



# **BISHOP'S CASTLE NEWS**



**APRIL - MAY  
2018**

**ISSUE 57**



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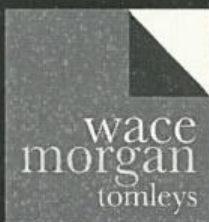


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 @WaceMorgan

The Basil Houghton Memorial Trust is a local grant giving Trust able to make small grants to support people with learning disabilities and their family carers either directly or through voluntary organisations supporting people with learning disabilities.

The Trust was established with an endowment from Mrs Doris Houghton and named after her son, the late Basil Houghton of Shrewsbury, who himself had a learning disability. Mrs Houghton was particularly keen that the money should be used to allow people with a learning disability to fulfil their dreams or aspirations and to improve the quality of their lives either individually or collectively. Examples of the type of award given to date include:

- Contributions towards holidays with or without the family
- Payments for support to enable travel or entertainment or social activities
- Payments to achieve an individual ambition
- Payment for services or equipment which will enhance someone's life and is not a statutory requirement

The Trust has and is able to make small grants within the following strict criteria:

- Individual beneficiaries must have a learning disability and be resident in Shropshire.
- Organisations seeking support for groups of people with learning disabilities should be located within the County of Shropshire and should be registered charities or be established for charitable purposes

Grants will only be awarded for services which are not the responsibility of statutory bodies or are additional to those provided by statutory bodies

Individual applicants may apply for up to £350. Grants to organisations will be considered on their merit but will generally be around £1200 max per group per annum

Anyone interested in making an application should contact the Basil Houghton Trust by email to

[Houghton.trust@shropshire-rcc.org.uk](mailto:Houghton.trust@shropshire-rcc.org.uk) The Trustees meet quarterly in June, September, December and March

The following articles are from the Town Plan team

## Broadband

Are you thinking of upgrading your broadband service to the new high speed fibre service? This could increase your download and upload speed quite significantly making things like BBC iPlayer, Netflix and Spotify much more reliable. If so, here some tips for what to do:-

There's lots of useful information on <http://connectingshropshire.co.uk> and loads of links to really useful info on <http://connectingshropshire.co.uk/make-the-switch/> including info on business grants to get you connected if the superfast service is not available in your area. However, bear in mind that not all providers will do this. It may cost you more but you can often negotiate a new contract with a better price.

Questions to ask:-

- Will the new service improve my broadband speed?

This depends on how close you are to the BT cabinet as this is where the high speed internet fibre service ends and your copper connection starts. The length of the copper cable and its quality are very important.

- How can I be sure that a new service will improve my speed?

Talk directly to your customer service team and make sure that you know what the cooling-off period is. Most providers should let you move back to your old deal if the new one is no better Often a new contract will tie you in for 12-18 months with a penalty for ending early. .

If you are already using Superfast please tell us what your experience has been.

E-mail us at [townplan@bishopscastle.co.uk](mailto:townplan@bishopscastle.co.uk).

## Food Hub

Although it is disappointing that we haven't been able to get the agreement of our local supermarkets to giving us their surplus food for re-distribution, the good news is that the Churchstoke Co-op has offered us their surplus bread products (loaves, rolls, wraps, etc).

We are hoping the Community College will be able to make use of these items. We're still looking for volunteers to help with picking up from the Co-op and delivering to the Community College. <https://www.facebook.com/communityplan/>

### Fight The Plastic campaign

On Mon 5th Feb, the Bishop's Castle Fight The Plastics group, a coalition of the BC Town Plan Sustainability Working Group (SWG), the Community College, BC Cooperative shop staff and Lightfoot Enterprises held a meeting in the Town Hall. The plan is to hold a series of actions to Fight the Plastic in food packaging, to try and find ways to reduce the problem of excessive, unnecessary and particularly Single Use Packaging (SUP), too much of which is ending up in our seas and oceans, landfill, not getting recycled or incinerated, releasing CO2.

