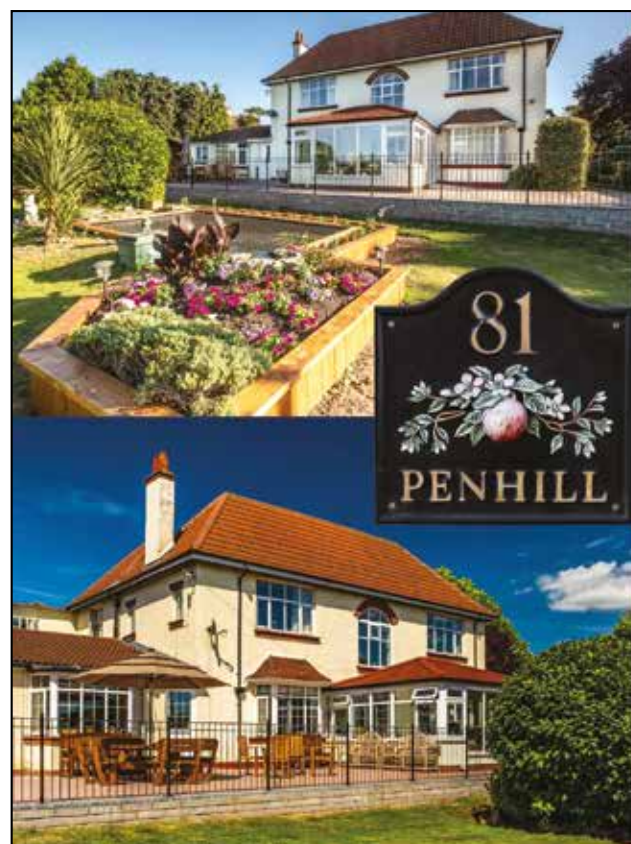
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ON A FEBRUARY MORNING

An original poem by Gill Sheppard

Black ink river writes on vellum,
Dry ice needles prick the air;
Wind comes squalling round a corner,
Tangling fingers in my hair.

Broken twigs lie heaped in patterns,
Latticed over with the snow,
Spattered tree trunks at the wayside,
Boy comes running, face aglow.

Hard against the hedge two horses,
Chestnut, cream, stand huddled near;
Snowy powder races past me,
Falling on the frosted weir.

Swans upon the black ink river,
Cob and pen, go glimmering by,
Labrador in primal urging
Snowy-nosed leaps to the sky.

Here and there boys with toboggans
Make their perilous descent
Past the bright dead leaves of Winter,
On this waiting day in Lent.

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Nature Notes

This delightful Robin made the day brighter a few weeks back, when myself and four friends treated ourselves to a hot chocolate and cake at Blaise Nursery. Two of us had brought our dogs along as they are welcome as long as they behave!

We were chatting away, me with my back to the open side of the cafe, when one of my friends quietly let me know we had a visitor. I was thrilled when he



didn't appear worried about us, and so I carefully found my mobile and managed to get this shot! Robins are well known for their lack of fear around us humans, and I for one am really chuffed to have got a half decent picture of this stunning little bird!

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Shire Inspire at The Post Office – March and April

Shelley Anne Eynon

After passing “A” Level Art, I decided to become a florist, and for many years, I honed my artistic talents painting flowers.

