

# BISHOP'S CASTLE





FEBRUARY 2021

То

**MARCH 2021** 



Issue 74





The Mayor Grant Perry

When I wrote my article for the last Newsletter little did we know that we were heading into the worst period so far of the current pandemic.

The Surge in cases both nationally and locally has been significant and despite the encouraging news of the roll out of the vaccine it is still impossible to say when we will finally reach the light at the end of the tunnel.

Personally I have been subjected to a total of 19 days isolation at home following a couple of contacts testing positive and resulting in the sad loss of my father in law on New Year's Eve. I cannot therefore emphasise strongly enough how important it is that we all

continue to follow the Stay at Home rules and guidance in the weeks and months ahead. Our community has always been strong in supporting those around us and this has become even more important following my own experience from having the alert from the NHS app. Please keep a check on your neighbours whom like myself may suddenly have to isolate with no notice and without advising others of the requirement to do so.

The Town Council continues to meet on Zoom and is contactable with any queries or concerns you may have but response times are proving ever longer so please do bear with us.

The Traffic Management Group had intended to start its Residents Survey in this issue however as they felt it important to reach as many households as possible and with this Newsletter unable to be distributed door to door, the survey has been postponed, but we welcome suggestions and comments on parking and traffic to be submitted once the survey is launched.

With functions and events mostly cancelled or being held on line it was fantastic to see the various Christmas Lights Events that were possible take place – the online Advent Calendar, the Sheep Trail, the Town Hall Lights , the Colouring Competition, the Church Services and the superb Grotto on Market Square all lifted our spirits in these challenging times and my thanks go out to all those involved.

As we move into the second month of 2021 may I take this opportunity to wish everyone a belated Happy New Year with the hope that as the year progresses our situation improves and restrictions can gradually be lifted and we can return to "normality"

Real People. Real Advice.

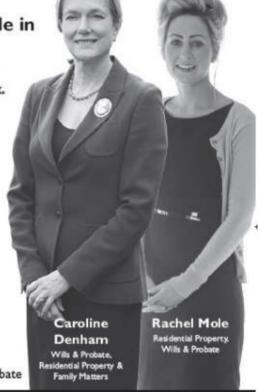
Our legal experts are here to help.

Appointments available in Bishop's Castle.

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

Our legal teams also offer the following services

- Civil & Commercial Mediation
- Commercial & Agricultural
- Commercial & Civil Litigation
- Debt Recovery
- Elderly Client & Care Funding
- Employment
- Family Arbitration
- Family Matters
- Family Mediation
- Military Law
- Personal Injury
- Residential Property
- Social Housing & Development
- Wills, Trusts, Tax Planning & Probate



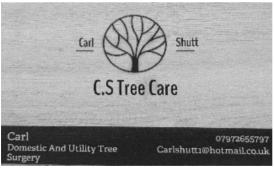


SOLICITORS

incorporating Snows

31 Market Street, Newtown, Powys, SY16 2PG 01686 806 500 help@wmlaw.co.uk www.wacemorgantomleys.co.uk \$\infty\$ @WaceMorgan





# 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 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.

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.

20th March 2021

22nd May 2021



# Support and companionship just when you need it

Are you looking for affordable Sheltered Accommodation with your main meals provided in a homely environment?

Abbeyfield House situated in Oak Meadow SY9 5PA close to the Town Centre of Bishop's Castle offers all this, and independent living with a balance of privacy, support and security

> Please telephone 01588 630000 for more information

Independent Provident Society No. 27255R

TSA Regulator of Social Housing No. H4156



# 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

# S. MORRAY

07534 947 946 01588 630 247

# Landscape, Garden and Arboricultural Services



More info and examples at: treesurgeryshropshire.co.vk

Find us on

facebook

- · Patios & paths
- · All types of fencing
- Stone wall building
- Tree surgery
- Woodland clearance
- · Holiday home care

- Grass cutting
- Hedge cutting
- Gardening
- Turf laying
- · Log store building
- Garden structures

Public liability insured up to £5m with full NPTC tree surgery certificates

NO JOB IS TOO BIG OR SMALL

Please call for an obligation free quote

## Welsh Street Housing Land Kicked Out! New Site Sought

The controversial site for new houses straddling Welsh Street (site no. BIS028), which was put forward by Shropshire Council in 2017, has been removed from the Draft Shropshire Local Plan.