The Fight The Plastic group are staging a series of events and actions to campaign for a change in legislation, in supermarket packaging and in the way people shop, locally, and we need your help and ideas to make Bishop's Castle Single Use Plastic Free.

Activities already planned are:

Beach Clean events, on 16th March in Aberystwyth, and in Borth, on 15th April

Meeting Philip Dunne, on 9th March at the college where Year 10 Community College students will grill our MP on what can and should be done at national level

Liaison between the Cooperative Group Environmental staff in Manchester and the Community College student's to understand plastic food packaging problems

Community College students to attend a Cooperative Academies Eco-Conference

Town Plan team Continued...

Some of the other ideas being explored include:-

Working with Veolia over the recycling of mixed plastics; working with all shops to get them on board; free, water-bottle filling points in Bishop's Castle; a Day of Action in the town centre, with press/Radio Shropshire; a Petition to present to all shops and a Mass Litter Collection on the roads around Bishop's Castle. Even though we live 60 miles inland, all plastic litter will eventually break down into micro-, then nano-plastic size and end up in the seas, damaging the marine life.

If you would like to be involved, or just have further ideas, please contact:

Dave Luckhurst on 01588 680250  
or

daveluckhurst@hotmail.co.uk

See also <https://www.facebook.com/communityplan>

## 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.*

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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**

**(Cheques payable to Friends of Bishop's Castle Community, Care Home and  
Hospital.)**



## **The ‘Managing your joint pain’ clinic has arrived in Bishops Castle.**

Are you aged 45 or older, and had hip, knee or back pain for more than 3 months? Or are you aged 45 or older, and have suffered with Osteoarthritis for more than 3 months with no recent trauma? If you’ve answered yes, don’t panic... ‘Managing your joint pain’ clinics are now here in Bishops Castle.

‘Managing your joint pain’ clinics allow you to meet with one of our fully trained joint pain advisors to discuss your joint pain. Your joint pain advisor will give you advice on various ways of managing your pain, so that you can carry on with daily activities without pain.

On booking into the clinic, you will be invited to attend an initial 30 minute appointment to discuss your lifestyle, challenges, and personal goals with an advisor. Using this information, your advisor will work with you to devise a tailored, joint-pain care plan, designed just for you. Advice and support is evidence-based. A follow-up appointment will be booked to fit in with you at 2 weeks, 6 weeks and 6 months, to check on your progress and continue to help you make positive changes and manage your pain.

Osteoarthritis can cause debilitating pain in your joints, and affects over 8 million people in the UK, it is becoming more common as we live longer. The risk of developing Osteoarthritis increases as we get older, become more overweight, or if the joint has been injured in the past.

It is important to keep moving, because your body works hard to repair itself, and by keeping active you can keep your weight down and stay healthy. Feeling more in control of your Osteoarthritis can help you to cope with the pain and stiffness better, making daily activities achievable.

‘Managing your joint pain’ clinics are run from Enterprise house, Station Street. To book an appointment just call Help2Change on 0345 6789 025.

## Bishop's Castle Walking Festival, 16 – 20 May 2018

Get out and about in the countryside this May and discover beautiful places.

With five different guided walks each day, there's a lot of choice. Walks are from five to sixteen miles long, some leading directly from the town, others going further afield.

Walks are friendly and informal and led by experienced local people. When they finish in Bishop's Castle or near a pub or café, there's the option of tea or a pint.

Evening events for walkers round off the day: a talk about the Long Mynd (plus supper); a Town Tour; a film at SpArC ('The Way' based on the Pilgrims' route, the Camino de Santiago) and a talk about managing Offa's Dyke (plus a meal).

Find out more and join us: [www.WalkingFestival.co.uk](http://www.WalkingFestival.co.uk).