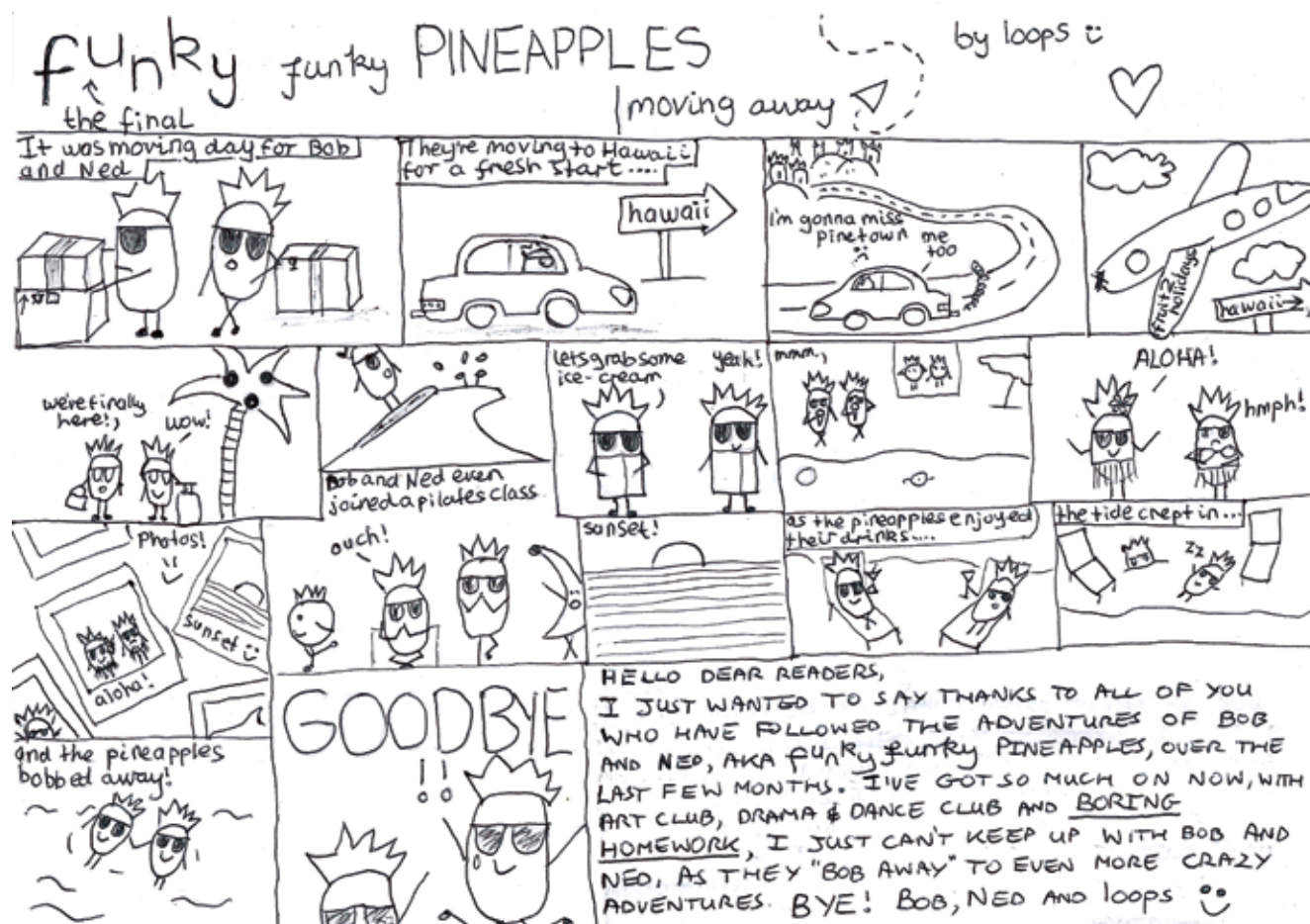
Upon having 4 children, I then began to paint pictures for them. This included characters that were based on them, and the daft antics that they got up to.

Between painting fun and bright children’s themed pictures, I have a break from that by painting pet portraits and wildlife. I have also illustrated several children’s books. I work in different media and on both canvas & watercolour paper.

One of the most accessible ways of seeing my work is via my Facebook page, “Shelley Anne Eynon – Artist”.

