

# You think you know your county...

## Bav Shah

High Sheriff of Bedfordshire 2024-25

I was asked just yesterday, what the most interesting part of the role of High Sheriff is. My answer was: 'You think you know so much about what is going on in your county but you actually do not!'

I have been involved with community work for a number of years; however, I very quickly learnt that I was just scratching the surface with the great work that is happening in Bedfordshire.

It is absolutely incredible. On an almost daily basis I come across new organisations, individuals and groups of people who are tirelessly serving their communities without publicising what they are doing to the public or on social media. We have so many unsung heroes in the county who are being brought to my attention – a new task is now to find out who they all are!

Being Bedfordshire's youngest ever High Sheriff, starting the position at 39 years old, has certainly opened a few conversations about the role with younger people; in turn this has helped create awareness about what the role entails. Saying that, there are many older people who do not have a clue about the role of the High Sheriff either!

In summary, the first six months have seen: two royal visits (the Duchess of Edinburgh opened a care home in Caddington and discussed the farming industry at Jordans Mill, Biggleswade); declaration of general election results; meeting three high commissioners; visits to various faith and religious groups, education establishments, the police and law courts. There have also been a number of legal services across the county and it has been wonderful to be a visiting High Sheriff at these to support my fellow High Sheriffs.

It is an absolute honour to be a High Sheriff and to be in a position to meet so many people on a daily basis who are making a positive impact in their communities and to have the opportunity to try and support them.



At the Bedfordshire Legal Service held at St Pauls Church, Bedford with among others (front centre) the Honourable Mr Justice Cavanagh, the Right Honourable Lady Rose of Colmworth and the Honourable Mr Justice Leech



With cadet volunteers who supported the Love Luton charity run

Below: Attending Indian Independence Day Celebrations at Navnat Centre, Hayes, London with Millicent Grant (High Sheriff of Greater London)



My Declaration ceremony was held at BAPS Shri Swaminarayan Hindu Temple, Luton

