

BISHOP'S CASTLE NEWS





DECEMBER 2022

To

JANUARY 2023

Issue No. 84







The Mayor Josh Dickin

Welcome to this winter edition of the Bishop's Castle Newsletter.

It's been another busy few months for myself and the council, topping off a very busy year! I have lots of things to cover and update you on in this edition.

Mayor's Sunday took place on Sunday 30th October. It was great to be able to host the event after 2 years of it not taking place due to Covid. I'd like to personally thank all those who

turned out for the parade and the service, despite the terrible weather that greeted us.

After the service, the Town Council awarded volunteers and businesses for their efforts during the 2020 lockdowns. All were worthy winners, and it made the event feel very much community focused. As a result, I really hope this new custom on Mayor's Sunday can continue in the coming years. There is more information on Mayor's Sunday to follow in the newsletter.

A few weeks later we came together again for Remembrance Sunday. Again, it was brilliant to have the parade back and there was a great turnout at the war memorial to remember all those who sacrificed their lives. I was very honoured and I felt very proud to lay the wreath for my hometown. I would like to take this opportunity to share a special thanks to all those who helped to organise the event; it was lovely to hear the town band play once again (it is a sound that will always remain in my memory).

As always, whenever civic functions are held, the town crier can be seen and heard... But Jeff Aldridge, our current town crier, is retiring on New Year's Day! I would like to thank Jeff for his 10 years of loyal service, he has done a sterling job and has always been there whenever needed. Also, I would like to thank Yvonne, who has kept Jeff in line... Thank you both for your services to the community!

On New Year's Day, we will be welcoming our new town crier, and saying goodbye to Jeff. This will be done on the steps of the Town Hall at 2PM. I will keep the Castle's worst kept secret, still secret on who will become our new town crier... Please do come up and witness the occasion, hear a final "Oyez" from Jeff and welcome in our new town crier!

At the time of writing, the Oak Meadow play area is now finished and the Playing Fields play area is nearly complete, but is back open. Once again, I'd like to thank you all for your patience, it's been a long haul, but we got there in the end! Please enjoy the new equipment and also respect it at the same time!

As we move into the festive period, I personally know how hard it is going to be with the cost-of-living crisis. I know this town is one of the best for looking out for others, but now more than ever we need to club together to do so. So, my plea to you is to look out for each other and if you can, try and support local businesses, they also need our support in these testing times.

The Town Hall will welcome you with open arms (along with other venues), as a designated warm hub. It is a safe space where you can go to warm up and a chat! Please remember there is help out there for everyone.

Finally, Festive Friends is returning this year; it is great to rejuvenate this worthwhile event. If you are on your own on Christmas Day (or know somebody who is), please consider coming down and joining in with the festivities, including a scrumptious Christmas dinner!

More details for Festive Friends can be found later in the newsletter.

Hopefully 2023 can be another year of progress for the town council. I would like to once again take this opportunity to thank you all for your support over the last year.

Wishing a very Happy Christmas and a prosperous New Year to you all.

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MORE NEWS FROM BISHOP'S CASTLE MEDICAL PRACTICE (BCMP)

THE PHARMACIST

Welcome to the next in our series about the various roles in the practice. This is intended to help <u>you</u> get the best out of the surgery.

Catherine Lowe has been on the staff at BCMP as a pharmacist since 2016, yet probably most of us didn't even know she was there! Catherine qualified in 1987 and has spent time working in hospitals, care homes and general practice. It was while working at our own Community Hospital that she first had contact with BCMP. This led to her becoming a member of staff in 2016.

She has a particular interest and experience in prescribing for elderly people, although her work in our practice covers all adult patients. Her role is to work with our doctors and nurses to ensure that prescriptions are appropriate and effective, also as a source of help to the town pharmacy. As the Clinical Quality and Safety Manager, she is responsible for making sure that review procedures are in place. These cover long term prescriptions and certain medical conditions. The system is set up to alert staff when reviews are required. She is involved with an initiative to improve the assessment and treatment of pain, which includes getting advice from a consultant at Robert Jones and Agnes Hunt Orthopaedic Hospital in Gobowen. Our pharmacist spends two days a week (Monday and Thursday) as a member of staff and a further half day funded by the primary care network (PCN).