I can also be contacted via email: s.a.eynon@hotmail.com

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Curly Red Sam Art is a Hit at The Lamplighters

Curly Red Sam Art Workshop caught my attention during February and it was unique as it was being held at The Lamplighters on a Saturday morning. This family orientated venue was holding a print making workshop for children and teens and their parents could join in too. At a cost of £10 per person it provided a value for money activity that whatever your age you could share together.

Sam Bailey Price is a former teacher of 24 years and was running the workshop, with plans to run more in the future. "I have returned to my love of art, creating my own art and am now delivering art workshops to young people and adults to this side of Bristol, in Shire." she said.

"I approached Paula from the Lamplighters to see if she would be interested in hosting this and then started before Christmas. I did a glass painting workshop at The Blaise Inn and did the same workshop at The Lamps and Paula asked me to do something every month. I am in a unique position that I can teach people lots of different mediums and processing skills - glass painting, alcohol inks, jelly painting (which is using a soft gel based printing plate), acrylic paint to create mono prints as well as water colours and acrylic painting. Each workshop will offer something different for all abilities."

"Today we are print making with Lego dots and tiles using Lego base plates to create unique 2D images printing on a range of papers and cards using different water based print inks." said Sam.

Christina brought her two daughters along and joined in the fun. "It's a nice shared experience and they're very arty and I'm less so but its something I can do with my children." Whilst her daughter Pippa said "It's really fun and I love the printing with the Lego".

Laura joined her children and was thoroughly enjoying the creativity it gave her "They love doing new things and designing things. It builds their confidence and talking with others in the group. I love the fact that my kids get to see adults giving it a go and see my children using their freedom of creativity and getting something from it".

Young people's sessions on a Saturday cost £10 per person and the adult evening sessions is £20 per person held at The Lamplighters, Station Road Shirehampton.

For more information & workshop dates you can contact Sam on Facebook www.facebook.com/groups/1546803225983999 Instagram: www.instagram.com/curly_red_sam_art/ or email curlyredsam@hotmail.com

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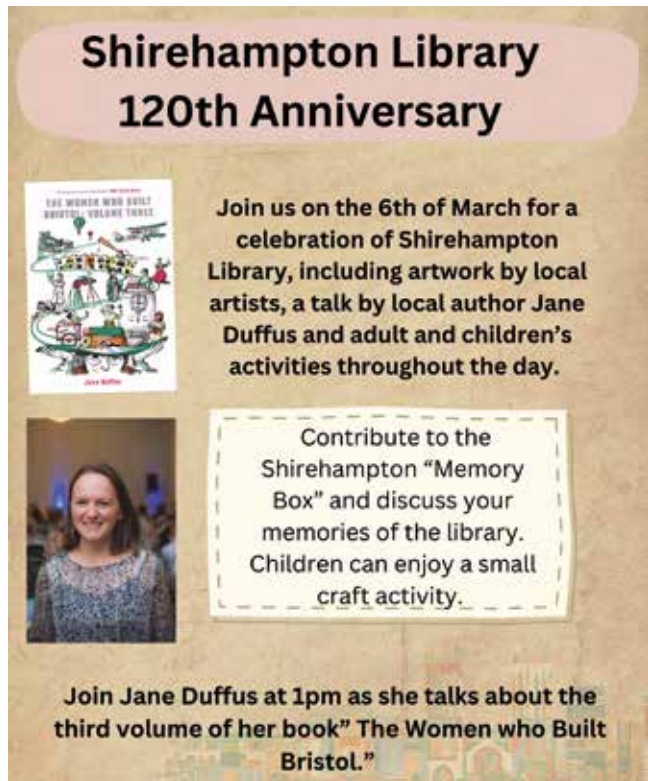


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Continued from page 1.

If you have memories of your own to share, why not come along to **Shirehampton Library on 6th March, at 11.30** and join the **FREE 'Memory Box' activity**. The event includes a small craft activity suitable for all ages. On the afternoon of



**Shirehampton Library
120th Anniversary**

Join us on the 6th of March for a celebration of Shirehampton Library, including artwork by local artists, a talk by local author Jane Duffus and adult and children's activities throughout the day.

