

BISHOP'S CASTLE NEWS







DECEMBER To JANUARY ISSUE 61



Real People. Real Advice. Our legal experts are here to help.

Appointments available in Bishop's Castle.

Tel 01588 638 425 or email bishopscastle@wmlaw.co.uk.

Our legal teams also offer the following services

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Civic Awards

Below is a photograph of the Civic Award evening. The Town Council were please to recognise the volunteers from SpArC Theatre who give up their time to ensure that the Theatre runs smoothly. Also recognised was Simon Palmer for all his hard work put in encouraging children to play sport. They were presented with their certificates by the Mayor Jane Carroll



Several Organisations were awarded grants to assist them financially.

£620.00
£1000.00
£1000.00
£500.00
£250.00
£1000.00
£1000.00
£250.00



BISHOP'S CASTLE REMEMBERS



BISHOP'S CASTLE REMEMBERS

Bishop's Castle joined with the Nation to commemorate the 100th anniversary of the end of WW1 and events happening on Sunday 11th November to honour Bishop's Castle men who died.

You will see many Poppies on lamp posts around town and silhouettes of the 'Silent Soldier' as a reminder of what every one sacrificed for us in WW1 and other wars.

The parade was very successfully organised by the British Legion . Specail thanks must go out to the following for their assistance in the Commemoration of the 100 Anniversary of the end of the 1st World War.

Alistair Evans for the supply of timer for the beacon Clive Jones for his assistance in the preparation and restoration of the area for the beacon.

John Bloor for his assistance in the delivery of the timber to the playing fields.

Thanks, must also go to the Fire Service personnel for all their assistance throughout the day also Mike Higgins for his rendition on the bugle at the beacon.

KFA Karate (self defence)

Are you interested in Karate? Classes will be starting at SpArC on 1st October from the 6pm—7pm . The first two lessons are free. Cost of classes will £5.00 for Chikdren and £6.00 for adults

Please contact Sensei Tony Baker Jeremy Hall 07908730878

Plea from The Town Council

There have been incidents recently, where glass bottles have been smashed on the playing fields, as you can appreciate this can cause serious injury to users of the playing fields.

There have also been occasions where irresponsible dog owners have not cleared up after their dogs. This too also could cause infections and the loss of sight.

Please can you clean up after your dogs.



BISHOP'S CASTLE

TOWN COUNCIL

Full Council meetings take palace usually on the 3rd Tuesday of each month: Tuesday 20th November 18 Tuesday 11th December 18 Tuesday 17th January 19

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 Cut off dates for the News letter

If you wish any article to appear in the Newsletter these are the cut off dates for the inclusion in the following month's Newsletter.

11th January 2019

15th March 2019

13th May 2019



~ Serenity ~

Sports & Holistic

Massage Therapies

Sports Massage * Swedish Body/Back Massage Indian Head Massage * Warm Bamboo Massage Meditation Massage * Reiki * Reflexology

Corporate/Seated Massage * Gift Vouchers * Group/Holiday/ Pamper Parties * Home visits

Jenny Hudson – Massage Therapist

01588 630 717 07968087981

Bishop's Castle SpArc Knighton Newtown Mobile

Facebook/Twitter www.serenityholisticmassagetherapies.co.uk



Clare Carter DC MMCA McTimoney Chiropractor at Telford & Bishops Castle

Bishop's Castle Clinic

For more information or to book an appointment call 01584 874200





Friends of Bishop Castle Community, Care Home and Hospital

Registered Charity No. 1005980

JOIN US NOW AND SUPPORT YOUR COMMUNITY

We warmly invite you to become a member of the Friends and help to promote the health, safety and well being of people within our community whether at home, in Stone House Care Home or in the Community Hospital.

To become a member we ask for an annual donation of £5.

