



BISHOP'S CASTLE



JUNE 2021 To JULY 2021



ISSUE 76





The Mayor Grant Perry

As I enter my second term as Mayor of this wonderful town I must thank all the Town Councillor's for giving me this opportunity to hopefully have a more traditional year than the last one !

As we go to print the roadmap out of lockdown has being going to plan and this should mean the lifting of all remaining restrictions on June 21st. Obviously we must not be complacent or take anything for granted and continue to

observe caution but all being well better days are just around the Corner.

For your Town Council this will mean actually meeting in person (for the first time under my Watch!) in the council chamber and the Clerk and assistant clerk being available again in person in the office and whilst we must be thankful for the technology being available during the last 15 months or so this in my opinion can't come soon enough. Also we have a number of projects that we haven't been able to move along as we would have wished due to the restrictions such as the Play Areas Refurbishments, the Traffic Management Survey and The Smart Water / Neighbourhood Watch which we hope to progress in the near future. Watch out for dates of open meetings once restrictions allow.

Hopefully we can have some civic functions later in the year to make up for those that have had to be postponed and these will remember those who have helped out during the pandemic as well as those we have lost during these difficult times. As always we still have vacancies on the Council and welcome applications from eligible residents to assist us as the Town Recovers. With that in mind please continue to support our local High Street and other local Businesses as we all aim to recover from the effects of this pandemic as best we all can. Many of the Town's Residents will remember Mary Pullen and her husband Mike. They were keen members of The St Johns Ambulance Service and offered First Aid facilities to most of the Town's Events over the years. They were often to be found in the First Aid Tent at the Carnival, The Agricultural Show, Michaelmas Fair and Party in the Park, as well as on duty during any Street Events such as Christmas Lights and the May Fair.

When the Ambulance Service launched its "First Responders" Network to provide local emergency response when Ambulance Services were stretched or lengthy distances away Mike and Mary were one of the first in the County to sign up. They were often the first people to arrive at emergencies in the area then 999 calls were made and Mary continued to serve the community for many years after Mikes passing. This was even more remarkable considering she was unable to drive! Mary had a list of willing neighbours she called call upon to transport

her from her house to the scene of the emergency and even whilst she was fighting cancer on two occasions she continued to provide cover until her health prevented her.

Mary sadly passed away in 2019 and the Town Council wanted to commemorate both her life and service to the town



in some small way. Regretfully due to the Covid Pandemic a public event was not possible however we did commission a bench in her



memory that has been installed on Welsh Street to replace the bent and buckled metal bench that was damaged some years ago. This affords great views over the town that Mary served so well as well as providing a welcome rest spot on the climb up Welsh Street towards Banks Head.



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BISHOP'S CASTLE

TOWN COUNCIL

Full Council meetings take place usually on the 3rd 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 s ubject 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.

22nd May 2021

23rd July 2021





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



The latest newsletter from <u>The Stepping Stones Project</u> can be found in this link. <u>https://mailchi.mp/2c0a74dc1f11/news-from-the-stepping-</u><u>stones-project-6257773</u> Using this link you can sign up for regular newsletters and importantly sign up to take part in the Bilberry Bumblebee survey which so many people were interested in during lockdown last year. The Stepping Stones Project is trying to find out how far this rare bee travels from the top of the Long Mynd once the bilberry flowering period is over.

The Michaelmas Fair Committee met recently to make a decision about this year. It is with deep regret that they have unanimously agreed that they had no option but to **cancel this year's Fair** once again due to the pandemic. The nature of Michaelmas as a street fair makes it impossible for them to limit numbers coming into Town. With more people holidaying in the UK and the fact that so many other events have been cancelled, it is highly likely that the Fair would attract extra large numbers this year. This would make it impossible for them to maintain any form of safe social distancing and the Committee feels that this would be of potential danger to our community's health. As responsible organisers the committee is not prepared to take on this risk.

Police

Your Safer Neighbourhood Team are: SGT 2382 Damien Kelly PC 3331 Stuart Coote PCSO 6160 Shaun Culliss SC 39516 Amber Jones Police contact numbers Emergency: 999 Non Emergency: 101 Crime stoppers: 0800 555 111 Website: www.westmercia.police.uk Twitter: @SouthShropCops Facebook: Bishops Castle Policing Team Rural Watch Email address: bccar.snt@westmercia.pnn.police.uk (we welcome any images of suspicious vehicles or persons)

POLICE PRIORITIES Burglaries and thefts

There has been an increase in reports of livestock thefts around the Welsh border, mainly north of Bishops Castle. Liaison with Dyfed Powys Police Rural Crime Team show recent reports of livestock being taken from land in Old Church Stoke, Forden and Stapeley Common with each report having similar small amounts of sheep taken from larger flocks. The majority of these thefts have occurred over the winter months and only recently noticed by famers when getting in flocks for lambing.