Contribute to the Shirehampton "Memory Box" and discuss your memories of the library. Children can enjoy a small craft activity.

Join Jane Duffus at 1pm as she talks about the third volume of her book "The Women who Built Bristol."

the anniversary, **6th March, at 1:00-2:00pm** writer **Jane Duffus**, will be giving a talk to celebrate the publication of the **third volume of her book 'The Women who Built Bristol'**. It celebrates another set of 250 incredible but overlooked women from our city's past. From suffragettes to war heroes, and greengrocers to photographers, all sorts of extraordinary women are included in this fabulous new book. Jane will have copies of her books for sale on the day and is happy to sign copies.

And finally, for the month of March, local artists from the collective **Shire Inspire** will be showing a small collection of work in the Library on the theme of *'Book Dust'*.

S J Trigg



Children's library upstairs. August 1996.



Centenary Celebrations 4th March 2005. A class visit from St Bernards R.C. School. Margaret Pemberton, neighbourhood librarian, reading a story to the class.

Avonmouth Sea Cadets

The year has got off to a good start. Cadets have been very busy with their training. The 19th January we attended our first *District Drill and Piping Competition* since Covid. **AC Jack** entered the Individual Piping and came Runner up, an excellent result. He will now attend the Area competition in March.

Another two cadets have been undertaking **Ten Tors** training since October and both have been selected for the **Area Sea Cadet** team. The weekends that they have been training have all been cold, wet and windy, their enthusiasm and commitment has been unshakeable despite the weather.

Three cadets are attending South West Area Courses to gain their **Intermediate Marine Engineering** qualification, this course is quite in depth and requires two weekends to complete.

Other courses the cadets are interested in attending are PT, Basic Catering, Mountain Biking and First Aid. Some are at Unit level, others District and Area, this gives cadets the opportunity of meeting cadets from other districts, making new friends all at a reasonable cost.

Unit Instructors are busy making plans for the forthcoming boating season, working with **Bristol Adventure Unit** cadets will get the opportunity to gain experience and nationally recognised qualifications.

We look forward to seeing you at fayres and community events during the coming months.

We welcome young people from the ages of Junior Cadets 10yrs-12yrs, Senior Cadets 12yrs-18yrs.

We will be holding our next Taster evening on Monday 28th April 2025. Please contact us on avonmouthseacadets@gmail.com to book a place or for further information.

Do you have a little time you could help young people in the area develop and grow? We also welcome adult volunteers and have a variety of flexible roles available, including Supporters, Uniformed Instructors and Management Team members.

If you would like to know more, please contact us on avonmouthseacadets@gmail.com.

LtCdr(SCC) Alison Fowler RNR,
Commanding Officer Avonmouth Sea Cadets.

Photos by © Kathryn Courtney



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Sport and Activities IN SHIREHAMPTON

U10 FOOTBALL: Shine Saints Colts v Shire Colts

Saturday January 18th, 2025

“Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose.” Wilma Rudolph

The two previous games between these teams were close matches, skilfully played and fiercely fought. This game exceeded even those high standards, being an epic, exciting encounter; we can't report results for this age group, but we can report highlights.

I was asked recently, “Don't kids of that age just follow the ball around like a swarm of bees?” “Definitely not!” I replied. These youngsters know how to utilise space, read the game, pass and move with pace and accuracy and their skill on the ball must be seen to be appreciated. Here's some highlights:

In the 24th minute, one minute before half-time, **Shine's Billy** scored from a long-range free kick on the left wing. **Ismael** is seen here celebrating the goal. Billy was so far out, he's not in shot! **1-0**.

Less than a minute into the second half, **Shire's Leo** fired in a fierce shot from the left edge of the penalty area, that gave the keeper little chance. **1-1, 26 minutes** played.

