



# BISHOP'S CASTLE



OCTOBER  
To  
NOVEMBER



2019  
ISSUE 66



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**Caroline  
Denham**

Wills & Probate,  
Residential Property &  
Family Matters

**Rachel Mole**

Residential Property,  
Wills & Probate



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[@WaceMorgan](https://twitter.com/WaceMorgan)



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### 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.

15<sup>th</sup> November 2019

17<sup>th</sup> January 2020

### TRINITY HOSPITAL CLUN

The Trustees of Trinity Hospital, Clun would like to hear from people in housing need over 55 years of age and living within the area comprising the former Lordships of Clun and Bishop's Castle and the Parishes of Knighton and Churchstoke who are interested in living at Trinity Hospital. 2 one bedroom ground floor properties which are situated in the quadrangle are available. The properties have central heating and an alarm system. Preference will be given to those in housing need who have lived in the area for at least 5 years. For further details please contact the Clerk to the Trustees, Janet Woodroffe at Petan, Wistanstow, Craven Arms, SY7 8DG Tel. No. 01588 672303



## Hello from your Mayor.

I would like to welcome Nigel Morris and Josh Dickin to the Town Council Co-opted as new Town Councillors in June and August, they are both local men and will be an asset to our Council. They have a very good knowledge of Bishop's Castle and will bring some good points of view to our meetings.

My thanks go to Jonny Keeley our previous County Councillor, who has worked tirelessly raising many issues on behalf of Bishop's Castle and the community.

Congratulation to Councillor Ruth Houghton who won the by-election for the Lib Dems and is now our new County Councillor; well done for all the miles of canvassing! I know you will be a great representative for our community and the town.

Another fantastic Michaelmas Fair, everyone had a wonderful time with lots of entertainment throughout the day and evening, and the sun shone! A great deal of hard work is organised by many people – well done and thank you!

It was sad to hear that one of our very popular vicars Rev. Roy Davies passed away in July. He and his family lived at the 'Old Vicarage' from 1970 – 1983.

The Town Council will be initiating a 'Neighbourhood Watch Scheme' for Bishop's Castle and the surrounding area – more details will follow.

At our September meeting the Council declared a 'State of Climate and Ecological Emergency' along with many towns across the country – details will be announced.

Best wishes

Julie Magill

## MB GRASSCUTTING

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## BISHOP'S CASTLE TOWN COUNCIL

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

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

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

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

Phone: 01588 638141 or

email:

bishopscastlenewsletter@gmail.com

# Abbeyfield

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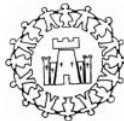
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## **Friends of Bishop Castle Community, Care Home and Hospital**

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: 999

Non Emergency 101

Bishops Castle voicemail: 01743 264777

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

Crime stoppers: **0800 555 111**

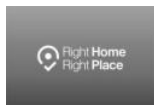
Web site: [www.westmercia.police.uk](http://www.westmercia.police.uk)

Twitter: **@SouthShropCops**

Facebook: **Bishops Castle Policing Team Rural Watch**

**Contact Email address:**

**bccar.snt@westmercia.pnn.police.uk**



## Bishop's Castle Housing Needs Survey November 2019

In partnership with Shropshire Council the Bishop's Castle Neighbourhood Plan group will be running a housing needs survey in the Parish in November, and we need you to get involved!

The Right Home Right Place housing survey has been developed by Shropshire Council to help identify housing need in Shropshire at a Parish level. The surveys have been carried out in around 30 parishes in Shropshire and now as part of the Bishop's Castle Neighbourhood Plan we will be running the survey in Bishop's Castle. Each household will receive a survey in the post from 4th November and we're encouraging residents to have their say through the survey.

The more people who respond to the survey the better our understanding of the local housing need will be, so please look out for the survey and give us your views

It might be that you are nearing retirement age and are thinking of downsizing to a smaller home; or you could have a growing family and need a larger home but have not been able to find something suitable in the area. Perhaps you have adult children living at home who would like to find their own home in Bishop's Castle. We want to hear everyone's views even if you don't currently have a housing need.

The Right Home Right Place survey will give you a chance to record your housing need, which will then help the Neighbourhood Plan group better understand the local need and develop policies in our Neighbourhood Plan which will help provide the right type of housing for Bishop's Castle in the future.