All donations to be sent, with name and address to Membership Secretary

Mrs Joan Grant, 4 Clive House, Bishop's Castle, SY9 5AZ

West Mercia Police

BISHOP CASTLE & RURAL Safer Neighbourhood Team

Newsletter

Where we work

BISHOPS CASTLE & RURAL SNT is based at Bishops Castle Police Station, Union St, Bishops Castle, SY9 5AJ. We work around the Parishes and area's of Bishops Castle, Mainstone, Colebatch, Clun, Llanfairwaterdine, Newcastle, Stowe, Bucknell, Bedstone, Hopton Castle, Clungunford, Aston on Clun, Hopesay, Clunbury, Edgton, Wistanstow, Lydbury North, Lydham, More, Norbury, Wentnor, Ratlinghope, Stiperstones, Worthen & Chirbury.

Your Safer Neighbourhood Team are:

PC 3331 Stuart Coote

PCSO 6160 Shaun Culliss

Police contact numbers

Emergency: Non Emergency	999
Non Emergency	101

Bishops Castle voicemail: 01743 264777

(Not to be used for reporting crime, incidents or emergencies)

Crime stoppers: 0800 555 111

Web site: www.westmercia.police.uk

Twitter: @SouthShropCops Facebook: Bishops Castle Policing Team Rural Watch

Contact Email address: bccar.snt@westmercia.pnn.police.uk

FIGHT THE PLASTIC

Bishops Castle launched the 'Fight the Plastic' campaign this year in February in response to David Attenborough's compelling Blue Planet series which highlighted plastic pollution and the devastating impact on world oceans.

A dedicated team of 20 locals operating as a registered charity organisation under the Town Council's Community Partnership make up the team with local environmentalist David Luckhurst spearheading the project.

With an ambitious 12 month plan to aspire to which includes achieving Plastic-Free Community status, our aim is to reduce the unnecessary use of plastics and the growing plastic leakage into our environment.

As a town, we're already making great progress with many traders starting to switch to non-plastic packaging. There are now 14 retailers in Bishops Castle and 2 outside, offering the Refill scheme: free water bottle re-fills. Go to www.refill.org.uk to download your free app. Students from our Community College are actively involved with beach cleans as well as survey work and their own campus version of 'Fight the Plastic'. A monthly litter picking group led by Lissi Swales welcomes all volunteers – starting at 10.00am every 3rd Friday, meeting at the Auction Yard.

Two Days of Action are now planned for Friday 5th and Saturday 6th October (on the High Street outside the Pharmacy) which will launch an array of activities including our CROWDFUNDER initiative as well as student street theatre, displays and practical action against excessive plastic, with lots of activities, all run by volunteers.

'Fight the Plastic' needs your help to take this initiative beyond the town to a national level for supermarkets, packaging manufacturers and politicians. Will you help? One small pledge could be a giant leap for Bishop's Castle! Go to www.fighttheplastic.co.uk or visit us on Facebook at https:// www.facebook.com/pg/Fight-The-Plastic-168039050541441/posts/

BISHOP'S CASTLE COMMUNITY PARTNERSHIP Delivering your Town Plan

Bishop's Castle Community-Led Town Plan - Year 1

The Plan was written to help address issues identified by the local community. Listed below are some of the amazing things that have been achieved already this year by dedicated volunteers. The Bishop's Castle Community Partnership oversees the delivery of the Plan. If you would like to become involved in any of the projects to help make Bishop's Castle an even better town, then please do consider joining us.

See:-https://www.facebook.com/communityplan/ https://www.bishopscastle.co.uk/council/town-plan/ or call Keith on 07971 661615/01588 638159

Waste and Recycling

Bishop's Castle Freegle site now has over 1,000 members https://www.ilovefreegle.org/explore/Bishops-Castle-Freegle

Doorstep Blue Bag cardboard collection started by Veolia article in Dec 17 'Town News' to clarify what can be re-cycled