3 minutes later, **Shine's Adam** won a free kick on the edge of the box and fired in an unstoppable drive, just inside the left post. **2-1, 29 minutes**.



Ismael celebrates Billy's opener.



No. 8, Leo, scorer of Shire's equaliser.

Only 4 minutes after going behind, **Shire's Leo** won the ball, chipped it forward, rounded the Shine keeper and stroked the ball in for the equaliser. **2-2, 33 minutes**.

17 minutes left to play of this epic battle; could there be a winning goal? With 1 minute remaining, a winger broke away and fired in a fierce shot that the goalkeeper couldn't hold; a midfielder following up, stroked the rebound into the net. Was there time left for an equaliser?

With seconds to go, a forward from the team trailing so late in the game, fired in a blistering shot that cannoned off the crossbar! The ball rebounded to a defender who cleared it for a corner. Could there still be a last-gasp equaliser? Every outfield player crowded into the penalty area as the ball came



29 minutes; Adam scores for Shine.



Football was the winner today; a game played in the right way and in the right spirit.

across, jostling for position. The ball whipped across from the corner, it was belted away by a defender and seconds later the full-time whistle blew.

Results are not published at this age so that youngsters play for the love of the game, without the focus on results; it's good to win, but learning to lose well is equally important. At full time the teams mingled in the centre circle to celebrate a magnificent game that neither side deserved to lose and either team could have won. Who won? It doesn't matter!

Shire Colts: www.pitchero.com/clubs/shire/
Shine Saints: www.myshine.co.uk/

Photos © and article by Paul McMillan

The Gloucestershire County Epee & Sabre Competitions

January saw Gloucestershire's County Epee and Sabre Fencing competitions fought out at Bristol White Eagle Fencing Club's Oasis Academy Brightstowe venue.

The format for both was a poule unique, that is each fencer fights every other fencer in turn. It's a format that allows as much fencing as possible for all.

Shirehampton's White Eagle fencers put in excellent performances. In the epee competition, **Bennett Dunn** took the Gloucestershire County

Epee Cup and Silver overall. **Nick Scott-Samuel** took fourth place and the veteran's title.

In the Open category of the sabre event, **Hubert Zagorzycki** took silver, with **Kitty Wilkinson** taking Silver in the women's and the Gloucestershire County Sabre Cup.

Josh Bagatelas took silver in the Under 20 Open category.

Ching Yu Hui, Louis Findlay Smith and Darya Abdullah also put in good performances for our Shirehampton based club.

Article by John Rohde; Photos by © Bob Pitchford



U14 FOOTBALL: Shire Colts Panthers 1, St. Nicholas 1

Sunday February 2nd, 2025

This was a game between two sides finding it tough in the *top tier of the Avon Youth League*. There were chances aplenty, in a game played out in front of a healthy following in perfect conditions. It was an end to end, entertaining game, both teams playing some great football, mixing short passing with a directness that saw both goalkeepers having to work hard. The referee let the game flow really well and whilst highly competitive, the sporting nature of the players, parents and coaches was really refreshing. There were crunching tackles, some well-timed, some not, but none of them malicious.

The second half began with a sustained 10-15 minute period of Shire pressure; could they get their noses in front? Chances came and went and the game settled into a more even contest until Panthers ramped up the pressure again in the closing stages.

With around 5 minutes left, our no. 7, **Alex**, was agonisingly close to making contact with a ball fired in from a free kick on the left. Had he managed just the lightest touch, a winning goal was a certainty. **Cole** also had a chance in the dying minutes, beating the keeper with a lob that just cleared the crossbar. Unlucky.

No arguments with the result. Either side could have won, but on balance it was a fair outcome. That leaves us unbeaten this side of the Christmas break, a run we hope to build on in the back end of the season. With a cup semi-final to look forward to next month too, we continue to work hard to represent the club and community at the highest level of youth football.