You will be able to complete the survey and return it to Shropshire Council using a prepaid envelope, or you can complete the survey on line at [www.righthomerightplace.com](http://www.righthomerightplace.com)

Once completed the survey results will be shared with Bishop's Castle Town Council and also made available on the Right Home Right Place website.



## News from the Bishops Castle & District Community Land Trust

At its recent AGM the Trust welcomed two new members on to the Board, local residents Stuart Taylor and Norma Harman. Stuart is a planner and Norma works from home as an international risk assessment consultant. " We are delighted to have them both involved, and are sure their skills and experience will prove to be a great asset towards the work of the Trust", says the company secretary, Jonathan Brown.

### Methodist Church

A planning application to convert the church into four apartments will be submitted shortly. A bat survey has not revealed any evidence of the building being used as a roost site. Discussions are being held with Homes England and the Architectural Heritage Fund with a view to securing grants towards the cost of the project, and later this autumn the Trust will be consulting with the community over its plans, and different tenure options, following its completion.

For more information you can email Jonathan on

[jonathan.starfish@hotmail.com](mailto:jonathan.starfish@hotmail.com), or text/call him on

07497 142 485.

## Council Allotment plots available to rent from 1st January 2020!

Currently, we have micro plots and half plots available from January 2020. Other plots may become available as well. Taking on a plot at the start of the year is a great time to begin, as you will have plenty of time to prepare for the next growing season – digging over and preparing the plot, sowing seeds, planting out young plants, watching them grow and looking forward to your harvest of home grown goodness!

Imagine growing your own vegetables ... there are many benefits to being outside with nature, working on the land, and sharing experiences with a community of gardeners!

The Council allotments are gardened organically. Tenants can join the Allotment Society and for a modest membership fee can get manure and other products the Society buys in.

Annual rents for Micro plots are less than £15, plus a small deposit / admin fee. Half plots are currently £31, and full sized plots (approximately 165 square metres) are around £52.

Applicants from within the parish of Bishop's Castle are given priority. Why not get in touch to express an interest and discuss what type of plot would suit you? Getting your name on the Waiting List is a good idea, as then you will get first refusal on any plot that comes up.

Contact the Town Council now for more details!

Email: [assistantclerk@bishopscastletowncouncil.gov.uk](mailto:assistantclerk@bishopscastletowncouncil.gov.uk)

Phone: 01588 638141

Post: Bishop's Castle Town Council, Town Hall, High Street, Bishop's Castle, SY9 5BG

Or call into the council office during office open hours 9.30am to

Dyslexia Tutor

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e-mail: [pippa@dyslexiahelp4u.co.uk](mailto:pippa@dyslexiahelp4u.co.uk)

Mobile 07955805987

## CALLING ITALIAN SPEAKERS

I would like to contact any Italian speakers in the area with a view to getting together for lunch once a month in a local hostelry to chat. If you're interested, then please 'phone Hilary on 01588 638426.



*~ Serenity ~*

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**CCBC Friends**

# **CHRISTMAS FAIR & CAR WASH Saturday 30th NOVEMBER 10-1pm**

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## **LOTS OF CHRISTMAS GIFTS**

**Wreaths, hampers, jewellery, hot  
chocolate, coffee & cup cakes,  
gifts, soft furnishings, games,  
crafts and a fantastic prize draw.**

**Come and support your  
local Community College**

**Facebook @CCBCFriends**

Dear friends in Bishop's Castle and district,

In December this year we will be celebrating 20 years of the Christmas Grotto, but we also need to secure the future of the Grotto so children can continue to enjoy it for another 20 years.

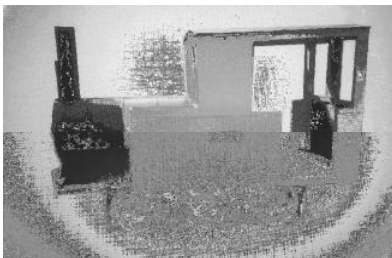
The Grotto could not continue in its present form without fund-raising, and we would like to express our gratitude to the generosity of the town's traders, who donated gifts and vouchers for our tombola at Party in the Park this summer. The proceeds from this will go a long way to help build this year's Grotto. Thank you!

Two things ...

First, after this year's Grotto we are looking to give away the painted wooden steam locomotive we built last year. If anyone knows of a children's hospice, playgroup or similar that might want it, please could you contact me on the email at the end of this article.