Reports of burglaries and thefts continue to be low with the offences that have been reported occurring overnight and power tools being the main target from outbuildings.

Recently a member of the public reporting a vehicle acting suspiciously late at night around the Wintles, Bishops Castle, this resulted in two males from the West Midlands being stopped and asked to account for their reasons for being in the town. No offences could be established and ANPR showed the vehicle returned to the West Midlands area after being stopped, if it weren't for the member of the public reporting, they would have gone about undisturbed and potentially offended. A marker has been placed on the vehicle.

Late night cross border operations with Dyfed Powys Police targeting rural thefts and burglaries are set to continue.

County lines – top issue for our Safer Neighbourhood Team (SNT) The police's SNT unit is still listing as a priority the threat, harm and risk to the community of 'County Lines '. This network supplies drugs from urban areas into market towns like Bishop's Castle using dedicated mobile phone lines and exploiting vulnerable children and adults to traffic drugs and money. The SNT works with residents to identify vulnerable locations where drug dealers may try to set up a criminal enterprise and, when identified, works towards removing them.

Other key community issues are seen as Child Protection, Domestic Abuse and Acquisition Crimes – ranging from shop lifting to domestic burglary.

If you want to contact the police the number to call is 101 if not urgent – and still 999 for emergencies.

The Town Hall clock has been serviced by Smith's of Derby.

Free lateral flow testing kits can be collected from the library or the reception desk at SpArC .

Bishop's Castle Tennis Club is offering coaching courses for children, teens and adults, whilst the 5 week courses that start in April are all fully booked more free organised tennis for those aged between 10 and 18 will start on Saturday morning 24th April.

Restoring Shropshire Verges Project (RSVP) has new signs in and around Bishop's Castle and new sites are popping up all across Shropshire. Look out for the signs and contact Charlie at The National Trust should local villages and settlements wish to initiate a project. Charlie Bell charlie.bell@nationaltrust.org.uk

The aims of the Marches Meadow Group are to:

* Promote the conservation of existing species-rich meadows

* Increase the number and area of species-rich grasslands through appropriate enhancement

* Support meadow owners with advice and access to small scale hay-making machinery

* Publicise the beauty and value of wildflower rich meadows and their associated animals

* Give advice and support to create a small patch of meadow in your garden

Enterprise House is now open again for printing services, equipment hire from Village Outreach and of course the library. Current library hours are : -

Monday 10 to 2, Tuesday 10 to 5 Friday 10 to 2 .

Contact 01588 638038 for more information or visit the website www.enterprisehouse.org.uk

Little Woodbatch Farm

in Bishop's Castle still have some CSA shares available for their weekly and fortnightly veg boxes. Details available on their website at https://www.littlewoodbatch.co.uk

SpArC News

A third pop up plant stall has now joined the stalls at The Cabin and Welsh Street. Situated at Kerry Rise between Grange Road and Kerry Green hardy perennials are available and later once it is a bit warmer sweet peas, cerinthe, ipomoeas, sunflowers, tomato, courgette. basil plants and much more will be on sale.

Tickets now on sale at <u>www.artsalive.co.uk</u> for the events at the Festival of Story and Song in July.

Please visit the theatre website to see details of the films we have coming up-

Click the titles for the webpage for trailers and ticket details- tickets will be on sale about 10 days before the event: More event details coming soon!!

500 CLUB -

Don't forget our brand new SpArC 500 club! Full details including Membership Application Forms are available to download from our website <u>www.savethesparc.org</u>, from Enterprise House, from SpArC Charity Trustees and from the SpArC reception desk.

Note : If you have anything brief to include in 'Bits and Pieces' please send to <u>timhalford@yahoo.com</u> cc <u>newsletter@bishopscastle.co.uk</u>. We cannot guarantee to include and may need to edit to fit space.



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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

BISHOPS CASTLE ROUND AND ABOUT WALKS 2021

Because of Covid this event, which normally takes place on one day, has been spread over two weeks, from May 18 - 31. Many people, mostly local but also from Shrewsbury, Leominster, Kidderminster and even London, have helped, with crucial support from members of the Tenbury Wells band. Currently, doughty volunteers are regularly walking between 5 and 13 miles to check the arrows, which they will remove on June 1. In spite of the weather, it has given much pleasure, as illustrated by the 2 photos:

A trio in Clun Memorial Hall carpark who said they would "encourage everyone to get their boots on and enjoy this fantastic walk- being outdoors at this time of year was magic, whatever the weather! "

A group celebrating the bridge previously fished out of the river Unk





Mainstone by the P3 footpath group.