Shire Colts: www.pitchero.com/clubs/shire/

Iain Macfarlane, u14 coach, Shire Colts

Editing and photos © Paul McMillan



Shire pre-match huddle.



In the 33rd minute, Shire's top scorer Cole fires the ball goalwards from a headed clearance.



Finn, one yard out, beats the goalie to Cole's drive and coolly diverts it in for Shire's equaliser.



Both keepers were tested, pushing shots around the post at the same end, 1st and 2nd halves.



In the 8th minute, Shire's keeper, Will, saved but it rebounded to St. Nicholas's Evan, who fired in.



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Shirehampton Sailing Club is Opening Soon for Business!

Fancy sailing, rowing or paddling from right on your doorstep?

Shirehampton is on the tidal part of the Avon, between the Avon Gorge and the Severn. We are proud custodians of the cobbled slip that used to be the site of the Pill Ferry. We have a small but cosy clubhouse, a locked dinghy park and a grassy area where hold our events such as Try Sailing and the annual Pirate Party.

As the river is tidal, we only sail around high tide, launching anytime from two hours before high tide to two hours after high tide. When the tide is in the morning, we usually plan a breakfast canoe trip, setting off around 8am, usually reaching the Suspension Bridge an hour or so later at high tide, and turning back when the tide turns. This is quite a treat, as you see a lot of wildlife and the river is particularly beautiful early in the morning with the mist.

We also now have two gig rowing boats which we use when the tide is at a more civilised hour, and as the exercise keeps you warm, we are rowing in the spring – contact us now if you want to get involved.

Sailing happens when the tide is midday, so we have plenty of time to get ready – we have to launch our safety boat to rescue us when the wind is too much (making sailing boats capsize!) or when we run out of wind so the tide is sweeping us out to sea. We generally sail downriver towards Avonmouth as the wind is better there, and generally get as far as the M5 motorway bridge. This might turn into an informal friendly race, but mostly we just like to be on the water, taking guests out for the first time sailing, and soaking in our happy place.

Sometimes we sail up to the Bristol Harbour or out onto the Severn to meet up with our friends at Portishead Yacht and Sailing Club. A highlight of the year is the annual Pill Race that starts at Portishead and comes up the Avon, round a buoy in the river and back down to Portishead.

We don't employ anyone but do all the jobs between us, calling on practical and organisational skills, including messing about with the safety boat engine and electric winch. We're a friendly bunch and enjoy each other's company, going to the Lamps after water sessions and meeting once a month on a Monday evening to plan the next two months' activities.

Canoeists are welcome to launch from our slip, but please pay the slip fee as we keep the slip clean using a lot of water and shovelling, each Saturday morning from 9am-12 noon.

Check out our new website (on the same website as before, www.shiresc.co.uk) for our Google calendar and membership fee details.

0117 973 5000/07906 041439
info@shiresc.co.uk

Tina Biggs, Vice-Commodore - Shirehampton Sailing Club



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Shire Nomads and Walkie Talkies Walking Groups

“What is this life if, full of care, we have no time to stand and stare”

William Henry Davies

On Tuesday 4th February, a Nomads group met in St. Mary’s churchyard for a ramble to Westbury village. After the walk I chatted with Marion and Liz in the Crescent Café. Marion told me that she is a founder member. About ten years ago, twelve people answered an ad by *LinkAge*, about *new walking groups*.

The idea was to form two groups, one for *stronger walkers* and one for those looking for a *gentler amble*. Routes were localised at first, for example around **Blaise Castle**. Two of the group then attended a walk leaders’ course. The groups were insured by LinkAge, but when funding dried up, they became independent.

Marion participated in both groups from the outset and still does. The groups are thriving and sometimes as many as thirty participate in the **Tuesday** group, known as **“Shire Nomads”**. Karen told me that she joined Nomads when her group closed after lockdown and was enthusiastic about the mental and physical health benefits that the group provides.