Second, this is the 20th year since we built and ran the first Grotto. Sometimes it's hard to believe ...!

In the last 20 years it has been built in many places around town, including shops, the Town Hall, a basement, and several pubs. For the last two Christmases the Castle Hotel have kindly allowed us to use their garden. Over the years many people have visited Santa on his short holiday in Bishop's Castle, and it is wonderful to see that some of the children who came at the start are now bringing their own children.



However, 2019 will be the current committee's final year, but the good news is the hard-working Christmas Elves want to keep it going! We are looking for volunteers to help the Elves form a new group to carry on each year building and running the Grotto.

The current committee will be available in an advisory capacity, so no one will be "dropped in it"!

Please help the Christmas magic to continue.

If you can help us find a home for the locomotive, or help carry the Grotto forward into the future, please contact me on [stewartlevans37@gmail.com](mailto:stewartlevans37@gmail.com)

Thank you, Stewart Evans



## Listings for October and November 2019

### BISHOPS CASTLE TOWN HALL

1st Oct 'Pop up Books' talk by Nick Howell for BCHRC  
Cost : £5 to include refreshments

5th Oct Antiques and Flea Market 9am to 4pm  
First Saturday of the month. Lift available. Free  
entry.  
Tel: 01588 630023

11th Oct Blast Storytelling –Locks Open – Sheila Arnold,  
7.30pm for 8pm start  
Cost £7 – Tea, cakes and Beer available. Tickets  
on line or from the Town hall

19th Oct Farmer's Market 9am til 1pm

19th Oct Art International Group Exhibition to 14th Nov

25th, 26th and 27th Oct Great Book Sale

Two floors of Books, DVDs and CDs to browse  
through and find bargains for all the family. Free  
Entry other than £5 for early entry

## NOVEMBER

- 2nd Nov                   Antiques and Flea Market 9am to 4pm  
First Saturday of the month. Lift available. Free entry.  
Tel: 01588 630023
- 8th Nov                   Blast Storytelling – Shropshire Tellers Night 8pm  
Join Val Littlehales, Terry Tandler, Saints and Witches: Suzanne and Jake Tumnus. Tickets £8 per person or £25 for a group of 4 Tickets from The Town Hall or online at: <https://www.ticketsource.co.uk>
- 9th Nov                   Clun valley Jazz – The Daniel Karisson Trio  
8pm til 10.15pm  
Tickets £15 available from the Town Hall or ticket source <https://www.ticketsource.co.uk>
- The Daniel Karlsson Trio, winners of the Swedish Radio's Jazz Group of the year Award 2014, is one of the most interesting constellations in Swedish and European Jazz.
- 16th Nov                  Farmer's Market 9am til 1pm



16th Nov            Greywolf with guest Deborah Rose – album  
launch                      concert 8pm til 10pm

Tickets £12 can be purchased at the Town  
Hall or online at: <https://www.ticketsource.co.uk>

Grey Wolf - a trio from Shropshire, featuring  
Jim Allen (banjo), Martin Thomas (voice and  
Mandolin) and Ben Walsh (fiddle). Deborah  
Rose, a Welsh born singer has supported  
Jimmy Webb, Ralph McTell, Judy Collins and  
Fairport Convention in concert.

Radio 2 ' A mesmerising group of musicians  
not to be missed'

28th Nov            The Winter Garland – A Shropshire Border  
History                      7.30pm to 9pm

Catherine Murphy demonstrates wreath /  
garland making from locally gathered natural  
materials with stories of our landscape that go  
into the season's garland. Tickets from Town  
hall £5 including refreshments from the Town  
Hall or on line:<https://www.ticketsource.co.uk/b>

30th Nov            Christmas Craft fair 10am to 4pm

Two floors of stalls including ceramics,  
sculptures, textiles, jewellery and much more.  
Free Entry Tel: 01588 630023  
[www.bishopscastletownhall.co.uk](http://www.bishopscastletownhall.co.uk)



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Contact Keturah Bloor

Telephone- 01588 638487

Email – [kbloor@coveragecareservices.co.uk](mailto:kbloor@coveragecareservices.co.uk)