This is a major success for the town but it is only the first step. The original proposal was for 70 houses, but part of that has been met by the new development of 24 houses off Oak Meadow and some individual planning permissions. The final outcome has yet to be assured as a site for 40 houses must still be found in Bishop's Castle in order to satisfy a government requirement to maintain a continuous 5-year supply of housing land.

It is 9 years since Shropshire Council first proposed 60 houses at the rear of Oak Meadow, covering part of the current BIS028 site. The strong opposition from across the community in 2012 was based primarily on the site's location west of the town which would increase pressures on streets that were already impacted by traffic and parking problems. This led to the removal of the site and the alternative being approved for 40 houses at School House Lane. This site has yet to be developed.

In the current Draft Shropshire Local Plan that will be considered by the government's Planning Inspectorate for approval in spring, no alternative site to BIS028 is being suggested. Rather, Shropshire Council has stated that the Bishop's Castle Neighbourhood Development Plan (NDP) will allocate a site instead.

The NDP is being developed by the Town Council taking into consideration the Community-Led Town Plan which was developed and is managed by the Community Partnership. The surveys undertaken for the Town Plan, particularly the Character Assessment of the Conservation Area and the data relating to traffic and parking, inform much of the NDP. They also provide evidence for several of its policies and for the selection of a housing site on the eastern side of the Conservation Area.

With the forthcoming publication of its Neighbourhood Plan (NDP), Bishop's Castle now has the opportunity to decide for itself where future housing should be sited. The NDP will include a proposed site. It will go before the Planning Inspectorate for approval in spring when there will be an opportunity for public consultation. This will be your chance to have your say and help shape the future of the Town. Should the NDP and its site allocation be approved, this will address the housing land requirement up to 2038.

Bishop's Castle Town Council

Bishop's Castle Community Partnership

# SHREWSBURY COLLEGES GROUP

# Achieve more in 2021 with Part-Time courses at Shrewsbury Colleges Group

With the New Year just around the corner, Shrewsbury Colleges Group has a packed schedule of part-time courses starting from January.

Around 100 courses including professional qualifications, trade skills and hobby/leisure courses are on offer at the London Road and English Bridge campuses in the New Year.

Ideal for anyone wanting to develop their skills, pursue a new career or climb the ladder in their current one by gaining an extra qualification, or enjoy a hobby course for fun can check out the course listings on the college website.

Qualifications from Photography to Beauty Therapies, and Business to Welding are available in courses which range from a single day attendance up to a few hours per week for a year.

In addition to the part-time offer, the college also offers Apprenticeships and Higher Apprenticeships (HE) and FREE distance learning courses. These course have flexible start dates and can usually start at any time throughout the year.

The College offers 27 Higher Education courses in Art & Design, Building, Business, Law & Economics, Counselling, Engineering, Music, Performing Arts, Sport & Outdoor Activities and Teaching & Education.

Students can stay local, save time and money, get back into education or progress in their current career with a Higher Education course at SCG.

Find out more about our higher education and degree-level courses at scg.ac.uk/higher-education

For more information on courses or to enroll on part-time courses, call Course Advice on 01743 342325 or see our website for upcoming advice event dates at shrews.co/parttime

# Bishop's Castle Business Park gets go ahead with £4.3million funding

To continue to thrive as a vibrant rural community, Bishop's Castle needs to attract jobs, investment and industry. This is why the approval of the new business park (on the B4385 near the Bishop's Castle vet and building supplies) is a real milestone and a tribute to the Bishop's Castle Councillors who have campaigned for it for many years.

Funding of £4.3 million has been secured to expand the Park by 50,000 square feet. This is great news for local businesses wishing to expand and for new ones wishing to secure modern purpose built business accommodation.

The news that the Business Park is finally to be developed in Bishop's Castle, with an expected opening date of Spring 2022 is a great confidence boost for the town, as well as for the wider economic development of the area. Shropshire Council is already in talks with potential new tenants. Local businesses and traders interested in new business premises, either on the park or elsewhere in Bishop's Castle, are asked to register their interest with Rob McKay at Enterprise House. Rob can be contacted on 01588 638038 or by email info@enterprisehouse.org.uk

Planning permission has already been approved enabling work to begin in the Spring, with a planned opening date of Spring 2022. Site clearance has already started. The development will consist of two 15,000sq ft units and two 10,000sq ft units, one of which will be split into five starter units, giving new businesses the chance to take up premises.

Bishop's Castle Business Park is owned by Shropshire Council and has stood as an unused employment and industrial space for over 10 years . This is now about to change with this investment, £1.7 million of which is from the European Regional Development Fund, with a further £3.1million allocated by Shropshire Council.

