



# **BISHOP'S CASTLE NEWS**



DECEMBER 2017 to  
January 2018  
ISSUE 55



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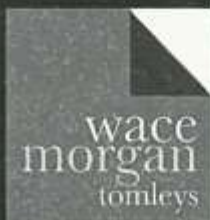


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 @WaceMorgan

## Bishop's Castle WI

The Bishop's Castle WI will be celebrating it's 100th birthday in April 2018.

We are currently researching the history of our WI

We would be grateful if anyone has anything concerning Bishop's Castle WI which would help us, Photographs, memorabilia etc. Any help would be appreciated.

Please contact Val Ellis on Tel No. 01588 630 254

### Bishop's Castle Guided walks

On Sunday 15th October twenty two local residents aged from under two to over 70 took part in a guided walk on footpaths around Bishop's Castle. Everyone enjoyed the exercise, sunshine and meeting new people. Donations raised £100 for Children in Need. Well done to all those who took part!



## BISHOP'S CASTLE

### TOWN COUNCIL

Full Council meetings take place usually on the 3<sup>rd</sup> Tuesday of each month:

Tuesday 12<sup>th</sup> December

Tuesday 16<sup>th</sup> January 18

Tuesday 20<sup>th</sup> February 18

*All meetings are held in the Town Hall and commence at 7.30pm. Members of the public are most welcome to attend.*

*There is a specific point in each agenda that members of the public may speak. Should you have an issue you would like to bring to the Council's attention or something you would like to discuss, please let the Clerk know beforehand that you would like to speak and the subject matter so that we can prepare.*

**WE WOULD LIKE TO HEAR FROM YOU!**

Phone: 01588 638141 or

email:

bishopscastlenewsletter@gmail.com

## CIVIC AND ALLOTMENT AWARDS

On Thursday 23<sup>rd</sup> November 2017 Bishop's Castle Town Council held a Civic Awards Ceremony also that night several awards were given out for to the winners of the various allotment award categories.

There were be three awards.

1. Best family allotment
2. Best all round allotment
3. Best environmental friendly allotment

The winners of the Allotment awards were:

Best family allotment: The Isherwood Family

Best environmental friendly

Best all round



Ms Sarah Halliday



Mr and Mrs Wood

If you are thinking about growing your own vegetables for 2018, why not get in touch with the assistant clerk ([assistantclerk@bishopscastle.co.uk](mailto:assistantclerk@bishopscastle.co.uk) 01588638141) and put your name down for an allotment? Plots are very reasonable at £51 for a full size plot and only £30.50p for a half sized plot. Plot holders are a friendly bunch and you will find a great community waiting to welcome you and offer helpful tips . Get your name on the Council's waiting list now and you may well be offered a choice of plots from January 2018! We look forward to hearing from you...

The following are the recipients of the Civic Award.



John Geach  
received the award  
On behalf of the  
Bishop's Castle  
Bell ringers For  
their many years of  
dedicated  
Campanology.



Glyn Roberts receiving the  
award on behalf of the P3  
group



Bishop's Castle Town  
Council Challenge cup  
was also awarded this  
year Mrs Wood



Keith Whiddon  
For his many years of  
dedicated volunteering  
and as the chair of the  
Michaelmas Fair



# Bishop's Castle Maces and Lignum Vitae criers staff



These items of Bishop's Castle Town Council's regalia have until recently been on deposit with the HSBC bank for security reasons. They were only on public display twice a year, once for the Mayor's parade and secondly on Remembrance Sunday.



HSBC for corporate reasons asked for them to be removed from the bank. The Council then took the view that they should be on display within the town hall. A secure alarmed cabinet has been purchased and the maces and chain and badge of office can

now be viewed on in the Town Hall.



## Serenity

### Sports & Holistic Massage Therapies

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## ***Festive Friends 2017***

### ***You don't have to spend Christmas on your own!***

Festive Friends is again offering a warm invitation to all those who may be on their own on Christmas Day this year. Food, some light entertainment and sharing time together are all on the menu for our Christmas Day lunch at the Church Barn in Bishop's Castle, starting at 11.30 a.m.