### Dates for Council meetings

The Council meets on the third Tuesday of each month

2019

Tuesday 19<sup>th</sup> November

Tuesday 17<sup>th</sup> December

2020

Tuesday 21<sup>st</sup> January

Tuesday 18<sup>th</sup> February

Tuesday 17<sup>th</sup> March

Tuesday 21<sup>st</sup> April

## 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 Julie Magill**

Tel: 01588 638305

Email: [julie.magill@outlook.com](mailto:julie.magill@outlook.com)

### **Councillor Nigel Morris**

Tel 01855 638761

Email [nigelmorris2019@outlook.com](mailto:nigelmorris2019@outlook.com)

## Town Councillors:

### **Councillor Josh Dickin**

Tel 07530691106

Email [bcbc97@outlook.com](mailto:bcbc97@outlook.com)

### **Councillor Grant Perry**

Tel: 01588 638233

Email: [grantperry24@icloud.com](mailto:grantperry24@icloud.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 @bishopscastletowncouncil.gov.uk](mailto:assistantclerk@bishopscastletowncouncil.gov.uk)

If anyone wishes to be a councillor please contact the clerk on  
01588 638141 Email [townclerk@bishopscastletowncouncil.gov.uk](mailto:townclerk@bishopscastletowncouncil.gov.uk)

## **Jilly Evans - Heather**

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 Shropshire, SY9 5AQ





October 2019

Thursday 3rd October 7pm

Screening : Wise Children

A big, bawdy tangle of theatrical joy and heartbreak, with a generous dash of Shakespeare, scandal and mischief. Multi-award-winning director Emma Rice brings her unique, vision to Angela Carter's great last novel to the stage.

'Fantastic. Life-enhancing, brilliantly uninhibited, all-singing and dancing...' The Observer

Thursday 10th October 11am and 1.30pm

Live Theatre: Hey Diddle Diddle

A hilarious adventure filled with live music and puppetry. Stay up late with flying cows, jazzy cats and runaway crockery and as we jump and jive to a wild and musical celebration of magic and imagination.

For Primary schools and Public All Tickets £5

Friday 11th October 6pm

FILM: Toystory 4

Woody, Buzz and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky Spectacularly animated and remarkably poignant, this fourth installment introduces memorable new friends and brings back beloved old ones for one more adventure.

Adults £6 Under 18's £4

Sunday 13th October 2pm

Royal Opera House: Don Giovanni (Mozart)

Via satellite

Sexual intrigue, jealousy, wit, anger... and retribution! Mozart's engaging masterpiece, which follows Don Giovanni, the woman he serially seduces, and the vengeance that finally catches up with him.

Adults £13 Under 18's £8

Thursday 17th October 7pm

NTLIVE: Midsummer Night's Dream

Shakespeare's romantic comedy captured live from the Bridge Theatre: which becomes a forest – a dream world of fairies, surrounded by a roving audience following the action on foot. A Fairies meddle with mortal lives leading to love triangles, mistaken identities and transformations.

Adults £12 Under 18's £8

Tuesday 22nd Oct 2pm

Afternoon Film: This Beautiful Fantastic (PG)

Heart-warming tale of an aspiring children's author and librarian who is threatened with eviction unless she gives her garden a makeover. About kindness and letting people in.

Accessible Cabaret seating/no steps/ hearing loop/ tea and biscuits £1/local Free Bus available

Supported by the Friends of Bishop's Castle Community, Care Home and Hospital.

All Tickets £3 Accompanying Carers FREE

Thursday 24th October 7.30pm

Royal Opera House: Don Pasquale (Donizetti)

Live Via Satellite

New production Bryn Terfel heads the cast for this new production of Donizetti's comedy of domestic drama across two generations. Surprising , Sparkling and delightful.

Adults £13 Under 18's £8

Thursday 7th Nov 7pm

NTLIVE: Hansard

1988 ,Tory politician Robin Hesketh has returned home to the idyllic Cotswold house he shares with his wife. But all is not as blissful as it seems. Don't miss this witty and devastating portrait of the governing class.

Adults £12 Under 18's £8

Sunday 10th Nov

Royal Ballet: CONCERTO/ENIGMA VARIATIONS/RAYMONDA ACT III

This mixed programme highlights the versatility of the Company. From Russian classical ballet, full of sparkle and precision, to the quintessentially British, to a fusion of classical technique with a contemporary mind.