The investment in this site is long overdue. It was first identified over 10 years ago as an essential development needed in the area to enable existing businesses to expand and to support new businesses needing smaller start up units. Several former Councillors for Bishop's Castle campaigned hard to raise awareness of this site to secure inward investment and the development of this important economic resource for the local area. Since being elected in September 2019 Cllr Ruth Houghton, Member for Bishop's Castle on Shropshire Council, has made sure that the development of this site has remained firmly on the Shropshire Council agenda, using her first full Shropshire Council meeting to make her maiden speech in support of this much needed development and investment in our community.



New Youth and Adult Tennis for Bishop's Castle residents.

Free tennis lessons, school holiday camps and attractive Taster memberships will be on offer at Bishop's Castle Tennis Club once the New Year lockdown is eased.

This has been made possible by an award of a £1,970 grant from the charity, the Postcode Community Trust

The grant is an added boost to the Club's plan to double tennis coaching provision in 2021. The Club will offer Youth Taster sessions to all southwest Shropshire primary and junior schools as well as the Community College. New grant-aided training equipment will see an expansion of courses for youths and adults at both beginner and intermediate level along with school holiday camps.

Sue Cooper, Vice Chair, said "We managed to put on coaching and holiday camps in 2020 but the pandemic delayed, disrupted and limited what we could do. In 2021 we want to more than make up for the lost opportunities." Sue went on to say "Our new ideas include 'Foot Tennis' and 'Cardio – Tennis' for those who want to improve fitness. Both will take place at our Covid secure venue, on our wonderful outdoor courts. . We shall also be talking to the many community groups throughout southwest Shropshire to see how we can best serve their members and introduce them to the benefits of tennis."

In the meantime, as soon as the lockdown is eased the Tennis Club will continue its Taster memberships, cost from £8.50 - £17, which allows unlimited play for 3 months. And if you just want to play the odd game with family or friends you can book a court for £10 on a 'Pay and Play' session. For tennis options contact info@bishopscstletennis.org

Details of the Club's tennis coaching programme will be available soon. In the meantime the Club is encouraging people to register their interest at:

mailto:coaching@bishopscastletennis.org



## Help us to make Bishop's Castle a Dementia Friendly Community.

Learn more about dementia by attending a free Dementia Friends Information Session.

(Please note that all face-to-face Dementia Friends Information Sessions have been postponed until further notice). However, you can attend a one -to-one or small group virtual session.

What is 'Dementia Friends'? The Dementia Friends initiative is led by the Alzheimer's Society and is one strand of its work to create Dementia Friendly Communities. Attending a session will give you a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia. There are now more than 3 million Dementia Friends in England.

What is an information session? In a fun, interactive way, you will learn a little about dementia. The session will take around 45 minutes and is led by a volunteer Dementia Friends Champion, Valerie Woodmansey. Please note that a Dementia Friends Information Session is not training; volunteer Champions are not dementia experts.

Interested to know more? **Contact Valerie** on 01588 650940 or email her on <a href="mailto:valerie.woodmansey@btinternet.com">valerie.woodmansey@btinternet.com</a>.

Need help? Someone to talk to?

Alzheimer's Society can answer all your questions about dementia.

Dementia Talking Point: https://forum.alzheimers.org.uk/

They can also give you tips if you find it difficult to follow the NHS advice about coronavirus.

https://forum.alzheimers.org.uk/forums/coronavirus-covid-19.83/

Or Call our support line on 0333 150 3456. or our Welsh-speaking support line on 03300 947 400.

# Graham Dudley - Funeral Services

Local family-run funeral directors covering the Clun Valley and all areas of Shropshire

Over 30 Years' Experience

Traditional and Eco-friendly funerals arranged Mercedes Hearse and Limos available Day/Night Service Pre-paid Funeral Plans - Estimates on request

Monumental Masonry Agent





1. Hurst View. Powells Lane. Clun Tel. 01588 640852

Mob. 07780948670

email: dudlevs2@aol.com

"A small, caring funeral service"



Bishop's Castle SY9 5A.I

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

#### For more information:

Contact Keturah Bloor Telephone - 01588 63848 Email kbloor@coveragecareservice.co.uk



It is with regret that all concerts and are postponed until the foreseeable future.