This celebration is open to people of all ages and circumstances, and we can cater for different diets too.

For those who do not have transport our volunteer Friends will be happy to offer lifts, (within a reasonable distance from Bishop's Castle).

Please don't feel that you have to be on your own on Christmas Day – we really hope you will come and join us for lunch.

**Telephone 01588 630409** for details



BISHOPS CASTLE CHRISTMAS LIGHTS FESTIVAL  
2017

# CHRISTMAS DISCO

*laser light show snow machine*



THE THREE TUNS  
2nd DECEMBER 9PM TIL LATE  
£5.00 ADMISSION - TICKETS ON THE DOOR  
18 PLUS

BISHOPS CASTLE CHRISTMAS LIGHTS FESTIVAL 2017

Come and Meet

# Father Christmas

In His Winter Wonderland



2nd December  
3 -7pm

The Castle Hotel Garden

£5.00 per child (includes a gift) £1.00 per adult

Christmas Raffle Children's Entertainer Face Painter

# **BISHOP'S CASTLE CHRISTMAS LIGHTS**

**SATURDAY 2nd DECEMBER**

Winter Wonderland opens at 3pm  
in the Castle Hotel Gardens

Hog Roast & Mr T at the King's Head

Town Hall full of lovely gifts, cakes,  
crafts, etc with music and the

Primary School Choir at 5.30

Lights on at 6pm ~ Shops open late

Ping Pong Roll 6.15pm



***CRAFTS IN CHURCH***

***BISHOPS CASTLE***  
***SHROPSHIRE***

***CHRISTMAS LIGHTS FESTIVAL***

***Saturday December 2nd 2017***

***2.00 – 6.30pm***

***Entry is FREE***

***There will be more than 20 stalls***

***Refreshments will be available***

## **EVENING & WEEKEND**

### **General Rate:**

**£15 per hour up to 6 hours**

**Full day up to 8 hours £110**

**Weekend Hire: Saturday am - Sunday pm £300**

### **Community Rate:**

**£10 per hour up to 6 hours**

**Full day up to 8 hours £75**

**Weekend Hire: Saturday am - Sunday pm £200**

## **MUSIC CONCERTS**

**£90 - inclusive of 6 hours hire, ticket sales on our Ticket Source, distribution of publicity via posters, press and social media and Town Hall bar.**

## **TV ADVERTISING**

**Hire 2 screens on our TV to advertise your business.**

**£5 per month or save £10 and hire for a year for £50!**

## **SHELF HIRE**

**Showcase your products on a shelf in one of our oak cabinets.**

**Full cabinet shelf £10 per month**

**Plus 20% commission on all sales**

## **MARKETS - STALL HIRE**

**If you are interested in having a stall at one of our produce**

**or specialist markets please contact us for our**

**Market leaflet and stall fees.**

### **Contact us:**

**Bishop's Castle Town Hall**

**High Street**

**Bishop's Castle, SY9 5BG**

**Telephone: 01588 630023**

**Email: [info@bishopscastletownhall.co.uk](mailto:info@bishopscastletownhall.co.uk)**



## Listings for Dec 2017 and Jan 2018

2<sup>nd</sup> Dec to 6<sup>th</sup> Jan Art Exhibition of 3<sup>rd</sup> Annual Young Person's Art Competition

(open to young people 7 to 18yrs, see

[www.bishopscastletownhall.co.uk](http://www.bishopscastletownhall.co.uk) for details)

2<sup>nd</sup> Dec Bishops Castle Christmas Lights - Antique & Flea Market plus many other gift and craft stalls at Town Hall, 10am until 8pm. Primary School choir will sing at 5pm. Music through the day. Free entry. Tel: 01588 630023

You can sponsor the Father Christmas grotto, which will be on 2<sup>nd</sup> Dec, 3pm to 7pm in Castle Hotel Garden – donations to Clive Sawyer & Assoc Ltd, Bishops Castle High Street,

8<sup>th</sup> Dec **Blast! storytelling series – beautiful lies and startling truth, 7.30pm, £7**

**The Empty Hand with Daniel Morden** - What would you do if the one you loved was taken from you? How far would you go to find them? Would you go to the Otherworld? To Hell? Doors open at 7.30pm Tea, beer and homemade cake available.