Fight the Plastics: The target of this project is to achieve 'Plastic-Free Community' status for Bishop's Castle, following the Surfers against Sewage initiative. Some of our local retailers are already nearly plastic-free (Happy Bap, Chai Shop, the New Deli); others are making good steps towards replacing plastics. To date the project has been involved in the following activities: Beach Clean (Aberystwyth); Mass Litter Pick; retailer and shopper surveys; Veolia Recycling and Energy Recovery Facilities visits; arranging for 17 local outlets to offer free water bottle re-fills (on 'Refill' app: www.refill.org.uk)); Autumn Action Days, helping to raise awareness and collecting nearly 200 signatures for a petition to take to our MP to ask him to support any leglislation to make packaging manufacturers pay the full cost (now only 10%) of recycling. The project is looking for funding to help continue delivering and has set-up a Crowdfunder appeal at: http:// www.crowdfunder.co.uk/www-fighttheplastic-org-uk. The Facebook and Web-site www.fighttheplastic.org.uk and

Bio-diversity

Bee Café' in Town Hall, run by the Town Hall Trust, took advantage of about £1000 the Town Council had put aside for environmental improvement around the building, to purchase 5 new rectangular planters made from recycled plastic. Donations of soil and compost gathered from round the area to fill them and ran a planting session following a talk on 'Gardening for Wildlife' by Jenny Steel in June 2017. The planting was of a mixture of wildflowers, herbs and border annuals and perennials all identified as attractive to pollinating insects.

Save the Bees' stalls at Michaelmas Fair to give advice on encouraging pollinators

Life on the Edge. A489 cross-roads raked 3 times in preparation. Wildlife flower plugs purchased, potted-on and planted out. (£70 LJC grant received).

Bio-diversity week. Insect focussed Science Week held at the Town Hall held in March.

Local Food

BC and Clun Food Hub initiative. Churchstoke Co-op is now supplying surplus food to the BC Community College - which has enabled expansion of meals to students in BC and elsewhere, and BC Co-op has started supplying surplus food to BC 'Meals on Wheels' with welcome effect, and is piloting with BC Community Hospital.

Lower Woodbatch Farm is now up and running. Vegetables and fruit produce from the farm is available for local sale at the Farmers' market, etc. Future plans include organic certification, running learning sessions with e.g. local schools, training kitchen, box scheme, etc. Regrettably the Open Day in October was rained off but a new day for 2019 will be advertised.

BC Allotments committed to organic gardening. Town Council funds for improvements expected soon.

Renewable Energy

'Woodlands for All' Project: Run by Lightfoot. Volunteers deliver free woodland management; training given; beneficial & therapeutic work for local people; logs from coppicing for those in fuel poverty. First project completed in 2017, a second project starts in Autumn 2018 for BC Community College students. http://www.lightfootenergy.org.uk/woodlands-forall/

Climate Change

Climate Change talks. Lightfoot has arranged a series of talks (14 so far) on associated subjects: the latest one by Dr Simon Jefferey of Harpers Adam University on 'Agriculture & Climate Change' was held at the Community College on 15th November.

Make local walks more accessible

BC Parish Paths Partnership has carried out continuous stile replacement and repair. Stencils have been purchased for painting stiles and gates with numbers for ease of reporting on maintenance issues, and to make following the Town Hall Walk Sheets easier. Promote and Support Tourism

We are bidding for funds to provide a flexible stage system with canopy and storage solution that may be erected in front of the Town Hall when required as a community asset, providing a level performance space for use by a wide range of other events throughout the year, stimulating new activities to increase visitor footfall significantly.

We are bidding to fund an Elephant Sculpture trail, which, if successful, should provide a significant draw for tourism in Bishop's Castle with benefits for the local economy.

The Town Council are funding the creation and installation of an Albert Howard Interpretation Board to be sited at the entrance to the allotments. In addition a book on Albert Howard written by a local author will be published shortly, and funds are being sought to install an Albert Howard plaque at an appropriate site in the Town.

Transport

The 'Dial-a-Ride' service and 'Wheels to Work' scheme have been publicised via the Town Newsletter and the Community Partnership Facebook page

Rural Social Exclusion

Fast Broadband is now available across the Town. Take-up is 426 households in the SY9 post code area.