Check with the website for regular updates

http://bishopscastletownhall.co.uk/



Message from Sparc

Check SpArC website for regular updates during these ever changing times

http://www.sparctheatre.co.uk/

Take Care and Best Wishes



# The Lucky Hare

On 'The Cobbles' just outside the Town Hall by The House on Crutches

Amazing birthday and other gifts



Many at Discount Prices
Including: Birthstone Hearts, Flatyz Candles, Hand
Painted Tiles, Glass Animals, Sand Blasted Glassware,
Colourful Hanging Glass, Nightlights and Light Glass,
Tea Light Holders, Incenses and Incense Diffusers.

Saturday 10.30 am – 4.00 pm And on other days when feeling sunny.

# How to contact your Town Councillors:

**Councillor Jane Carroll** 

Tel: 01588 638467

Email:

jane.carrol@bishopscastletowncouncil.gov.uk

**Councillor Ruth Houghton** 

Tel: 01588 638352

Email:

ruthm.houghton55@bishopscastletowncouncil.gov.uk

**Councillor Julie Magill** 

Tel: 01588 638305

Email: julie.magill@bishopscastletowncouncil.gov.uk

**Councillor Andy Stelman** 

Tel 07773006413

Email andy.stelman@bishopscastletowncouncil.gov.uk

**Councillor Josh Dickin** 

Tel 07530691106

Email josh.dickin@bishopscastletowncouncil.gov.uk

**Councillor Grant Perry** 

Tel: 01588 638233

Email: grant.perry@bishopscastletowncouncil.gov.uk

**Councillor Stuart Morris** 

Tel: 01588 630114

Email: stuart.morriss@bishopscastletowncouncil.gov.uk

**Councillor Bamber Hawes** 

Tel: 07957 667847

Email: bamber.hawes@bishopscastletowncouncil.gov.uk

**Councillor Tim Halford** 

Tel: 01588 638333

Email: tim.halford@bishopscastletowncouncil.gov.uk

Town Clerk: 01588 638141

townclerk@bishopscastletowncouncil.gov.uk

Monday to Thursday 9.30am—12.30pm

For allotment enquiries please contact

assistantclerk@bishopscastletowncouncil.gov.uk

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

# 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







\$11642

HOME OF THE MIGHTY

www.threetunsbrewerv.co.uk 01488 63839 s

# EVANS & SONS

- General Builders
- Free Quotations
- Renovations
- Over 40 years' experience
- Extensions
- Local lamily run business
- - 0.7976 754 652



Bishops Castle, Shropshire



# Carpet and Upholstery Cleaning

Emma Mansell Carpet & Upholstery Technician Tel No 01588 638180 Mobile 07474222009 Email: emmansell1982@gmail.com

# ∃E @PTICIAN

25 High Street, Bishoos Castle Eye Examinations . Contact Lenses High Quality Digital Retinal Photography Wide range of traditional & designer frames Open Mon. Set. Lete tright Frickly opening until 7pm 01588 63 88 33

It's also for see of ty so many people come to us by recommendation

# Chimney Sweep Stacks Baller for a Clean Sweep

Slove Repairs, Cleas, Grales Cowls and Chimney Lining. Tim Nun Tel 0783 8688 547 or 01588 638304

H.E.A.T.A.S. Registered 15 Years Exprience 3 Kerry Green Bishops Castle



## NORMAN JONES

BISHOP'S CASTLE

Domestic Appliance Repairs Same Day/Next Day Service Repairs .. PETE.. 07971 252069 Sales .. Norman .. 07816 875233 Home 01588 638677



### UNION STREET GARAGE (BISHOP'S CASTLE LIMITED)

MOT'S FOR CLASS 4 VEHICLES SERVICING AND REPAIRS DIESEL AND RED DIESEL SALES TELEPHONE (01588) 638349

www.unionstreetgarage.co.uk WE ACCEPT ALL MAJOR CREDIT CARDS





PC/MAC Iranning
Photocopying, colour printing
PC Hire, Faxing, Laminating, Binding
Scenning, Camera to CD
Station Street, School Code, 538, 542
Tel/Fax: D1588 638638

email: enterprise house@bishapscastle.co.uk www.bishapscastle.co.uk

# A.J.Pugh Butchers



46 Church Street. Phone 01588638584

Knighton. Whitehor: Bridge Street. Phone 01547520788

ajpughbutchers@yahon.co.uk www.ajpughbutchers.co.uk

## Clare Carter DOMMOA

McTimoney Chirapractor at Telford & Bishops Castle

## Bishop's Castle Clinic

For more information or to book an appointment call 01584 874200



# WE WOULD LIKE TO HEAR FROM YOU!

Phone: 01588 638141 or email:

bishopscastlenewsletter@gmail.com



~ Serenity ~ Sports & Holistic Massage Therapies

Sports & Cupping Massage \* Deep Tissue \* Swedish Massage Indian Head Massage \* Warm Bamboo Massage \* Reiki \* Reflexology