There is a second week still to come, but there has been such positive feedback that we are considering adopting this format long-term:

I will consult walkers, and it would be really helpful to get views for or

against - of landowners, farmers, local cafes and pubs etc - please to jeanshirley@btinternet.com.

at

The event aims to raise money for Blood Cancer UK, not a local charity but with substantial numbers of local people having reasons to support it. We have raised over £4,000 this year and anyone wishing to add to that can do so via: https://www.justgiving.com/fundraising/ jeanshirley

COMMUNITY HUB SURVEY

The last town newsletter contained a survey asking readers to suggest activities for different groups of people. I have summarised the responses under each of the 7 survey headings as follows:

Young people:

Most respondents supported the idea that young people should have a safe place to meet. One respondent said it was important to have a confidential space in which young people could talk to somebody who understood the complexities of "growing up".

School leavers:

Nearly all respondents liked the idea of work skills training, but this needed to be linked in to what the Community College already does with students about to leave school. There was also a small number of respondents who thought that life skills training (e.g. cooking skills, money management skills and parenting skills) were vital.

Young Parents:

"You are not alone" was the theme of this section's responses, recognising the need for peer support as a parent. Also toy exchange was a practical suggestion by one respondent. It was thought important that such a group should be parent led.

Advocacy and advice:

All respondents thought that debt, counselling and benefits advice was critical, and a plea was also made for the CAB to return to town for their surgeries.

Classes:

A multitude of suggestions in this section! Art classes; stained glass; knit and natter; introduction to computers; book groups; sewing; repairing household items; foreign language classes; literacy and numeracy; board games such as a chess club. In other words, a variety of what traditional evening classes offered before they more or less disappeared from the town landscape

Adults:

This continued the theme of section 5 above, adding gardening advice; baking and clothes swap sessions but there was concern about inadvertently taking away income from commercial ventures in town.

Vulnerable people:

Gardening; cooking; walking group; craft classes. A suggestion was made for street champions which would be interesting to hear more about.

A few respondents thought that a Community Hub needed to generate more inclusiveness and help make the community more open "to one and all". It was also thought that a hub would generate more volunteers. One respondent said that some of the print in the survey was too small for people with poor eyesight, and this is something we need to be aware of in the Town Council when producing future newsletters and surveys.

Can I thank everybody who took the time to do the survey. I am sure that the suggestions will be given serious thought by the Community Land Trust and others involved in trying to construct a meaningful community space for Bishop's Castle and the surrounding villages.

THE LUCKY HARE

On 'The Cobbles', between the Town Hall and The House On Crutches Museum.



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Amazing selection of Beautiful and Unusual gifts, for All occasions and pockets.

New - 'The Lucky Hare' own brand 100% Natural Aromatherapy Candles, with up to 40 hrs burn time.

Plus: A large selection of attractively Sandblasted Glassware, Hand Painted Tiles/ Ceramic Ware, Glass Animals, Birthstone/Celebration Hearts, Hanging Glass Ornaments and T-Light Holders.

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Gift Vouchers Also Available.

Thursday, Friday, Saturday 10.30 am - 4 pm

And other days, when the weather is good, or if it's a Bank Holiday.

> Look forward to seeing you soon, Tim and Michèle

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 Andy Stelman Tel 07773006413 Email andv.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

For allotment enquiries please contact

assistantclerk@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 Haford

Tel: 01588 638333 Email: timhalford@yahoo.com

Town Clerk: 01588 638141 townclerk@bishopscastletowncouncil.gov.uk *Monday to Thursday* 9.30am—12.30pm

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

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Traffic views – up date

There has been an excellent and constructive response to the request for views on the traffic situation in Bishop's Castle.

Thank you to everyone who has responded. There is

recognition that when the medieval town was laid out, cars were not on the agenda – and that if there had been an easy solution to the traffic issues we face today it would have been found by now! There were many good and differing views expressed.

Shropshire County Council wishes to pursue what is deemed to be best practice when it comes to traffic management and road safety. However many such elements do not &t comfortably with older towns. The purpose of this exercise is to develop a traffic plan for Bishop's Castle which has broad support and will be sustainable. We need to assemble the facts to support our ideas so we can argue our case.