It is quite a sight, seeing thirty rambblers at the bus stop or on the platform at Shirehampton Station! Numbers for the **Wednesday “Walkie Talkies”** group normally hover at around ten. Marion explained that the Tuesday rambles are “a walk and you know you’ve done a walk!” The Wednesday walks offer more time to “stand and stare”, take photos or just have a natter. People go at their own pace and maybe catch up for a coffee later or break off early to go shopping or something else.

COVID interrupted everything, but when regulations allowed, the Walkie Talkies group met in three pairs

and, for example, took a train to **Severn Beach** for a stroll. The Tuesday group then followed suit. When lockdown ended, **Liz** joined the group; she said that she loves it and rarely misses a week.



Crossing the Dingle

The groups travel as far as **Cardiff** for a walk, maybe with a boat trip to the Bay and a meal; **Weston, Chepstow, Bath, Portishead** and **Poet’s Walk at Clevedon** have also been regular rambles. When the venue is Severn Beach, one of the group, who lives there, often hosts a delicious lunch in her large kitchen or in the garden on a nice day.

Marion told us that **John Hastings** now leads the Nomads walks. Some of the walks can be challenging, but she still turns up for both groups, as she has for the last ten years. John and his “sheepdog” **Bonnie** are always careful to make sure that they go back through the group regularly, making sure that everyone is OK.



Bonnie leaping one of Westbury’s stiles



Climbing Park Hill

If you want to know more about the groups go to the Shirehampton Action webpage: shirehamptonaction.org.uk. You’ll find the groups under the “What we Do”, then “Wellbeing and Support” tabs.

Article & Photos © Paul McMillan

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Avonmouth Bowls Club



If you are thinking about joining a bowls club, look no further than Avonmouth Bowls Club – we have all you need to be successful in the game of bowls – experienced tuition by our club bowlers and the use of club equipment.

The club members have enjoyed playing at the **King George Field Trust bowling green** since 1938 and won many trophies over the years. The club prides itself in having the cheapest membership throughout the Bristol, Gloucestershire and Somerset area so why not come along to Barracks Lane BS11 9NG and give it a try. The **subscription for new members who have not played before is £35** and players who come from other clubs £70. Our first home game of the season is on **Saturday 12 April 2025** at 2.30pm against **Olveston Bowling Club**.

The club takes **all ages from juniors to elderly**. Not only will it keep you fit, you can have a great social life by joining in activities at our club room where you can enjoy cheap drinks whether it's

alcohol, soft drink, tea or coffee and there are also quiz or bingo evenings for you to enjoy too.

Our club are also having an **Open Day**, supported by **Bowls England**, to be held on **Saturday May 24th** from 12-5 pm. Look out for more information in Shire and also on the "Everything Shirehampton and Avonmouth, Lawrence Weston and Surrounding Areas" Facebook pages.

We would love to hear from you and if you have any queries or questions please contact the Club & Fixture Secretary - Phil Cormack - on 0795203638 or 0117 9381014 or email philipcormack@msn.com or avonmouthbowlsclub@outlook.com.



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Cubs at 191st St Mary's Group Learning Skills For Life

At a recent pack meeting, Cubs from the 191st St Mary's group were working towards their *First Aid badge*. During the meeting they were taught about the *Doctor ABC action plan* (Danger, Airway, Breathing and Circulation), learnt how to put people in the recovery position and were able to practise resuscitation on the training manakin. With help from some stage 'make up' courtesy of Akela, the young people learnt how to do some bandaging of cuts and lacerations and how to stem blood flow. There was some impressive work done by the cubs.

Congratulations goes to **Dylan** who has been presented with his **Chief Scout Silver badge**. The highest award that Cubs can earn. Well done for all your hard work Dylan.

Thank you to our Scout **Millie**, who has been teaching the Cubs how to say hello and goodbye and count to ten in Cantonese as part of their international badge. Thanks too, as always, to all our leaders.



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