Tickets £7 from the Town Hall on 01588 630023

ticket source [www.ticketsource.co.uk/date/379818](http://www.ticketsource.co.uk/date/379818)

## **15<sup>th</sup> & 16<sup>th</sup> Dec Persian and Afghan rug sale**

Hundreds of beautiful rugs to choose from at a variety of prices

## **16<sup>th</sup> Dec Farmer's Market 9am to 1pm**

This ever popular Farmers Market is held on the third Saturday of each month. Stalls include Baconry, Cakes, Bread, Fruit & Veg. and even Goat's Milk Soap all produced locally. Plus Christmas decorations.

## **16th Dec John Kirkpatrick 'Carolling & Crumpets'**

**Christmas show** Unforgettable song telling the Nativity story from the point of view of the animals in the stable, this show is a heart-warming look at the timeless rituals found in the folklore and folk music of England at Midwinter. John peels away the commercial gloss of modern Christmas to reveal the powerful pagan past.

The mysterious goings-on in these magical songs of wassailing, wren-hunting, stirring the fire, and incessant feasting, all come dressed up in a glittering finery of toe-tapping tunes and cracking choruses. [www.johnkirkpatrick.co.uk](http://www.johnkirkpatrick.co.uk)

Tickets £10 from the Town Hall on 01588 630023 **18<sup>th</sup> Dec to 5<sup>th</sup> Jan Display of The Primary Schools Art work in The Town Hall**

## **JANUARY**

### **6<sup>th</sup> Jan Antiques & Flea Market. 9am until 4pm.**

First Saturday of every month. Lift available.

Free entry. Tel: 01588 630023

## JANUARY

### **20<sup>th</sup> Jan Farmer's Market 9am to 1pm**

This ever popular Farmers Market is held on the third Saturday of each month. Stalls include Baconry, Cakes, Bread, Fruit & Veg. and even Goat's Milk Soap all produced locally.

### **20<sup>th</sup> Jan Three legg'd Mare – concert, 8pm**

JON DAVIES, Vocals, Concertina, Bouzouki, Fiddle and Mandolin. KATE SAUNDERS, Vocals, Guitar and Appalachian mountain dulcimer. DAFYDD ETO, Vocals, Whistles, Harmonica and Bodhrán. Three Legg'd Mare are an Aberystwyth band who were brought together in 2014 by a common interest. Tickets £7 can be purchased at The Town Hall or online at

[www.ticketsource.co.uk/date/425112](http://www.ticketsource.co.uk/date/425112)

<http://www.threeleggmare.com>

### **28<sup>th</sup> Jan A Brief History of Music – Concert, 3pm**

An afternoon of music with this unique show that takes in 600 years of music in 90 minutes starting in the Middle Ages and finishing on the eve of the First World War with songs, tunes, about 20 different instruments and humour. Tickets £9 can be purchased at The Town Hall or online at: <https://www.ticketsource.co.uk/date/390553> View more information online at:

<https://www.greenmatthews.co.uk/abriefhistoryofmusic>

## How to contact your

### **Councillor Keith Bance**

Tel: 01588 638455

Email: [bance74@googlemail.com](mailto:bance74@googlemail.com)

### **Councillor Jane Carroll**

Tel: 01588 638467

Email: [jane.carrol@gmail.com](mailto:jane.carrol@gmail.com)

### **Councillor Ruth Houghton**

Tel: 01588 638352

Email: [Houghton.ruth@btinternet.com](mailto:Houghton.ruth@btinternet.com)