4G connectivity is now available across much of Town and becoming more reliable

The Community Partnership collects connectivity information and disseminates that via the Facebook page

Advice and support re connectivity has been provided by Enterprise House

The 'Shropshire RCC Community Fuel Buying Scheme' has been publicised via the Town Newsletter and the Community Partnership Facebook page

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

£ 100 - 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. or on one of our tables 25% 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



DECEMBER

- 1st Dec Antiques & Flea Market. 9am until Late. First Saturday of every month. Lift available. Free entry. Tel: 01588 630023
- 1st Dec Christmas Lights Town Hall open late
- 8th Dec Craft Fair at 10.00am to 4pm Our ever popular Craft Fair, lots of interesting stalls. Two floors of stalls including ceramics, sculptures, textiles, jewellery and much more. Free Entry Tel: 01588 630023 www.bishopscastletownhall.co.uk
- 9th Dec Garland Making with Cath Murphy 10am to 1pm £10 to include all materials, tea, coffee and mince pies
- 9th Dec Felt Making with Clare Linford– Make a Penguin 2pm to 5pm, £10 to include all materials, tea, coffee and mince pies

14th Dec Storytelling with Daniel Allison and Lally O'keefe

The Woods are Lovely, Dark and Deep..

A Journey deep beneath the boughs and into the folklore of the world's forests, meeting goblins in Korean jungles and snake-kings in the Siberian taiga. Featuring legends and folklore from across the world, woven together with folk songs and spellbinding music on the didgeridoo and hang drum.

Doors open at 7.30pm

Tickets £7 available from the Town Hall on 01588 630023 or www.ticketsource.co.uk Bar, tea and cake available.

15th 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, and even Goat's Milk Soap all produced locally.

16th Dec A Baroque Christmas Concert – Vox Magicae

Vox Magicae – Conor Gricmanis and Clare Edwards on Baroque violins, Miriam Nohl on Baroque cello and Aidan Philips on Harpsichord are delighted to be performing their first Christmas programme in Bishop's Castle. They will be exploring well known composers such as Vivaldi and Corelli and also traditional carols and festive music from the baroque era mixed in with some folk and lesser known, but just as vibrant, baroque composers from all over Europe.

Tickets £12 can be purchased at The Town Hall or on line

https://www.ticketsource.co.uk

20th Dec The Churchfitters Christmas Cracker

The Churchfitters is a folk group like no other. Performing a mouth-watering selection of favourites from their regular repertoire interlaced with traditional and original songs and Christmas Carols, this crowd pleasing cracker of a show will see Christmas in with a bang and a paper hat full of surprises, novelties and terrible jokes as well!

Come along for a fun filled festive evening. Starts at 7.30pm

Ticket £14 available from the Town Hall on 01588 630023 or on the door or www.ticketsource.co.uk

Bar available

JANUARY 2019

The Young Persons Art Exhibition will run until January 6th.

11th Jan Storytelling - Women and Power: Stories from Orlando Furioso- Marion Leeper

> Based on the 500 year old Italian Romance, Orlando Furioso. A mixture of knock-about clowning and heartbreaking tragedy.

Doors open 7.30pm, Tea, beer and homemade cake available. Tickets £7

19th 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

26th Jan Claude Bourbon – Medieval Spanish Blues Guitar and Songs

We are delighted to announce the return of this talented French Guitarist. Experience an evening of exploration in the unique ambiance of the Thumb! Ready for a unique and talented take on a wide range of musical traditions? Claude Bourbon is known throughout Europe and America for amazing guitar performances that take blues,Spanish, and Middle Eastern stylings into uncharted territories.

<u>http://www.claudebourbon.org/videos.php</u> Tickets £12 can be purchased at The Town Hall or on line <u>https://www.ticketsource.co.uk</u>

GOLDEN FIRE NUGGETS

Locally made firewood BRIQUETTES. £5.00 Per 14kg (approx.) sack. FREE delivery in and around Bishop's Castle. IDEAL FOR WOODSTOVES. Also FREE delivery of sticks 'n' offcuts £4.50 per large sack.

Golden Fire Nuggets and Sticks 'n' offcuts are a by product of Shropshire Hardwoods Joinery and Timber Frame Buildings. Based in Bishops Castle.

