



# BISHOP'S CASTLE NEWS



OCTOBER 2022

To

NOVEMBER 2022

Issue No. 83





The Mayor Josh Dickin

Welcome to this October/ November edition of the Bishop's Castle newsletter.

It's been another busy couple of months for myself and the Town Council. I again write with immense pride with being able to represent this Great Town.

The passing of the Late Queen Elizabeth II, was a somber time for the Nation. We reflected on what The Queen meant to

us, Stability, Respect and Grace. We now enter life with Our New King.

The Queens late passing Brought with it responsibilities for me as Mayor and the Queen's representative in Bishop's Castle. The big responsibility was Going to Shrewsbury to collect the Proclamation and then to read it out in Bishop's Castle, which will be up there with one of the proudest moments of my life. I felt very honoured to be part of a new chapter in history.

I also attended The Lord Lieutenants County Memorial Service for The Queen at Shrewsbury Abbey on the eve of the State Funeral.

#### Mayors Sunday

Due to my duties, Mayors Sunday has now been rescheduled for Sunday 30th October.

10:30 AM Parade from The Town Hall to the Church. Which then leads into a Service in the Church, at 11 AM. This will be a service with a difference. Where I will also be awarding our community Covid Awards. Please do come along, it will be great to see you their.

#### Play Areas Refurbishments

At the time of writing this, the Oak Meadow play area is on the verge of completion. It looks brilliant, and I hope the younger generation find much joy with the new equipment. It certainly was needed! It was looking pretty tired even when I was a child!

The Playing Fields play area is also stepping nearer to completion daily. I would really like to thank everybody for their patience, it's been a while with our play areas closed. But the rewards will outweigh the wait!

### 2023 Charter Celebration

I am in Conversation with various people and groups regarding some kind of celebration for the 450 years Anniversary of the Towns Charter next year. The Celebration in 1973 has long lived in the memory of many people in the Town. If you want to see footage of the 73' Charter Celebrations. You will find some good content on YouTube and once again any help or assistance would be much appreciated.

### Thank You

I would like to say a BIG THANK YOU to Jane at Jane's Petals and Liz at Eliza Scott's. For keeping the planters watered up the High Street. They have looked brilliant all summer. These were planted by Floyd, who has also been helping watering them when it was very hot, so thanks once again!

### Christmas Lights

We met recently regarding the Christmas Lights, we've got events planned for all day Saturday 3rd December and if you are organising something around that date then please do get in touch so we can include it on the publicity. Keep your eyes peeled in the near future for more details!

### Ukraine Fundraiser

On Saturday the 22nd October, a promise auction followed by a 60/70s Disco is going to be held at the Three Tuns Top Room. In aid of the Ukraine Appeal. ,

### Parking

I again would like to remind people about parking on our tight streets. More reports are coming to the council regarding poor parking, around town, but mainly the front street. Please be considerate to others, and a reminder that we need to leave enough room for our Emergency services and waste services.

I look forward to updating you again at the start of December.

Josh, Mayor of Bishop's Castle

# 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 counselors 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>



Bishop's Castle Community Partnership

## The Community-Led Town Plan – have your say

**The Community Partnership hopes to hear from townfolk about what they feel are the most pressing issues facing them today living and working in Bishop's Castle, so that the Plan may be updated and help address them:**

- What challenges do you face in finding work/getting to work/housing, etc?
- What things have become more challenging for you living here over the last 5 years?
- What things have become better?

**Come and share your thoughts on:**

**Tuesday 1<sup>st</sup> November 7:30pm Town Hall**

The Community-Led Town Plan was designed to address the issues identified by the Bishop's Castle community 5 years ago, such as housing, employment, transport and public services. While many things have changed since the Plan was written, some of the biggest issues remain a challenge.

# Legal Issues?

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BISHOP'S CASTLE  
TOWN HALL  
Listings for Oct/Nov 2022

For Further information on all our events look on our website  
[www.bishopscastletownhall.co.uk](http://www.bishopscastletownhall.co.uk) or contact us 01588 630023

October 2022

Continued from September to 22nd October Art Exhibition – Sue Gould – Salop 'Fur and Feather' Open during Town Hall opening hours, Mon – Sat 10am to 4pm. 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](http://www.bishopscastletownhall.co.uk)

1st October Antiques and Flea Market 9am to 4pm.  
1st Saturday of each month. Lift available. Free entry.