### **Councillor Abbie Naiad**

Tel: 0158863872

Email: [abbie.naiad@btinternet.com](mailto:abbie.naiad@btinternet.com)

### **Councillor Julie Magill**

Tel: 01588 638305

Email: [tracy.magill@btinternet.com](mailto:tracy.magill@btinternet.com)

## Town Councillors:

### **Councillor Grant Perry**

Tel: 01588 638233

Email: [grantperry@icloud.com](mailto:grantperry@icloud.com)

### **Councillor Anne Roberts**

Tel: 01588 630165

Email: [anne.roberts@mac.com](mailto:anne.roberts@mac.com)

### **Councillor Steve Whittingham**

Tel: 01588 638954

Email: [thehappybap@yahoo.co.uk](mailto:thehappybap@yahoo.co.uk)

*Town Clerk: 01588 638141*

*[townclerk@bishopscastle.co.uk](mailto:townclerk@bishopscastle.co.uk)*

*Monday to Thursday 9.30am—  
12.30pm*

*For allotment enquiries please  
contact:*

*[assistantclerk@bishopscastle.co.uk](mailto:assistantclerk@bishopscastle.co.uk)*

For information the Council Offices will be closed for the Christmas Break between Friday 15<sup>th</sup> December until 9.30am on Tuesday 2<sup>nd</sup> January 2018

Wishing all our readers a happy Christmas and a happy and peaceful New year

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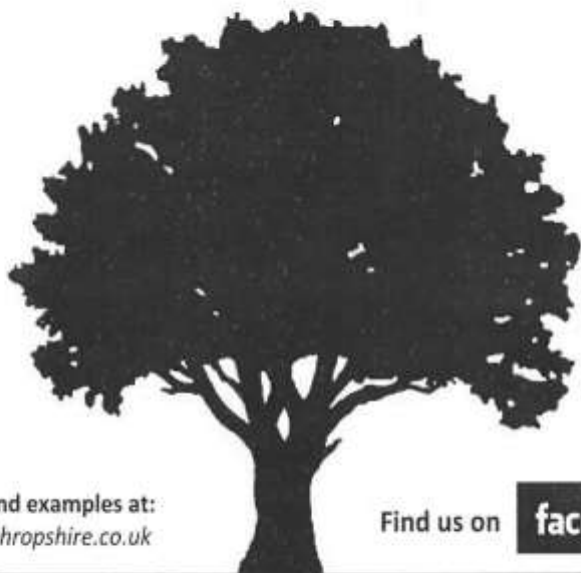


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## FILM Despicable Me 3 (U) Autism Friendly/Accessible

**December 1 @ 14:00pm - 15:30pm All Tickets £3**

**Accessible, Autism and Additional Needs friendly**

Gru meets his long-lost charming, cheerful, and more successful twin brother Dru who wants to team up with him for one last criminal heist. *Lots of Laughs and Minion Mayhem*

The mischievous Minions hope that Gru will return to a life of crime after the new boss of the Anti-Villain League fires him. Instead, Gru decides to remain retired and travel to Freedonia to meet his long-lost twin brother for the first time. The reunited siblings soon find themselves in an uneasy alliance to take down the elusive Balthazar Bratt, a former 1980s child star who seeks revenge against the world.

*."kid-friendly mix of sibling interaction, '80s humor, and irresistibly silly minion jokes" Common Sense Media.*

## Afternoon Film: A Christmas Carol (PG) Accessible

**December 5 @ 14:00pm - 16:00pm All Tickets £3**

Shrewsbury was transformed into Victorian London for the 1984 filming of Charles Dickens's classic tale. Miser Ebenezer Scrooge (George C. Scott) meets the ghosts of Christmases past, present and yet to come

NT LIVE: Young Marx

**December 7 @ 19:00pm - 21:30pm** Tickets £7-£11

A seriously clever comedy. Riotous fun." The Times Rory Kinnear is on glorious form". Independent 1850, and Europe's most feared terrorist is hiding in Dean Street, Soho. Broke, restless and horny, the thirty-two-year-old revolutionary is a frothing combination of intellectual brilliance, invective, satiric wit, and child-like emotional illiteracy. "High Marx." Evening Standard Creditors, spies, rival revolutionary factions and prospective seducers of his beautiful wife all circle like vultures. His writing blocked, his marriage dying, his friend Engels in despair at...