I specialise in Anxiety and Stress Management through complementary therapies

Men's Well-Being and Deep Tissue Massage

Jenny Hudson - Sports & Holistic Massage Therapist

Bishop's Castle & Newtown

01588 630 717 07968087981

Facebook/Twitter/Instagram www.serenityholisticmassagetherapies.co.uk



#### **MB GRASSCUTTING**

For regular lawn cuts and garden tidy ups Providing a friendly, reliable and regular service

No job too small! Locally based References available



For a free quote please call Mark 07388 676775 or drop me an email: mbgrasscutting@gmail.com



# 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



For orders or enquiries phone

Rachel on 07975871322 For next day delivery.

Visit our websites at goldenfirenuggets.co.uk and 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	7.30		8.30			7.30		8.30
opposite the Boar's	9.30		10.30			9.30		10.30
Head	12.15		13.15			12.15		13.15
all go via the	15.50		16.50			15.50		16.50
Hospital				•				
Shrewsbury Stand	8.00		9.00	]		8.00		9.00
	10.05		11.05			10.05		11.05
	14.45		15.45			14.45		15.45
	17.40		18.40			17.40		18.40
all go via the Hospital								
Bus timetable for bus route 745 Bishop's Castle to Ludlow								
Monday and Friday						Leaves		
only	Leaves		Arrives	ı	1	Ludlow		Arrives
Bishop's Castle opposite the Boar's Head	9.10		10.20			13.20		14.30
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	Leaves		Arrives			Leaves		Arrives
only Bishop's Castle	09.00	10.36						15.08
opposite the Boar's Head			Bus stn			Bus stn		

#### "BREXIT FOOD RESILIENCE

Over the last several months the pandemic has revealed weaknesses in the commercial retail food system and has left many families affected by lowered or lost incomes. In Bishop's Castle and across the Nation, this has resulted in an increase in Food Bank use and [1] uncertainty for the coming months.

The upcoming Brexit deadline is expected to see an increase in food prices[2] as the UK is faced with negotiating new trade deals with individual countries, rather than as a member of the EU. Supply chain disruptions are also expected as shipments into the UK are subject to backlogs and delays at borders and ports. The Government has recently passed an Agriculture Bill which doesn't require food imports to be produced to the same high standards as UK products[3].

While still in the grips of the pandemic, a January 1st Brexit presents a need for planning and preparation to moderate the anticipated impacts that this could pose for community food insecurity. The current position of Shropshire council was recently expressed by Councillor David Minnery:

"The Council's Emergency Planning Team keep existing plans under review and amend these as necessary in the light of changes both locally and nationally. Brexit planning is nationally led and we share the national guidance with relevant parties."

This response indicates that there is currently no formal plan in place at the County Council Level for Shropshire to pre-empt food-related impacts from Brexit. As a result, following the advice of food policy researchers, the Town Council has agreed to develop a Community Food Resilience Plan for Bishop's Castle. This action supports the Council's commitment to local food producers and consumers though enhancing the local food offering under the Town's recently adopted Climate Action Plan (CAP).

A typical local food plan addresses a local food system through from production, to processing, transportation, retail, preparation and disposal, based on unique local-level data. The current aims of the BC Community Food Resilience Plan involve supporting those already vulnerable due to COVID and anticipating further impacts of a potential disruption to 'Food Brexit', however over time a more holistic plan will be developed.

Some current aims of the Food Resilience Plan are:

To develop supports for those experiencing food insecurity and to build a network of support so that no member of the community feels left behind should they find themselves needing help.

To work with local retailers to ensure sufficient food supplies are being held in stock in the event of supply chain disruptions.

To support local food producers and their connection to local consumers through a focus on direct sales of locally produced foods as a first port of call.

To support food businesses so that they can continue their roles in food preparation and as employers.

This initiative is being undertaken by the Community Food Resilience Working Group: Ruth Houghton (County Councillor), Andy Stelman (BC Food Bank), Mike Watkins (BC Sustainability Working Group), Janet Cobb (Edgton Parish Clerk), Daphne Du Cros (PhD in Food Policy, Little Woodbatch Market Garden), and with support from the BC Town Council.