### Wednesday 16 May

The Beauty of the Clun Valley	12 miles
Exploring the Dingles of the Stiperstones	10 miles
Pole to Pole	9 miles
Witchend – a mystery walk?	6 – 7 miles
Mineside to Fireside	4 miles

### Thursday 17 May

The Best of Offa's Dyke & the Shropshire Way	16 miles
Pansies, Peregrines and the Camlad Valley	13 miles
The Lost Villages of the Stiperstones	12.5 miles
Down from the Hills	10 miles
The Ups & Downs of the Shropshire Hills	8.5 miles

### Friday 18 May

Elsie's Walk	8.5 miles
Clun to Bishop's Castle via Hell	7.5 miles
Bishop's Moat	7 miles
Offa's Dyke and the Beautiful Demoiselles	6.5 miles
Whitcott Keysett – a wonderful morning walk	5.5 miles

### Saturday 19 May

Offa's Dyke and the Kerry Hills	14 miles
Meadows and Mines, Coppices and Commons	9 miles
Linley Hill and Norbury	9 miles
Castle – Coppice – Colebatch – Café	8 miles
Midpoint on Offa	7 miles

### Sunday 20 May

Walk on the Wild Side	13.5 miles
Newcastle to Old Castle	10.5 miles
Nipstone, Shelve and Roman Gravels...	8 – 9 miles
Witchend – a mystery walk?	6 – 7 miles
Downton Gorge	3.5 miles

## Bishop's Castle Twinning Association

Bishop's Castle is twinned with St Marcel in Normandy. On Saturday 28 April a group from St Marcel is coming to Bishop's Castle for a few days for an exchange visit. Their last visit was in 2013, following a series of happy exchanges by the two communities.

St Marcel is a small town with a backdrop of orchards and countryside. It is ideally placed for visiting popular attractions such as Monet's garden at Giverny and within easy driving distance of bigger towns. The neighbouring town of Vernon is situated on the Seine, about halfway between Rouen and Paris.

Our visitors are staying with local people around Bishop's Castle. It will be good to see old friends again and welcome new visitors to the town. The Town Council have invited us to afternoon tea in the Town Hall and we will all get together for dinner one night.

The future of the Association depends entirely on the interest and support of local people. If you would like to be involved (whatever your language skills) please contact Linda Atkins on 01588 620557

## **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**

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**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 April and May

7th April Antiques & Flea Market 9am until 4pm

First Saturday of every month. Lift available. Free entry. Tel 01588 630023

12st April Farmer's Market. 9am to 1pm

This ever popular Farmer's 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.

21st April Robert Lane 7.30pm

Roberts Lane is a singer songwriter based in Birmingham. In July 2017 he released his single Right by my side which made it's way onto the iTunes singer songwriter chart. Robert was chosen by the LG Arena to perform in the Forum Live area of the Arena before concerts by Eric Clapton, Dire Straits front man Mark Knopfler.

Tickets £10 available from the Town Hall on 01588 630023 or

[www.ticketsource.co.uk/date/411435](http://www.ticketsource.co.uk/date/411435)

22nd April This healing Place. 2pm, £10 or £12 on the door

Sacred Harp, Spring-time energy celebration, meditation, crystal healing. Close your eyes and experience the power of the earth's sounds accompanied by a wide array of meditations and music from across the world—bring yoga mat or blanket.

24th April Illustrated talk 'if you know of a Better Ole.....' by John Rimmer 7pm £5

Hosted by Bishop's Castle Heritage Resource Centre. The 2nd in a series of talks to commemorate the end of the First World War. Discover what life was like in the trenches, how two and half million men were supplied and fed and why some quite enjoyed it!