Catherine is also interested in other ways of helping patients to take medicine correctly and appropriately and is available to help patients directly as well as helping other staff, so she has quite a lot on her plate. But when asked what her main priority was she said: 'To support the practice and all patients with any queries on medicine'.

You can contact Catherine directly through reception or you may be referred to her by a nurse or doctor.

Sarah Wood Jean Rice Bishop's Castle Patients Group https://bcpg.org.uk/

Awards for Covid volunteers

Organisations and individuals in Bishop's Castle were thanked for their

work in assisting residents through the challenges posed by the covid pandemic.

Bishop's Castle Town Council held its annual Mayor's Sunday Parade and Civic Service and presented awards following the civic walk through the town and a service at the St John the Baptist Church.



A spokesman for the town council said: "Mayor's Sunday took a slightly different format this year in Bishop's Castle. Held on October 30 this year, the incoming mayor and councillors were joined by many of the town's Covid Volunteers for the parade and service.

"Covid Volunteers who had been nominated by the town's residents were presented with certificates and awards by town mayor Councillor Josh Dickin, Deputy Lieutenant Mrs Fiona Rogers-Coltman and Deputy Mayor Councillor Andy Stelman to recognise their contributions in supporting the town and its residents during the covid pandemic."

The procession prior to the service from the town hall was led by the Shropshire Bedlams and Martha Rhoden's Tuppeny Dish, who also performed during the service.

The Shropshire Bedlams and Martha Rhoden's Tuppenny Dish are two Border Morris sides who always perform together. They are based in South West Shropshire, centred on Bishop's Castle.

A celebratory buffet was provided in the church at the conclusion of the service and award ceremony.

Awards were presented to: Bishop's Castle Primary School, The Community College Bishop's Castle, Crowgate Nursery, Bishop's Castle Community Hospital, Coverage Care (Stone House), Co Op Bishop's Castle, A J Pugh's – Butchers, Jane's Petals & Gifts, The Six Bells, Bishop's Castle Pharmacy, Bishop's Castle Medical Practice, South West Shropshire Covid Support Network, Bishop's Castle Community Food Bank, Jo Pritchard, Valerie Woodmansey, Coleen & Martin Howitt, Claire Perry and Darcy Emery. Awarded but not present at the event were The Ganges Restaurant, Dragons Lair Chinese, Abbey Pets and Spar.



BISHOP'S CASTLE TOWN HALL Listings for Dec 22/Jan 23

For Further information on all our events look on our website www.bishopscastletownhall.co.uk or contact us 01588 630023

3rd December 2022 Art Exhibition Castle Artists
Open from 10am to 4pm Monday-Saturday. If you are travelling always phone 01588 630023 to check the exhibition is open as occasionally we have to close for weddings.

www.bishopscastletownhall.co.uk

3rd December Christmas Antiques and Flea Market 9am to 4pm. Plus Christmas Lights activities with Father Christmas 5.30pm 1st Saturday of each month. Lift available. Free entry.

8th December Going Wild in Bishops Castle Winter Talks – Doors open 7.30pm. Bar refreshments available. No pre booking required. Donations box at the entrance.

9th December – BLAST Storytelling Christmas Party Amy, Suzanne and friends
Doors open 7.30pm Refreshments available.

Tickets can be purchased online on Ticket Source or at The Town Hall £8.00 per person or £28 group ticket of up to 4. www.ticketsource.co.uk/bcth

17th December Farmer's Market 9am to 1pm

3rd Saturday of each month. Stalls include Meat, Poultry, Specialist Teas, Cakes & Pastries, Bread, Preserves, Honey, Chocolates. All produced locally.

January 2023

7th January Art Exhibition by Gemma Moore

Open from 10am to 4pm Monday-Saturday. If you are travelling always phone 01588 630023 to check the exhibition is open as occasionally we have to close for weddings.

www.bishopscastletownhall.co.uk

7Th January Antiques and Flea Market 9am to 4pm

1st Saturday of the month. Lift available. Free entry.

12th January

Going Wild in Bishops Castle Winter Talks -

Doors open 7.30pm. Bar refreshments available. No pre booking required. Donations box at the entrance.

13th January BLAST Storytelling The trouble with being King – Amy Douglas

Doors open 7.30pm Refreshments available.