Adults £13 Under 18's £8

Thursday 14th November 7pm

SCREENING: 42nd Street the Musical

The legendary Broadway musical theatre classic, is 'glorious' Telling the story of a young performer who gets her big break on Broadway, filmed live at London's Theatre Royal. Starring Bonnie Langford and featuring iconic songs, this is pure musical magic on the big screen.

'utterly moreish extravaganza of glitz' Times

Adults £12 Under 18's £8

Tuesday 19th November 2pm

Afternoon Film: Calamity Jane (PG)

1953 Technicolor musical classic. Loosely based on the life of a Wild West heroine we follow the adventures and romance between Calamity and Wild Bill Hickok in the American Old West.

Accessible Cabaret seating/no steps/ hearing loop/ tea and biscuits  
£1/local Free Bus available

Supported by the Friends of Bishop's Castle Community, Care Home and Hospital.

All Tickets £3 Accompanying Carers FREE

Thursday 21st Nov 7pm

FILM: The Sister's Brothers (15)

1851 Charlie and Eli Sisters are brothers and assassins. An eccentric, funny yarn where the brothers find themselves on a journey through the wild Northwest, an adventure that tests the deadly family ties that bind.

Adults £6 Under 18's £4

Saturday 23rd Nov 7.30pm

LIVE : Midwales Opera: Mrs Peachum's Guide to Love and Marriage

MWO's SmallStages romps onto stage with a radical reworking of The Beggar's Opera. Join Mrs Peachum and her daughter Polly in a rumbustious tragicomic tale of love, loyalty and London gin.

Adults: £14 Under 25 £7 Under 18's: £1

To book tickets or to find out more: Enterprise House IT Centre or SpArC Box Office

01588 630321/ 638038 [www.sparctheatre.co.uk](http://www.sparctheatre.co.uk) Or there are usually tickets on the door!



### **Bishop's Castle Parish Paths Partnership (P3)**

Our volunteer group have completed two big projects on local footpaths over the last couple of months with support from Shropshire County Council's footpath maintenance team.

There is a public footpath that goes through the middle of Ransford's Woodyard. This drops steeply down twice onto an internal road and required the construction of flights of steps. In total we built five sets of steps. The path can be accessed either from Love Lane or by the footpath opposite the end of Salop Street.

The second project was the laying of hardcore on the public footpath that runs along the bottom of the Wintles woodland. After rain this became very muddy. The path runs parallel with the new road around the Wintles, on the other side of the hedge. The walk around the woodland, using the public footpath and the permissive paths is very pleasant, and is a lovely part of Bishop's Castle. Walking Leaflet No is available from the Visitor Information at the Town Hall.

It was reported in previous newsletter that we were numbering stiles and gates to make it easier to report any problems. We started to do this with white painted numbers but soon realised that this wasn't going to work well. Instead we have put out yellow numbered disks.

If you notice a broken stile, gate or other problem please inform the Town Hall and we will do our utmost to resolve the problem quickly.

Our tasks for the next two or three months will be trying to keep nettles , grass and brambles under control. Please inform us of any problem areas.

In the meantime enjoy our beautiful local countryside , and remember to close gates, if walking your dog keep it on a lead where there is stock, clear up after it, and please take your litter home. ]Thanks.

BC P3 team

Locally made  
£5.00 Per 14kg  
FREE delivery in  
Castle. IDEAL

## **GOLDEN FIRE NUGGETS**

firewood BRIQUETTES.  
(approx.) sack.  
and around Bishop's  
FOR WOODSTOVES.

Also FREE delivery of sticks 'n' offcuts £4.50 per large sack.

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For orders or enquiries phone

Rachel on 07975871322

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[shropshirehardwoods.com](http://shropshirehardwoods.com)



**Bus timetable for bus routes 552 / 553 Bishop's Castle to Shrewsbury**

Monday to Friday times (school days)				Saturday			
	Leaves		Arrives		Leaves		Arrives
Bishop's Castle opposite the Boar's Head all go via the Hospital	7.30		8.30		7.30		8.30
	9.40`		10.40		9.30		10.30
	12.20		13.20		12.15		13.15
	13.30		14.30		16.00		17.00
	15.40		16.40				
Shrewsbury Stand N  all go via the Hospital	7.35		8.35		8.00		9.00
	10.05		11.05		10.00		11.00
	12.00		13.00		14.45		15.45
	14.00		15.00		17.40		18.40
	16.25		17.25				
	17.40		18.40				