Well over 50 detailed comments have been received and a summary of views will, without name attribution, be put on the Town Council website (www.bishopscastle.co.uk). The Bishop's Castle Community Partnership has produced a detailed report which, following consultation, supports the introduction of a one-way system down High street and west along Welsh Street.

The full report is also on the Council Website.

The Council will now discuss how best to take this forward and, before any formal plan is developed, an open meeting will be held probably in the late Summer /early Autumn, to go through findings and ideas and to answer questions and obtain further feedback.

- A 20 (or 10) mph speed limit for the town
- Better and better placed signs to stop heavy vehicles (HGVs) from coming through the town.
- Speed warning signs on the three key roads coming into the town
- Better positioning of disabled parking spaces there should be one in Market Square – and a process for prohibiting those without a 'badge' from using them
- Better signage for car parks and a process for removing cars that have overstayed their welcome.
- That too many 'signs' would detract from the character of the town

- A proper plan for future parking/electric charge points ie at the bottom of Station Street by Public Hall and at the top of the town.
- Traffic calming, crossings or signage to slow the speed of traffic and deter the racers on Main Street and Union Street especially in areas where pedestrians have to walk in the roadway.
- Better provision of advice that, where possible, cars should park on the roadway and if they have to park on the pavement ie Corporation Street/Welsh Street/Salop Street, they should if possible leave space for those with disabilities and mums with buggies to get through.
- Deterring large vehicles from using Montgomery Road and Bull Street and slowing unacceptable speeds.
- In view of increased, often fast moving traffic on Kerry Lane, some form of crossing is needed near Six Bells/Brampton Road.

The key issues of the one-way system and pavement parking will need much more debate and consideration :

- The suggested one-way system raised many valid questions. There were strong views expressed both 'for' and 'against' – and many specific comments. Some could not understand why a oneway system had not been introduced years ago, others felt that it would speed up traffic making the traffic situation worse and questioned the need for change. Before anything was considered it was suggested research should be undertaken of several towns which have introduced a one way system but which have then reverted to their original arrangements, to find out why?
- The key reasons given for the proposal a) 'pavements are blocked by cars' and b) 'emergency vehicles can't get through' were questioned. No-one to date has been able to point to any specific instances where the emergency services have had problems.
- Pinch points parked cars blocking pavements in Welsh Street, Salop Street - or physical structure ie Bull Street, the top of Union Street, New Street, Welsh Street/Castle Street junction

need to be reviewed again to see if anything more can be done to provide greater safety for pedestrians who have to walk in the road.

- Introduce an "Access Only" or "No Through Road" order covering most of the Conservation Area from the Boar's Head junction to include the rest of Church Street, High St., Market Square, New Street, Salop St., Union Street, Harley Jenkins St. and Welsh St. to the Wintles Rd. junction. An "Access Only" order would be picked up by Satnavs and so reduce the numbers of unsuitable vehicles trying to negotiate this area. It would not stop residents and businesses in the area accessing their properties and it would still enable visitors to park within the area.
- Other ideas which merit consideration include making the town pedestrian led with no roadways as such on key old streets but with vehicles still having access and parking as in many old European towns.

See 'Summary of Traffic views' on www.bishopscastle.co.uk for much more feedback on survey.



Sparctheatre.co.uk 01588 638038/ 630321

Friday 2nd July: 7.30pm Live Music: Shakedown £10 ' blues, jazz, swing and rock 'n' roll ' Sparctheatre.co.uk 01588 638038

Friday 9th July 7.30 Arts Alive Live Festival of Story & Song WHALEBONE WITH JEAN ATKIN FOLLOWED BY ALAW £12 artsalive.co.uk £6/4 Saturday 10th July 13.00

Arts Alive Live Festival of Story & Song

STORYTELLERS SAL TONGE, AMY DOUGLAS AND HELEN EAST & RICK WILSON

Plus Lunch £12

artsalive.co.uk

Saturday 10th July 13.00

Arts Alive Live Festival of Story & Song

WENDY WEATHERBY & SANDY BRECHIN AND MICHELLE BURKE & JAMES ROSS£12

artsalive.co.uk

Thursday 15th July 7pm

FILM: Summerland (12A)

£6/£4

Sparctheatre.co.uk 01588 638038/630321

Tuesday 27th July

Live Family Theatre and Workshops: Ernie's Journey

A magical circus theatre adventure for family audiences. A combination of story-telling, physical theatre, circus, illusion, puppetry and a live concert harp score will nurture the inner child within anyone!