Tickets can be purchased online on Ticket Source or at The Town Hall £8.00 per person or £28 group ticket of up to 4. www.ticketsource.co.uk/bcth

21st January Farmer's Market 9am to 1pm

3rd Saturday of each month. Stalls include Meat, Poultry, Specialist Teas, Cakes & Pastries, Bread, Preserves, Honey, Chocolates. All produced locally.

TRAFFIC UP DATE. DECEMBER 2022

In April 2021 there was a major survey on the future of traffic management in Bishop's Castle. The purpose of the exercise was to develop a traffic plan for Bishop's Castle which had broad support and would be sustainable. There was an excellent and constructive response which was presented in detail in the newsletter of July 2021; there was general agreement on many key points.

There was 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! Many good and differing views were expressed.

As the project has been de-railed by Covid it was thought appropriate to provide an update on developments to date. Shropshire Council is responsible for 'highways' so any proposed actions need SCC approval.

In the responses received in 2021, the idea of introducing a one-way system had considerable support. However there were concerns identifying several specific issues, such as likely increased traffic speed and the direction of flow of any system, which would need to be ironed out. Some felt a one-way system was too drastic a proposal, as generally the traffic worked well, and would funnel traffic through the historic part of the town. The measures below would not affect further discussion on this issue.

The ideas being considered.

- 1. The introduction of 'Access only' signs to act as a deterrent to stop HGVs and through traffic from coming into the conservation area of Bishop's Castle. These signs would be positioned at Castle Street, Welsh Street, Salop Street, New Street, Union Street at the Harley Jenkins street junction and at the Church Street/High Street/Station Street/ Union Street cross roads. This should be picked up by satnavs. This would not affect access to shops/pubs etc but should ease congestion at the Bull Street, High Street, Castle Street, Union Street pinch points.
- 2. A 20 mph speed limit for the town. Action is delayed to see, as proposed, if this will become government policy in which case costs will be covered by central government.

- 3. A review of signs on the outskirts of the town to stop heavy vehicles (HGVs) from coming through the town and for additional signs to be introduced if needed
- 4. A review of parking spaces for the disabled and a process for prohibiting those without a 'badge' from using them.
- 5. Encouraging more considerate parking and better signage to and for the car parks.
- 6. A plan for future parking/electric charge points. The Harley Jenkins Street car park now has four charging points but more are needed ie at the bottom of Station Street by the Public Hall and at the top of the town.
- 7. Traffic calming measures to deter the racers on High Street, Union Street and through the Castle Green Junction and to slow traffic near those areas where pedestrians have to walk in the roadway.
- 8. Better provision of advice that, where possible, cars should park on the roadway and if they have to park on the pavement ie Welsh Street and Salop Street, they should leave space for those with disabilities and mums with buggies to get through.
- 9. In view of increased, often fast moving traffic on Kerry Lane, to see if some form of crossing is needed near the Six Bells/Brampton Road.

All comments are welcome. If thought appropriate, a town meeting will be held.

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Going Wild in Bishop's Castle Leaflet No 5

Mistletoe



Not sure why I've agreed to do this. A Going Wild in BC story of Mistletoe. It's not as though I'm a kissing sort of person!

We could start there – what sparks the interest of people in this atypical plant? A semi-parasite, invading the bark of many different tree types, settling in over several years, 'suddenly' appearing as basic leaves, strong branches and tree like bulges on the branch. It's got to be magic.

And therein lies its links with humans – Mistletoe noticed alive as the tree 'dies' for the winter. White berries a curiosity, might have suggested signs of ongoing life and fertility in winter. It is still valued in Britain, take a look at the Mistletoe Festival and Holly and Mistletoe Markets in Tenbury Wells, late November/December.

It's a fussy parasite, it will grow in many sorts of trees but seems to have a special landscape requirement. The southern Welsh Marches is the dominant area with southeast England a close second. Unlike Herefordshire, which grows and crops apples from huge orchards, Shropshire has small in-bye farmhouse cider orchards.

I've heard local farmers describing the management of their cider making and drinking through the seasons. It would be here, in these little orchards, that Mistletoe populated our countryside.

You can often see remnants of these fruit trees on walks around the area. Unlikely to be managed for apples (have you tasted a cider apple?) the orchards are dying out and with them the mistletoe.