LIVE THEATRE: Mrs Beeton , My Sister

**December 9 @ 14:30pm - 16:00pm** tickets £2 -£10

MRS BEETON, MY SISTER is an all-new retelling of this entertaining and moving story, using the latest research.....

Many years after Isabella Beeton's untimely death, Bessie Mayson muses on the extraordinary life of her famous big sister. They were the eldest of 21 children, brought up in the Grand Stand at Epsom Race Course. Quiet, obedient Isabella fell for a charming publisher called Sam Beeton, and joined his rackets life in journalism, culminating in her world-famous "Beeton's Book of Household Management". Her family disapproved. But were they right? Thirty years on, Bessie is not so sure...

## Royal Ballet: The Nutcracker

**December 10 @ 14:00pm - 16:15pm** tickets £8-£18

A young girl's enchanted present leads her on a wonderful Christmas adventure in this beautiful classical ballet. Danced to Tchaikovsky's magnificent score.

Choreographed by Peter Wright.

The young Clara creeps downstairs on Christmas Eve to play with her favourite present – a Nutcracker doll. But the mysterious magician Drosselmeyer is waiting to sweep her off on a magical adventure. After defeating the Mouse King, the Nutcracker and Clara travel through the Land of Snow to the Kingdom of Sweets, where the Sugar Plum Fairy treats them to a wonderful display of dances. Back home, Clara thinks she must have been dreaming – but doesn't she recognize Drosselmeyer's nephew?

Peter Wright's nigh-on definitive production for The Royal Ballet ranks as one of the most enduring and enchanting versions of The Nutcracker. Loosely based on the story by E.T.A. Hoffmann, the ballet opens with a lively Christmas party, its Victorian setting captured in opulent detail by Julia Trevelyan Oman's designs.

Family Film: ELF (PG)

**December 21 @ 18:00pm - 19:40pm** tickets £4-£5

The best way to spread Christmas Cheer, is singing loud for all to hear." In 2003, Jon Favreau's comedy, Elf, starring Will Ferrell and Zooey Deschanel, was released to the world and has since become a Christmas staple for audiences. Buddy the Elf (Will Farrell), after inadvertently wreaking havoc on Santa's elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity. A pure...

FILM: Howard's End (PG)

**Thu, 11th January, 2018 @ 19:00pm - 21:20pm** tickets £4-£5

New 4K restoration to celebrate its 25th anniversary means director-producer duo James Ivory and Ismail Merchant's 1992 period drama is back on the big screen.

One of the film locations was in Brampton Bryan just over the border in Herefordshire.

Their gorgeous, textured adaptation of EM Forster's 1910 novel is fierce and deeply romantic, political, emotion-led, respectful of music and literature, impeccably dressed and, in one of the characters' own words, "overexpressive".

A bit like its heroines, then, the Schlegel sisters, Margaret (Emma Thompson) and Helen (Helena Bonham Carter), champagne socialists whose progressive values and philanthropic impulses are tested by their emotional connections to men who sit both above and below them on the socioeconomic ladder. "The poor are poor; one is sorry for them, but there it is," growls the wealthy Henry Wilcox (Anthony Hopkins), the wealthy owner of Howards End and Margaret's eventual suitor.