For more information please contact: Daphne Du Cros, 07769 510364"

Michaelmas Fair – Saturday 18th September 2021

The date of Saturday 18th September has been provisionally fixed for the 2021 Michaelmas Fair. It will be the 25th anniversary and in these still uncertain times the objective is to keep it manageable and local. An AGM, watch the Bishop's Castle Facebook page for further details, will be held around Easter time.

Help is always needed and if anyone is interested in taking over any of the organising roles – chair, treasurer, contracts, stalls, etc, etc please contact Keith Whiddon on 07971 661615 or keith.whiddon@btinternet.com It is less onerous than it may appear, as there is a good support team, and this is a great chance to be at the heart of this wonderful event! Likewise, if anyone who might be willing to join the committee, or act as a steward please contact us.

#### STAY ALERT CONTROL THE VIRUS SAVELIVES

#### My Self-Isolation Checklist



### You must not leave your home if you're self-isolating. Isolating is hard but is vital to stop spreading the virus.

#### When to self-Isolate

- you have any <u>symptoms of coronavirus</u> (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus this means you have coronavirus
- You and anyone you live with must stay at home (self-(solute) until you get your result.
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- √ you're told to self-isolate by NHS Test and Trace
- you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

#### How long to self-isolate

#### ✓ For at least 10 days if:

you have symptoms of coronavirus and you tested positive, had an unclear result or did not have a test.

You tested positive but have not had symptoms. If you have symptoms, the 10 days starts from when they started.

#### √ For 14 days if:

you live with (or are in a support bubble with) someone who has symptoms of coronavirus and tested positive, had an unclear result or did not have a test or tested positive but has not had symptoms

You've been told to self-isolate by NHS Test and Trace

It is really important to keep to the self-isolation periods Click on the link to find out more

#### A Helpful Checklist

√ Food supplies

Can I food shop online? Do I have an account set up ready to use?

Can someone shop and deliver for me?

Who else can help? Ring 0345 6789 028 to find out or visit Shropshire Council - Support for the public

✓ Medication

Can some collect for me?

Who else can help? Ring 0345 6789 028 to find out or visit <u>Shropshire Council - Support for the public</u> Do I have enough over the counter medication? Add it to your shopping list

- ✓ Money/Cash do I have enough money to support me for my needs
- Do I have any caring responsibilities? For further advice and support please take a look at information for social care services.
- ✓ Pets everyday tasks, feeding walking, maybe as a friend or neighbour
- How do I look after my mental health and wellbeing? There is a wealth of support online for you. Please look at the following:

Looking after your mental health and wellbeing during coronavirus – including a great new resource with a variety of information such as local immediate support and online resources, top tips for self-isolation, a children's 14 day coronavirus challenge and helping to manage coronavirus anxiety.

NH5 Mental Health and Wellbeing Support

Fitness studio and exercise videos, Strength exercises, 10 minute workouts

#### If you start to feel worse call NHS 111

You are not alone! We are here to help Please ring 0345 6789 028 for <u>welfare support</u> where you will find a variety of information to help you while you are self-isolating.

#### STAY ALERT CONTROL THE VIRUS SAVE LIVES

# Coronavirus (COVID-19)

The following symptoms may appear 2-14 days after exposure.

Fever / High temperature Cough

Shortness of breath Loss of taste / smell

Anyone with symptoms should stay at home for at least 7 days.

If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside the home

After 14 days, anyone you live with who does not have symptoms can return to their normal routine.

But, if anyone in your home gets symptoms, they should stay at home for 7 days from the day their symptoms start. Even if it means they're at home for longer than 14 days.

If you have self isolated and are in need or assistance in obtaining groceries, prescriptions of dog walking please contact the Town Hall staff on

> 01588 630023 or email info@bishopscastletownhall.co.uk who will try and assist you with your issues This service will be open between 10am and 4pm

Monday, Tuesday, Thursday, Friday ad Saturday

## Covid-19 Community Support South West Shropshire

# Help for anyone in the Bishops Castle Surgery or School Catchment Area

For Help and Advice please call:

Jeremy Hall – 07967 306615

Anne Roberts: 01588 630 165 or 07891 717728

Glynn Roberts: 01588 630 165 or 07980 266345

Grant Perry – 07949 714959

Josh Dickin – 07530 691106

Valerie Woodmansey: 01588 650 940 or 07986 237683

We can arrange help with Shopping, Prescriptions, Supplies or anything else you may need help with.

If we don't have the answer we will point you to someone who will

To offer YOUR Help to Community Support SWS please call Evelyn Bowles – 01588 638 851

The Town Clerk – 01588 638 141