It is a good gardening challenge. My short experience of infecting a tree is to use locally grown berries, in the mature stage, creamy white and usually in late January or February. Spread them on the young bark of a bare branch. And stand back, check occasionally by looking for 2 small (and I mean small) ears of green, which disappear, returning several years later as a bud, then a bunch of branches and small leaves until (with mine) 10years later they produce a berry – this year!

Why do it, beyond the magic? Mistle Thrushes feed on berries whole, pooing out the seeds whilst Blackcaps are able to separate the seed from the berry before swallowing – scraping the seed on the branch. Some insects dependent upon Mistletoe are in need of conservation e.g. the Mistletoe marble moth. They prefer the bunches to be on uncrowded mistletoe, whereas the weevils (which stunts the growth of mistletoe – a pest) prefer the very old, overcrowded mistletoe trees.

Wow, did I get through that without mentioning Druids or Lindow Man (a preserved ancient bog body discovered in Cheshire 1984 with mistletoe pollen in his nostrils). There are many stories contributing to our knowledge of Mistletoe through our myths, legends and traditions. Going Wild in Bishops Castle offers you season's greetings and success with your Mistletoe propagation in the New Year.

Catherine Murphy

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Festive Friends 2022

Will you be on your own this Christmas Day?

If so, you are invited to join us for Christmas Lunch in Bishops Castle!

Transport can be provided.

Arrive for sherry/tea/coffee and mince pies.

Enjoy a two-course lunch.

Relax and enjoy some light

entertainment and conversation.

Time: 11:30am - 3pm

Venue: Dining Room, Bishops Castle Community College

Cost: Suggested donation of £7 to help cover costs.

Contact: Jim on 01588 630719 or Linda on 01588 630409 for more information and booking.





Conductor - Alistair Auld

WEDNESDAY

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NEWS FROM ENTERPRISE HOUSE

'Growth - Growth - Growth' might be the mantra of some people (and the downfall of others), but what does it mean and how does it apply to us? A few examples. A manufacturer might decide to grow its output by 10% but, unless it is able to sell the extra product, it will have incurred the additional cost of materials, will need more storage space, might have tied up company money, paid for extra labour - and will have used more of the Earth's depleting natural resources.

A service provider might decide to extend operating hours but, if they don't manage to attract new customers or increase the amount spent by existing customers, they have simply made the unit cost higher for every sale that they do get.

Growth should not only be about increasing 'the size of the pie', the national Gross Domestic Product or whatever numerical metric economists like to use. Climate change and the energy crisis have brought into focus how we are using finite earth resources. Real meaningful growth in enterprise can often be achieved by collaborating with other businesses, joining together for purchasing and marketing, sharing resources, facilities and space, collaborating with each other's expertise and time.

A comment I hear frequently is that our local businesses are too fragmented. Lots of people are working in their own way and have done so successfully for many years. But I wonder how much of their effort is expended on duplicating what other people are doing and possibly doing better. Of course, there are many informal arrangements between local operators, as builders share equipment with each other and farmers share machinery and fields. There could be scope for more.

Our Enterprise House mantra is to 'Collaborate - Co-ordinate - Communicate', to bring people together to maximise the utilisation of everyone's resources and our interpretation of growth is the development of quality of life within a sustainable environment. Our new tourism website, Bishop's Castle and Beyond, is designed to attract more visitors to the town and extend the tourism season.

With an events and activities page, the interactive map shows potential visitors what is on throughout the year and links these with other happenings, attractions, accommodation and reasons to extend their stay,

so that all our service providers can collaborate to grow their businesses. Our Co-Working Hub encourages users to network and collaborate with us and each other for the identification of possible business opportunities, for some mutual support and for a bit of company! For more information, please telephone 01588 638038 or email: info@enterprisehouse.org.uk.

Neighbourhood Plan – so far

Our Neighbourhood Plan was finished in January this year ready to go to Regulation 14 – Shropshire Council and then the Government Inspectorate for examination. At the same time Sc was preparing its Local Plan which it must do every five years.

But the Local Plan couldn't be agreed because Natural England and others objected to any houses being built in the Clun River catchment area because the effluent from the house would threaten the pearl mussels in the river – an endangered species. They wouldn't accept SC's arguments that they could mitigate against the pollution. (I don't know what mitigation measures SC put forward).