Tickets from Town Hall £5 to include refreshments

28th April 'Step back into the Shadows' 7.30pm £15

Hear The Shadows hits and more..... Recreating the original sound of the Shadows. Playing live

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

8th May 7.30pm Tickets £3.50

Talk Woodwhite Butterflies

13th May tickets £8.00 3pm

Bishop's Castle Heritage Resource The Village Quire

16th May

Walking Festival

18th May

Farmers Market 9am –1pm

19th May 8pm tickets £8

Vickie Swann and Jonny Dyer Folk Dance

26th May

Craft Fair 10am - 4pm

March 24th until 21st April

Art Exhibition Sue Percy and Ann MacDonald

28th April until 26th May

Art Exhibition Mel, Julie and Helen

#### Dates for Council meetings

The Council meets on the third Tuesday of each month

Annual Town Meeting 10th April

Tuesday 17th April

Tuesday 15th May

(this will be Mayor Making)

Mayor's Civic Service will be held on 10th June

Tuesday 19th June

Tuesday 17th July

Tuesday 21st August

Tuesday 18th September

## 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—  
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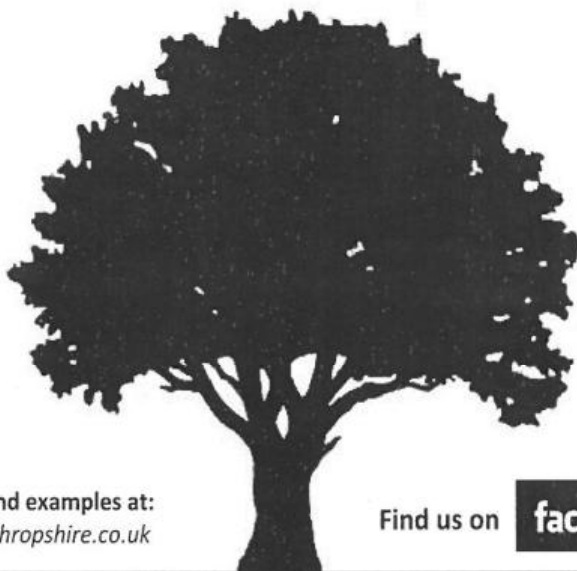


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## April 2018

Royal Ballet: Bernstein Centenary

**April 1 @ 14:00pm - 17:00pm** Tickets £8—£13

Leonard Bernstein was one of the first classical composers in America to achieve both popular and critical acclaim. He was eclectic in his sources – drawing on jazz and modernism, the traditions of Jewish music and the Broadway musical – and many of Bernstein’s scores are remarkably well suited to dance. He was particularly associated with Jerome Robbins, their credits together including *Fancy Free* and *West Side Story*. To celebrate the centenary year of the composer’s birth, The Royal Ballet has united all three of its associate choreographers to celebrate the dynamic range and danceability of Bernstein’s music.

Royal Opera House: *Macbeth* (Verdi)

**April 4 @ 14:00pm - 15:45pm** Tickets £8—£13

Satellite Screening Verdi’s life-long love affair with Shakespeare’s works began with *Macbeth*, a play he considered to be ‘one of the greatest creations of man’. With his librettist, Francesco Maria Piave, Verdi set out to create ‘something out of the ordinary’. Their success is borne out in every bar of a score that sees Verdi at his most theatrical: it bristles with demonic energy. The warrior *Macbeth* fights on the side of the King of Scotland

Afternoon Film: Goodbye Christopher Robin (PG) Accessible  
**April 17 @ 14:00pm - 15:45pm** Tickets £3

The sunlight is dappled with darkness in the biographical story of AA Milne's famous creation Winnie-the-Pooh and its effect on the son who inspired him." The Guardian

After leaving London for the English countryside, writer A.A. Milne starts to spin fanciful yarns about his son's growing collection of stuffed animals. These stories form the basis for "Winnie-the-Pooh" and "The House at Pooh Corner," published respectively in 1926 and 1928. Milne and his family soon become swept up in the instant success of the books, while the enchanting tales bring hope and comfort to the rest of postwar England.

**WORKSHOP: LIFE DRAWING SESSIONS**

**April 26 @ 19:00pm - 21:30pm** Tickets £10

A practical drawing session with Tutor and Artist Tahira Paul and a male life model Open to all abilities. Tutor will instruct the model to pose in a variety of positions and lengths of time The tutor will also suggest exercises and materials which are optional You are welcome to just draw as you please Life drawing, also known as figure drawing, is the act of drawing a living person. this means drawing a nude model in real life.