**Bus timetable for bus route 745 Bishop's Castle to Ludlow**

Monday and Friday only	Leaves		Arrives		Leaves		Arrives
					Ludlow		
Bishop's Castle opposite the Boar's Head	9.15		10.25		13.15		14.25

**Bus timetable for bus route Bishop's Castle to Newtown**

Tuesday only

	Leaves		Arrives		Leaves		Arrives
Bishop's Castle opposite the Boar's Head	10.00		11.00		13.55		14.45

**M & J**

**M & J** Bus time table for bus route Bishop's Castle to Telford

Tuesday fortnightly only	Leaves		Arrives		Leaves		Arrives
Bishop's Castle opposite the Boar's Head	09.00		10.36		13.40		15.08
			Bus stn		Bus stn		

# Teme Sparc Swimming Timetable

## Teme Sparc

Accurate as of 31/01/2019

(31-01-2019 - 06-02-2019)



Day	Time	Session	Facility
Thu	16:00 - 18:00	Aquastar Swimming Lessons	Main Pool
Thu	18:00 - 19:00	Aquafit	Main Pool
Thu	19:00 - 21:00	Public Session 1 Lane	Main Pool
Fri	07:00 - 10:00	Adult Lanes	Main Pool
Fri	10:00 - 11:00	Available to Hire	Main Pool
Sun	09:00 - 10:00	Adult Lanes	Main Pool
Sun	10:00 - 11:00	Public Swim	Main Pool
Sun	11:00 - 12:00	Family Fun	Main Pool
Mon	16:00 - 18:00	Aquastar Swimming Lessons	Main Pool
Mon	18:00 - 19:00	Aquafit	Main Pool
Mon	19:00 - 21:00	Adult Lanes	Main Pool
Tue	07:00 - 10:00	Adult Lanes	Main Pool
Tue	10:00 - 11:00	Parent & Toddler Sessions	Main Pool
Tue	11:00 - 16:00	Closed	Main Pool
Tue	16:00 - 19:00	Aquastar Swimming Lessons	Main Pool
Tue	19:00 - 21:00	Adult Lanes	Main Pool
Wed	16:00 - 18:00	Aquastar Swimming Lessons	Main Pool
Wed	18:00 - 19:00	Family Fun	Main Pool
Wed	19:00 - 21:00	Public Session 1 Lane	Main Pool

**MONDAY**

Time	Class	Instructor
5.00 - 5.50pm	Fitness Pilates	Lucy
6.00 - 6.50pm	Kettlebells	Dan
6.00 - 6.45pm	Aqua Aerobics	Lucy
7.00 - 7.45pm	Studio Cycling	Dan
7.00 - 7.30pm	On The Ball	Lucy
7.30 - 8.00pm	H I T	Lucy
8.00 - 8.45pm	Strength H I T	Dan

**TUESDAY**

Time	Class	Instructor
9.20 - 10.10am	Aerobics & Tone	Lucy
10.20 - 11.10am	Fitness Pilates	Lucy
6.00 - 6.45pm	Studio Cycling	Lucy
6.00 - 6.50pm	Circuits	Dan
7.00 - 7.50pm	Fitness Pilates	Lucy
7.00 - 7.30pm	Stretch and recovery	Dan
7.30 - 8.00pm	Metafit	Dan

**WEDNESDAY**

Time	Class	Instructor
6.00 - 6.50pm	Body Shock	Lucy
7.00 - 7.50pm	Fitness Pilates	Lucy
8.00 - 8.50pm	3 in 1	Lucy

**THURSDAY**

Time	Class	Instructor
6.00 - 6.45pm	Aqua	Zana
6.00 - 6.45pm	Studio Cycling	Dan
7.00 - 7.30pm	Muscular Strength	Dan
7.30 - 8.00pm	Stretch & Relief	Dan
8.00 - 8.50pm	Strength H I T	Dan

**FRIDAY**

Time	Class	Instructor
9.20 - 10.10am	Cardio & Swiss Ball Blast	Lucy
10.20 - 11.10am	Fitness Pilates	Lucy

**ADVANCE BOOKING RECOMMENDED**

Booking available online via our App or website.  
 Class descriptions can be found on our  
 website and App

[www.teme-leisure.co.uk](http://www.teme-leisure.co.uk)

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