Workshops 1pm, 2.30 &4.30 Show at 6pm Sparctheatre.co.uk 01588 638038/ 630321

Friday 30th July 6pm FILM: Goonies (12A) 1985 Classic ! £6/4

| 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 | 9.40 | | 10.40 | | | 9.30 | | 10.30 |
| Head | 12.20 | | 13.20 | | | 12.15 | | 13.15 |
| all go via the | 13.30 | | 14.30 | | | 15.50 | | 16.50 |
| Hospital | 15.40 | | 16.40 | | | | | |
| | | | | | | | | |
| Shrewsbury Stand | 7.35 | | 8.35 | | | 8.00 | | 9.00 |
| | 10.05 | | 11.05 | | | 10.05 | | 11.05 |
| | 12.00 | | 13.00 | | | 14.45 | | 15.45 |
| | 14.00 | | 15.00 | | | 17.40 | | 18.40 |
| all go via the | 16.25 | | 17.25 | | | | | |
| Hospital | 17.40 | | 18.40 | | | | | |
| Bus timetable for bus route 745 Bishop's Castle to Ludlow Monday and Friday Leaves | | | | | | | | |
| only | Leaves | | Arrives | | | Ludlow | 1 | Arrives |
| Bishop's Castle | 9.15 | | 10.25 | | | 13.15 | | 14.50 |
| Bus timetable for bus route Bishop's Castle to Newtown 775 Tuesday only Leaves Arrives Leaves Lea Arrives | | | | | | | | |
| Bishop's Castle | 10.05 | | 10.50 | Retu | rn | 13.50 | | 14.35 |
| Bus timetable for bus route Bishop's Castle to Pontesbury 775 | | | | | | | | |
| Bishop's Castle | 14.40 | | 15.10 | | | 09.30 | | 10.00 |
| 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 opposite the Boar's Head | 09.00 | 09.00 10.36 Bus stn | | | | 13.40 Bus stn | 15.08 | |





Financial support during lockdown

Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

If you need financial support, help is available:

Test and Trace payments of £500 are available for people on low income who need to self-isolate

If you are of working age and receive council tax support, you have been awarded up to an additional £150 hardship payment on your council tax bill

If you have been financially affected by coronavirus, you may be eligible for grant funding Call us on 0345 678 9078 to find out more

Visit www.shropshire.gov.uk/benefits for further information

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on 0345 678 9028





STEP UP SHROPSHIRE





Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

Did you know there are lots of local groups and services available to help you access food parcels, secure delivery slots and other essentials:

Shropshire Larder – www.shropshirelarder.org.uk

Call Shropshire Council's COVID-19 Helpline for help to access food phone 03456 789 028

Mid-Counties Co-Op also offer delivery slots – call 0800 435 902 to book

For all other food and support needs visit – www.shropshire.gov.uk/coronavirus/ or call 03456 789 028

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on 0345 678 9028





www.shropshire.gov.uk

STAY ALERT CONTROL THE VIRUS SAVE LIVES

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 How long to self-isolate ✓ you have any <u>symptoms of coronavirus</u> (a high For at least 10 days if: temperature, a new, continuous cough or a loss or you have symptoms of coronavirus and you tested change to your sense of smell or taste) positive, had an unclear result or did not have a test. vou've tested positive for coronavirus – this means you You tested positive but have not had symptoms have coronavirus If you have symptoms, the 10 days starts from when You and anyone you live with must stay at home iselfthey started. isolate) until you get your result. ✓ For 14 days if: vou live with someone who has symptoms or tested. you live with (or are in a support bubble with) someone positive who has symptoms of coronavirus and tested positive, had an unclear result or did not have a test or tested someone in your support bubble has symptoms or tested positive positive but has not had symptoms you're told to self-isolate by NH5 Test and Trace You've been told to self-isolate by NHS Test and Trace you arrive in the UK from a country with a high It is really important to keep to the self-isolation periods coronavirus risk - see GOV.UK: how to self-isolate Click on the link to find out more when you travel to the UK 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 Shropshire Council - Support for the public 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 ✓ Can I work from home if I'm well enough? Speak to your employer or visit financial support for further guidance 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. NHS Mental Health and Wellbeing Support Ethess 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 welfare support 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





Flea & Antiques Market on the 1st Saturday of each month

Farmers Market on the 3rd Saturday of each month

info@bishopscastletownhall.co.uk for more information or to book a stall



Jo Haldon – Water Colours and Acrylics Inspired by nature 31st May to 26th June

John Willetts – Inspired by his walks on the hills and his teenage passion of Steam railway engines 3rd July –