Basic materials provided- (paper pencils charcoal) and drawing boards- please feel free to bring your own easle and other materials- set up from 6.30 session starts at 7.00 – 9.30

2 drawing session with a short break- with tea & coffee

Bar will be open during the break.

May 2018

Royal Ballet: Manon

May 3 @ 19:15pm - 21:50pm Tickets £8—£13

Manon's brother Lescaut is offering her to the highest bidder when she meets Des Grieux and falls in love. They elope to Paris, but

when Monsieur G.M. offers Manon a life of luxury as his mistress she can't resist. With

the Lescauts' encouragement Des Grieux cheats at cards in an attempt to win Monsieur G.M.'s fortune. They are caught. Manon is arrested as a prostitute and deported to New Orleans, followed by Des Grieux. On the run, Manon dies from exhaustion. Kenneth MacMillan's source for Manon was the 18th-century French novel already adapted for opera by Massenet and Puccini. The premiere was given on 7 March 1974, with the lead roles danced by Antoinette Sibley and Anthony Dowell. The ballet quickly became a staple of The Royal Ballet's repertory, and a touchstone of adult, dramatic dance.

FILM: The Way (12)

May 18 @ 19:45pm - 21:45pm Tickets £4—£5

A father heads overseas to recover the body of his estranged son who died while traveling the "El camino de Santiago," and decides to take the pilgrimage himself .....

Starring Martin Sheen,

*"Gentle, likable and profoundly touching, it makes you want to dig out the hiking boots and make the same journey." Empire*

*"Martin Sheen takes a walk. And while he sometimes makes a wrong turn, it's still a walk that vigorously engages his body, mind and soul." Plugged In*

"This touching film is marked by heartfelt performances from Sheen and a stellar cast. This, along with an inventive, sentiment-free story and the unforgettable beauty of "The Way of St." Common sense Media.

LIVE MUSIC: The Dan Walsh Trio  
May 24 @ 19:30pm Tickets £6—£11

"If one name is synonymous with the revival of interest in the banjo, it's Dan Walsh" LIVING TRADITION

"The real deal, a demon picker" Uncut

The new Dan Walsh trio featuring the mighty Ciaran Algar on fiddle and maestro Nic Zuppari on mandolin. We'll be touring the UK throughout May next year and here's a little video to show you what you can expect:

"Absolutely terrific" MARK RADCLIFFE, BBC RADIO 2

Nominated for best musician at last year's BBC Folk Awards, Dan Walsh combines 'virtuoso playing and winning songwriting' (MORNING STAR). Describing what Dan does is no easy task but at the heart of it is British, Irish and American folk music delivered with a healthy dose of funky grooves – all performed with his unique and dazzling take on clawhammer style banjo helping to challenge all preconceptions about the instrument. Add to all that poignant songs, astonishing musical departures and lively humour and the result is a truly memorable live show which has wowed audiences across the world from intimate seated rooms to huge dancing crowds in festival fields.

"A real world class banjo player." Tom Robinson 6 Music  
New album 'Verging on the Perpendicular' is Walsh's fourth solo album and again has received much critical acclaim and is accompanied by a hectic touring schedule taking in the UK, USA, Canada, Australia and New Zealand. Both solo and as a member of the award winning Urban Folk Quartet.

**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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## Council Allotment plots available

**AVAILABLE NOW - new 'micro' plots, designed for those who want to garden but feel unable to take on a large plot.**

Would you like to grow 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.

Contact the Town Council for more details!

Email: [assistantclerk@bishopscastle.co.uk](mailto:assistantclerk@bishopscastle.co.uk) Phone: 01588 638141

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

Or pop into the council office during office open hours 9.30am to 12.30pm, Monday to Thursday.