For orders or enquiries phone

Rachel on 07975871322 For next day delivery.



Visit our websites at goldenfirenuggets.co.uk and shropshirehardwoods.com

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STONE HOUSE Union Street Bishops Castle SY9 5AJ

We offer Residential and EMI Care, day care places available on a Tuesday in our day centre which offers activities & both assisted and un-assisted baths. We also offer respite beds when available.

<u>For more information:</u> Contact Keturah Bloor Telephone- 01588 638487 Email – kbloor@coveragecareservices.co.uk

Dates for Council meetings

The Council meets on the third Tuesday of each month

Tuesday 2th November

Tuesday 18th December

2019

Tuesday 15th January Tuesday 19th March Tuesday 19th February

How to contact your

Councillor Keith Bance

Tel: 01588 638455 Email: bance74@googlemail.com

Councillor Jane Carroll

Tel: 01588 638467 Email: jane.carrol@gmail.com

Councillor Ruth Houghton

Tel: 01588 638352 Email: Houghton.ruth@btinternet.com

Councillor Julie Magill Tel: 01588 638305 Email: julie.magill@outlook.com

If anyone wishes to be a councillor please contact the clerk on 01588 638141

Town Councillors:

Councillor Grant Perry Tel: 01588 638233

Email: grantperry24@icloud.com

Councillor Anne Roberts Tel: 01588 630165

Email: anne.roberts@mac.com

Councillor Steve Whittingham Tel: 01588 638954

Email: thehappybap@yahoo.co.uk

Town Clerk: 01588 638141 townclerk@bishopscastle.co.uk Monday to Thursday 9.30am— 12.30pm

For allotment enquiries please contact: assistantclerk@bishopscastle.co.uk

Jilly Evans - Heather

A.C.O.H., A.R.T., S.P.D.A., Bowtech, N.S.T.

28 Years as a fully qualified practitioner Neuro-Muscular Massage + Deep Tissue Aromatherapy With Thai Massage Stretches Advanced Reflexology Bowen Technique and NST. NLP. EFT For most of your physical Or emotional healing needs

Call Jilly for an appointment or further info On 01588 638 935







December 2018

The Royal Ballet: The Nutcracker December 9 @ 14:00pm - 16:30pm tickets £8-£13

The Nutcracker has long been one of the most delightful ways to discover the enchantment of ballet – and makes for a delicious seasonal treat for all the family. Let's hope we avoid the snow this year!! Tchaikovsky's much-loved music is matched to a magical adventure on Christmas Eve for Clara and her Nutcracker doll. Their journey to the Land of Sweets brings with it some of the most familiar of all ballet moments, such as the Dance of the Sugar Plum Fairy and the Waltz of the Flowers.

FILM : Mamma Mia! Here We Go Again (12A) December 13 @ 19:00pm - 20:55pm Tickets £4-£5

Sunshine, Music and Love -Sequel to the 2008 Abba Inspire film Lets pretend it's not winter! "Full of hits and emotion, this slick sequel delivers sharp one-liners, joyously contrived plot twists and an emotional punch." The Guardian Dungarees optional but encouraged! "You'll cackle at Christine Baranski's crackling dialogue, cry when Meryl sings 'My Love, My Life', and when all is said and done you might even be tempted to go again. Afternoon Film: The Man Who Invented Christmas (PG) December 18 @ 14:00pm - 15:45pm Tickets £3

Charles Dickens finds himself in financial trouble after three unsuccessful novels in a row. Desperate for a hit, he relies on real-life inspiration and his vivid imagination to bring Scrooge and other classic characters to life in "A Christmas Carol." "This is an entertaining, well-acted biographical drama about what could have inspired A Christmas Carol and how the classic novella changed the spirit of the season." Common Sense Media "God has blessed us, every one.