Afternoon Film: Dad's Army (PG) Accessible

**Tue, 16th January, 2018 @ 14:00pm - 15:40pm** tickets £3

Near the end of World War II, the Walmington-on-Sea Home Guard platoon deals with a female journalist and a German spy. "The misadventures of a ragtag group of elderly Home Guard local defense volunteers" "Dad's Army has a lot of Heart" 2016 British war comedy film, based on the BBC television sitcom Dad's Army. Directed by Oliver Parker, set in 1944, after the events depicted in the television series. The story sees Catherine Zeta-Jones play an elegant journalist, reporting on the Walmington-on-Sea Home Guard platoon.



Royal Opera House: Rigoletto (Verdi)

**Sun, 21st January, 2018 @ 14:00pm - 16:45pm** tickets £8-£18

The corruption of innocence is at the heart of Verdi's potent tragedy in David McVicar's production for The Royal Opera. Satellite Screening From The Royal Opera House Rigoletto, court jester to the libertine Duke of Mantua, is cursed by the father of one of the Duke's victims for his irreverent laughter. When the Duke seduces Rigoletto's daughter Gilda, it seems the curse is taking effect... David McVicar's production highlights the cruelty at the heart of the court of Mantua.

Exhibitions on Screen –DAVID HOCKNEY AT THE ROYAL ACADEMY OF ARTS

**Thu, 25th January, 2018 @ 19:00pm - 20:30pm** tickets £7-£10

Exhibitions on Screen –DAVID HOCKNEY AT THE ROYAL ACADEMY OF ARTS: A Bigger Picture 2012 & 82 Portraits and One Still Life 2016 One of the world's most popular living artists -Intimate, revealing never-before-seen interviews -Follows a series of hugely successful 80th birthday celebrations Director Phil Grabsky secured privileged access to craft this cinematic celebration of a 21st century master of creativity Widely considered Britain's most popular artist, David Hockney is a global sensation with exhibitions in London,



## **AUTUMN / WINTER NEWS 2017**

### **Fundraising**

The SpArC charity funds continue to grow. We have raised £83k since we launched the Save the SpArC campaign, in addition to the £11,500 donated by Marks and Spencer energy which was spent immediately on a pool cover to conserve energy.

The apple pressing day in October raised £300. The Tandem Triathlon organisers presented a cheque for £500. The 2017 Triathlon also saw father and daughter team Matt and Rebecca Morgan raise over £640. A sports massage/alternative therapy session held by Jenny Hudson and Maria Franklin Raised a £50 donation. The Colour Run on September 16 has so far raised over £3000.

### **Shropshire Council**

Shropshire Council has installed the pool dehumidifier, which is working well. The remaining works paid for by its £100,000 refurbishment of the pool changing rooms, which will now not happen until after Xmas.

### **Training opportunities**

The SpArC Charity is keen to support local people to achieve new sports - related skills and qualifications. To kick this off anyone interested in becoming a football coach and delivering football coaching at SpArC is asked to register their interest in obtaining a coaching qualification by emailing [sparctrustees@gmail.com](mailto:sparctrustees@gmail.com)

## Teme SpArC

### Swimming Pool, Fitness Suite, Squash Courts , Sports Hall, Theatre/Studio & Astro Turf Pitch

#### Swimming Time Table

Monday:

Time	Session	Location
4pm—6pm	Swimming Lessons	Main pool
6pm—7pm	Aquafit	Main pool
7pm—9pm	Adult Lanes	Main pool

Tuesday:

7am—10am	Adult Lanes	Main pool
10am—11am	Parent and Toddler	Main pool
11am—4pm	Closed	Main pool
4pm—7pm	Swimming Lessons	Main pool
7pm—9pm	Adult Lanes	Main pool

Wednesday:

6pm—7pm	Family Fun	Main pool
7pm—9pm	Public Session	Main pool

Thursday:

4pm—6pm	Swimming Lessons	Main pool
6pm—7pm	Aquafit	Main pool
7pm—9pm	Public Session	Main pool

Friday:

7am—10am	Adult Lanes	Main pool
10am—11am	Available for hire	Main pool

#### Fitness Classes

Monday:

Time	Session	Location
6pm—6.50pm	Aquafit	Main pool
6pm—6.50pm	Kettle ball	Sports hall
7pm—7.45pm	Aerobics	Sports hall
7pm—7.45pm	Studio Cycling	Theatre
8pm—8.45pm	Studio Cycling	Theatre
8pm—8.50pm	20:20:20	Sports hall

Tuesday:

9.20am—10.10	Aerobics	Theatre
10.20am—11.10am	Pilates	Theatre
6pm—6.45pm	Studio Cycling	Theatre
6pm—6.50pm	Circuuits	Sports hall
7pm—7.30pm	Abs Blast	Sports hall
7pm—7.50pm	Pilates	Theatre
7.30pm—8pm	Metafit	Sports hall

Wednesday:

7pm—7.50pm	Fitness Pilates	Theatre
8pm—8.50pm	20:20:20	Sports hall

Thursday:

6pm—6.50pm	Aquafit	Main pool
8pm—8.45pm	Studio Cycling	Sports hall
7pm—7.50pm	Muscular strength	Sports hall
8pm—8.50pm	Bootcamp Circuits	Sports hall

Friday:

9.20am—10.10	Cardo blast	Theatre
10.20am—11.10am	Fitness Pilates	Theatre



**CHRISTMAS LANDFEST**  
**SATURDAY 2ND DECEMBER**



**THE VAULTS**  
HIGH ST, BISHOPS CASTLE

**2PM ONWARDS**

**GROOVE CITY    FABULOUS DISCO & SOUL**  
**STALLS IN THE PUB YARD**

**FUNDRAISING FOR THE BISHOPS CASTLE COMMUNITY LAND TRUST**  
**WWW.BCCLT.CO.UK**

# THE BISHOP'S CASTLE COMMUNITY TOWN PLAN

The Community Town Plan is now 'live' and many of the actions to help to address the issues identified by the community are under way. Do take a look at the new Facebook page [www.facebook.com/communityplan](http://www.facebook.com/communityplan)

**We still need local people to help with the delivery of the Plan's six themes:**

**i) Town Centre; ii) Infrastructure; iii) Community & Services; iv) Sustainability; v) Economy; vi) Development.**

If you are able to give some of your time to help with this work, please contact us at [townplan@bishopscastle.co.uk](mailto:townplan@bishopscastle.co.uk) or call Keith Whiddon on **07971 661615**

Here are some of the activities currently being undertaken as part of the Plan. Read more at [www.facebook.com/communityplan](http://www.facebook.com/communityplan) :

## 1. Tackling Waste: Recycling in Bishop's Castle

Items	CROWGATE	AUCTION YARD
Cartons	Yes	No
Mixed Paper	Yes	Yes
Metal Packag- ing	Yes	Yes
Small Applianc- es	Yes	No
Mixed Glass	Yes	Yes
Textiles and Clothes	Yes	Yes

Veolia don't publish local area recycling rates, but they have

One reason for the drop may be the confusion we all have about which plastics can be recycled. Veolia gave us a 'simple' rule for anyone confused about what plastics can be recycled:

**YES!**: any household plastic packaging from *the kitchen, bedroom or the bathroom* can be added to the recycling box at the kerbside. Examples are yoghurt pots, fruit punnets, meat trays, margarine tubs, shampoo bottles, shower gel bottles, water bottles, pop bottles etc.

**NO!**: any "hard" plastics such as washing up bowls, plastic buckets, toys, plant pots etc., which should be taken to the local Household Recycling Centre in Craven Arms.