As our NDP has to be in agreement with the Local Plan, we can't get our plan through until the pearly mussel problem is solved. In any case, our

argument for developing a second Samdev site for housing wouldn't be acceptable for the same reasons that the Local Plan isn't acceptable.

Our consultant Andrea Pellegram has been pressing SC to say what they were doing and within the last couple of weeks Eddie West, one of the planning officers, has said that Severn Trent are proposing a solution that would solve the housing – or lack of it – problem for Bishop's Castle alone. We don't know what Severn Trent might be proposing or when they plan to implement it.

At the moment there is no new building allowed in the whole of the Clun catchment area.





800 Club – A new support group for carers of people living with dementia

The 800 Club is a monthly coffee morning offering friendship, practical advice, and support for anyone who cares for someone living with

dementia in Bishop's Castle, Clun, and the surrounding area.

Over a cuppa, we share and discuss practical tips and advice for caring for someone with dementia: from legal practicalities such as Power of Attorney and wills, to assistive technology, to coping techniques, and everything in between. We also invite guests from appropriate organisations to talk with us. The content is very much dictated by the current needs of the members. Notes from previous meetings are available.

Meetings are on the first Monday of the month at 10.30am at the Six Bells, Bishop's Castle, (in the back room – entry via the courtyard).

It's free to all, but please bring a few coins to cover the cost of refreshments.

Contact Valerie Woodmansey on 01588 650 940 or Christine Williams on 01588 650 869 for further information. See our website www.bc800club.org.uk

Join our carers' mailing list for up-to-date developments and to receive the notes and information from the meetings. Even if you can't attend, it's a good way to discover help and resources, and to keep in touch and support each other. bc800club@gmail.com

We'd love to see you if you're able to come.

If you would like to take part in a free dementia awareness information session, please contact Valerie, above.

Supported by Bishop's Castle Dementia Community Team

A group of local volunteers raising awareness of the needs of people living with dementia.









Support for Mental Health in the Community

If you need urgent or non-urgent support for your mental health please read:

As part of an ongoing project to support community mental health and wellbeing, the Community Partnership has been working with a team of local mental health professionals from the Bishop's Castle Medical Practice, Community College, The Samaritans, Shropshire Rural Support, Shropshire Public Health Development Officer and local mental health counsellors amongst others.

We have published an online list of **Urgent** and **Non-Urgent contacts** for anyone with a mental health crisis or need.

The list is at https://bit.ly/3qbQQTE For further information please contact Keith: keith.whiddon@btinternet.com

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YOGA & MEDITATION TEACHER

Hello everyone, I'd like to introduce myself, I am Jess and live just outside Bishops Castle. I have been teaching yoga & meditation for 7 years in London at several of the top studios. I teach a spectrum of styles including vinyasa, yin, pregnancy, meditation and kirtan at my home (image below). I am currently teaching 1 FREE yoga class per week.





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How to contact your Town Councillors:

Councillor Jane Carroll

Tel: 01588 638467

Email: jane.carrol@gmail.com

Councillor Ruth Houghton

Tel: 01588 638352

Email: Ruth.Houghton@shropshire.gov.uk

Councillor Andy Stelman

Tel 07773006413

Email andystelman@icloud.com

Councillor Josh Dickin

Tel 07530691106

Email bcbc97@outlook.com

Councillor Grant Perry

Tel: 01588 638233

Email: grantperry24@icloud.com

Councillor Stuart Morris

Tel: 01588 630114

Email: stuartmorrisstfc@btinternet.com

Councillor Tim Halford

Tel: 01588 638333

Email: timhalford@yahoo.com

Town Clerk: 01588 638141

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 Thick Nail Reduction • Verrucae

"A wonderful asset for Bishop's Castle. Thank you so much Vikki for your wonderful clinic and professional service, very much appreciated x" **NM**

Contact Vikki info@marchesfootcare.co.uk

Tel. 07779 976 648

Vikki Robson DipCFHP MPSPract







Qualified Insured and a member of the Professional Standards Authority Accredited Register for Foot Health Practitioners Enterprise House Resource Centre