January 2019

Andre Rieu 2019 New Year's Concert from Sydney Sun, 6th January, 2019 @ 15:00pm - 17:05pm tickets £8-£12

One of Event Cinema's biggest names, André Rieu, returns with a major new production this New Years 2019! The King Of Waltz André Rieu will bring to millions of fans across the world, his New Years concert recorded live in Sydney, Australia. The first full production from leading Event Cinema distributor Piece Of Magic Entertainment, André Rieu will present a festive concert like never before, recorded live in Sydney's stunning Town Hall.

Join the maestro, André Rieu, for a magical evening of music and dance featuring his world class sopranos, the platin tenors and plenty of surprises. With show tunes, classical music and plenty of festive fun it promises to be a great way to start the new year! Take a front row seat and experience this spectacular musical event on the big screen. The King and I- Live from the London Palladium Thu, 10th January @ 19:00pm - 21:30pm tickets £8-£12

The multi-award winning and critically acclaimed Lincoln Centre Theatre's production of Rodgers and Hammerstein's The King And I comes to SpArC Theatre's big screen in this unmissable event recorded live from London's iconic Palladium. "Five stars for a sumptuous King and I. Book Now. It's a hit" - The Times Reprising her Tony Award-winning role, 'Broadway musical's undisputed Queen

Royal Opera House: the Queen of Spades (Tchaikovsky) Sun, 27th January @ 14:00pm - 17:30pm £8 – £13

In Tchaikovsky's intense opera of obsession and the supernatural, Gherman is caught between the woman he loves and a destructive fixation. The Queen of Spades is based on a short story by Pushkin, and comes to the Royal Opera House in a new production that has already garnered fivestar reviews in Amsterdam. The production is set in 1890, the year of the opera's premiere.

Royal Opera House LIVE: La Traviata (Verdi) Wed, 30th January @ 18:45pm - 22:20pm £8 – £13

Broadcast Live Via Satellite from The Royal Opera House From the thrill of unexpected romance to a heartbreaking reconciliation that comes too late – Verdi's La traviata is one of the most popular of all operas. Alfredo falls in love in with the courtesan Violetta in glamorous Paris society, but underneath the surface run darker undercurrents, leading to a tragic ending.

NT Live: I'm Not Running Thu, 31st January @ 19:00pm - 21:40pm tickets £7-£11

National Theatre Live I'm Not Running by David Hare I'm Not Running is an explosive new play by David Hare, premiering at the National Theatre and broadcast live to cinemas. Pauline Gibson has spent her life as a doctor, the inspiring leader of a local health campaign. When she crosses paths with her old boyfriend, a stalwart loyalist in Labour Party politics, she's faced with an agonising decision. What's involved in sacrificing your private life and your piece of mind.

February 2019

Live Theatre: Lost Dog presents: Juliet and Romeo – a Guide to Long Life and Happy Marriage.~ Thu, 14th February @ 19:30pm - 20:45pm tickets £6-£12

Pure pleasure. Smart, subversive and sexy. The Guardian Superb. Devastating realism and dark humour. The Stage Lost Dog's new show reveals the real story of Romeo and Juliet. It turns out they didn't die in a tragic misunderstanding, they grew up and lived happily ever after. Well they lived at least. Now they're 40ish, at least one of them is in the grips of a mid-life crisis, they feel constantly mocked by their teenage selves and haunted by the pressures of being the poster couple for romantic love. They have decided to confront their current struggles by putting on a performance – about themselves. Their therapist told them it was a terrible idea.

Newsletter Survey

The Town Council would like to know your view	vs ; -
Do you value the news letter	Y/N
Would you like it delivered and on line	Y/N
Or just on line	Y/N
Do you think the content is about right	Y/N

Is there anything else you would like to see included in the newsletter.

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You can drop this back page into the letter box outside the town hall.

If you would like to assist with the delivery of the news letters in the area which you live please included your contact details below

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If there are any organisations in Bishop's Castle who would like to include any information in this news letter please email them to bishopscastlenewsletter@gmail.com

The cut off dates for the newsletter a published in the earlier section of this news letter. The editor will reserve the right to shorten the article to fit the publication.

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Lu	Aqua Aerobics		6.00 - 6.45pm	
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Da	Circuits		6.00 - 6.50pm	
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