More details can be found at <https://new.shropshire.gov.uk/recycling-and-rubbish/> or the *Recycling Now* website <https://www.recyclenow.com/local-recycling>

## **2. Food Waste**

A Community Town Plan initiative, being managed by Light-foot, the *Bishop's Castle & Clun Food Hub* has been kick-started with grants from the *Shrewsbury Food Hub* and the *Green Shropshire Exchange*. It hopes to collect surplus food from our local retailers and distribute it to local not-for-profit charities. We have been in contact with the three supermarkets in Bishop's Castle and the one in Clun and are awaiting their agreement to help us with this initiative. We have received some positive responses from local people willing to help, but we're always looking for more. We will also need to find somewhere to store and sort the food once it's collected. Contact [mikejwatkins@hotmail.co.uk](mailto:mikejwatkins@hotmail.co.uk)

## **3. Albert Howard Organic Community Garden**

The Albert Howard Society is actively researching the life and work of the world renowned scientist, and founder of the organic movement, Sir Albert Howard who was born in Bishops Castle in 1873.

As well as wanting to commemorate Sir Albert's early beginnings in Bishop's Castle, the Society would very much like to develop a community market garden, aiming to grow food

organically following the principles laid down by Sir Albert, and demonstrating how food can be grown in a sustainable way. This would be a practical and fitting way of acknowledging his importance. Let us know if you can help with this. We are happy to come along and talk to any groups interested in knowing more about Sir Albert's life and work and its relevance today. Contact Pat Robinson **01588 630558**

#### **4. Shropshire RCC Community Fuel Oil Buying Scheme**

Shropshire RCC organises the largest bulk oil buying scheme in Shropshire and has helped local people save many thousands of pounds since it started in September 2011. They find that most people achieve savings of around 3 to 4 pence per litre on oil and 10p per litre on bulk LPG.

Find out more on **01743 342167** <http://www.shropshire-rcc.org.uk/services/individuals/oil-buying-scheme/>

#### **5. Bishop's Castle Parish Paths Partnership**

The Parish Paths Partnership is a volunteer group that supports Shropshire County Council and Bishop's Castle Town Council in delivering their statutory responsibility of maintaining access to the local *Rights of Way*. This involves signposting, clearing overgrown vegetation on footpaths and around stiles and gates, repairing or replacing stiles, and, with the support and permission of landowners, installing self-closing and 'kissing' gates.

If you would like to join the small team of volunteers doing work in the outdoors you would be most welcome. Contact Glynn Roberts (**01588 630165** [glynn.roberts@mac.com](mailto:glynn.roberts@mac.com))

#### **6. Dementia Friendly Communities**

One of the Community Town Plan aims is for Bishop's Castle to be recognised as a dementia friendly community - place where people with dementia are understood, respected, supported and confident that they can contribute to community life.

There will be a meeting at **2pm on February 1st 2018 at Enterprise House** to form a steering group. Please come along or contact Anne Roberts (**01588 630165** [anne.roberts@mac.com](mailto:anne.roberts@mac.com)) if you would like to help our town become a dementia friendly community.



## MANAGING YOUR JOINT PAIN



- *Are you aged 45 or older*
  - *Have you had hip, knee or back pain for more than 3 months?*
- OR
- *Are you 45 or older, suffer with Osteoarthritis for more than 3 months with no recent trauma?*

Are you having difficulties with managing your joint pain?

Is pain stopping you from being as active as you would like to be?

Do you want advice and education about Joint Pain and how we can work in close partnership on an agreed care plan to help you with this?

Do you want to be provided with skills to enable you to carry out normal activities or be more active without fearing pain?

**If you answered “yes” to any of these questions, then a new way of delivering joint pain care is likely to help.**

*‘Managing your joint pain’ clinics are now available in Bishops Castle. Advisors will work with you to help you reach your goals.*

**For more information or to book an appointment please ring: 0345 6789 025**





# Festive Friends 2017

**Will you be on your  
own this Christmas  
Day?**

**If so, you are invited  
to  
join us for Christmas  
Lunch in  
Bishops Castle!**

Transport can be provided.  
Arrive for drinks and mince pies.  
Enjoy a two-course lunch  
(vegetarian option).

Relax and enjoy some light  
entertainment and conversation.

Time: 11:30am - 3pm

Venue: Church Barn

Cost: Suggested donation  
of £7 to help cover costs.

Contact: Mary on  
01588 630719 for more  
information and booking.