Station Street, Bishop's Castle, SY9 5RQ Tel: 01588 638038 email: info@enterprisehouse.org.uk www.enterprisehouse.org.uk



www.enterprisehouse.org.uk/outreach villageoutreachBC



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SHROPSHIRE FOOT PRACTICE

Nicola Collins Dip MCFHP MAFHP

Registered Foot Health Practitioner

Home Visits

- Nail Trimming
- Corn Removal
- Calluses Reduced
- Fungal Infections
- Ingrown Toenails
- Foot care for Diabetics





For an appointment: **07880 97 20 02**

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

Monday to Friday times (school days)			
	Leaves	Arrives	
Bishop's Castle	7.30	8.30	
opposite the Boar's	9.40	10.40	
Head	12.20	13.20	
all go via the	13.30	14.30	
Hospital	15.40	16.40	

Saturday					
Leaves	Arrives				
7.30	8.30				
9.30	10.30				
12.15	13.15				
15.50	16.50				

Shrewsbury Stand	7.35	8.35
	10.05	11.05
	12.00	13.00
	14.00	15.00
all go via the	16.25	17.25
Hospital	17.40	18.40

8.00	9.00
10.05	11.05
14.45	15.45
17.40	18.40

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

Monday and Friday				Leaves		
only	Leaves	Arrives		Ludlow	Arrives	
Bishop's Castle	9.15	10.25		13.15	14.50	

Bus timetable for bus route Bishop's Castle to Pontesbury 775

Bishop's Castle 14.40 15.10 09.30 10.00



<u>Bishops Castle Town Council</u> Grant Awarding Policy

1. Introduction

Bishops Castle Town Council has powers to award grants to local organisations to support their activities in the Parish of Bishops Castle. In doing, so, the Town Council is aware of its responsibility for public funds and for the distribution of these funds to be properly managed.

Each year the Town Council allocates a specific amount of funds to be made available as grants to local organisations. Throughout the year applications are considered by the Town Council.

A Grant is any payment made by the Council to be used by an organisation for a specific purpose in the furtherance of the wellbeing of the local community, either generally or for a specific purpose, and which is not directly controlled or administered by the Council.

Bishops Castle Town Council awards grants at its discretion to community organisations which can demonstrate a clear need for financial support to provide benefits to Bishops Castle Parish by:

- · Providing a service
- . Enhancing the quality of life
- . Improving the environment
- · Promoting Bishops Castle in a positive way

2. Organisation and Locality

Applications will only be accepted from charitable, voluntary or non-profit making organisations. Applications cannot be accepted from individuals

Organisations should be local to Bishops Castle Parish, or if outside the boundary, its work should be of benefit to the Parish and its residents.

The Council is unable to give financial assistance to organisations operating overseas or to a fund established to help persons outside the UK.

3. Process

All applications should be on the Council's application form (attached).

Applicants will be required to submit a copy of the last years accounts with the application form.

Applicants will be required to submit a copy of their constitution with the application form.

All applications will be considered at an Ordinary meeting of the Council, normally in November.

All applications must demonstrate clearly how the grant will be of benefit to the local community within the Parish.

4. General Conditions

The Council will make the decision on which grants to award.

Each application will be assessed on its own merits and will be considered along with other applications submitted

Organisations will not automatically be written to on the basis of previous expressions of interest.

Ongoing commitments to award grants or subsidies in future years will not be made. A fresh application will be required each year.

The Council may take into account the amount and frequency of awards in previous years.

The Council may make the award of any grant subject to such additional conditions and requirements as it considers appropriate.



Applicants Details:

BISHOP'S CASTLE TOWN COUNCIL



GRANT APPLICATION FORM

Title:	Forenames:	Sur	name:
Address			
Telephone:		Email:	
S150 \$410000			
Organisation:			
Who is the grant for?			
Location of project/act	tivity:		
Date of project/activity	y (state ongoing if re	quired)	
What will the grant be describe how the grant			ncational and Economic development, please tioned criteria
Funding: Amount Requested Cost of the project:	. t		
Details of Match Fund	ling and its sources:		
Last Year End Accour Income:	at Figure. £		Bank account details
Expenditure:	Ĺ		Sort code
Total Bank Balances:	77.0		Account No.
Earmarked Amounts:	£		
Comments:			
Please complete the fo latest relevant accoun		possible. On submiss	ion of the form please enclose a copy of the
Sioned		Dated	