13th October Going Wild in Bishops Castle Winter Talks – Rob Rowe Autumn Fungi. Doors open 7.30pm. Bar refreshments available. No pre booking required. Donations box at the entrance.

14th October – BLAST Storytelling Doors open 7.30pm Refreshments available.

Tickets can be purchased on line 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](http://www.ticketsource.co.uk/bcth)

15th October Farmer's Market 9am to 1pm  
3rd Saturday of each month. Stalls include Meat, Poultry,  
Specialist Teas, Cakes & Pasteries, Bread, Preserves, Honey,  
Chocolates. All produced locally.

15th October Clun Valley Jazz – Daniel Karlsson Trio – Doors open 7.30pm to book your place e mail [clunvalleyjaz@gmail.com](mailto:clunvalleyjaz@gmail.com) or text 07768 504322

24th October to 3rd November Book Sales plus CD's and DVD's  
10am – 4pm Free entry. Fixed price bargains for everyone.  
Childrens books half price.

29th October to 26th November Art Exhibition by David Henry. A  
journey through the border country from Knighton to Ludlow.

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

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

November 2022

Continued from October to 26th November Art Exhibition by David  
Henry. A journey through the border country from Knighton to Ludlow.

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

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

5th November Antiques and Flea Market 9am to 4pm

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

10th November Going Wild in Bishops Castle Winter Talks by John  
Arnfield Shropshire Bird Atlas 'changes' between surveys 1989-2010  
Doors open 7.30pm

Start time is 8pm, entry free but donations welcomed.

13th November Concert Janice Burns and Jon Doran. An evening of  
traditional music by this Anglo-Scottish duo. Wonderful vocal harmo-  
nies and interplay between mandolin, bouzouki and guitar. Doors  
open 7.00pm start 7.30pm.

Tickets £12 can be purchased on line through ticket source or at The  
Town Hall. [www.ticketsource.co.uk/bcth](http://www.ticketsource.co.uk/bcth)

17th November Concert Gigspanner – Peter Knight and his trio return. Doors open 7.30pm 8.00pm start. Tickets £18.00 can be purchased on line on Ticket source or at The Town Hall.  
[www.ticketsource.co.uk/bcth](http://www.ticketsource.co.uk/bcth)

18th November BLAST Storytelling Doors open 7.30pm Refreshments available.

Tickets can be purchased on line 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](http://www.ticketsource.co.uk/bcth)

19th November Farmer's Market 9am to 1pm

3rd Saturday of each month. Stalls include Meat, Poultry,

Specialist Teas, Cakes & Pasteries, Bread, Preserves, Honey, Chocolates. All produced locally.

19th November Concert Claude Bourbon – Classically trained guitarist Claude is known throughout Europe and America for amazing guitar performances that take blues, Spanish and Middle Eastern stylings into uncharted territories.

Doors open 7.30pm Start 8.00pm. Tickets £14.00 can be purchased on line or at The Town Hall. [www.ticketsource.co.uk/bcth](http://www.ticketsource.co.uk/bcth)

26th November Christmas Craft Fair Two floors of stalls with hand made gifts. Come and do your Christmas shopping, a wide variety of gifts for all ages.

Open 10.00am – 4pm

26th November Concert Clun valley Jazz Fergus Mc Creadie Trio

Doors open 7.30pm to book your place e mail [clunvalley-jaz@gmail.com](mailto:clunvalley-jaz@gmail.com) or text 07768 504322



## The Changing Face of Bishop's Castle Medical Practice

Welcome to the second of our series focusing on the roles played by different staff within the Bishop's Castle Medical Practice. Here we talk with Teresa Smith, an Advanced Nurse Practitioner (ANP).

*Advanced Nurse Practitioners are Registered Nurses who have done extra training and academic qualifications to be able to examine, assess, make a diagnosis, treat, prescribe and make referrals for patients who present with a variety of problems. They work closely within a team with other medical professionals to ensure all patients receive the most timely and appropriate treatment.*

Q: How long and how many ANPs work at BCMP?

A: The Medical Practice has had Advanced Nurse Practitioners since about 2008. Currently there are three, me (Teresa), Claudia and Sarah.

Q : What is the advantage to the Practice in having ANPs?

A: There are lots of advantages for both the Medical Practice and the patients. Patients can receive quicker appointments to see an ANP (they may have to wait a week or longer to see a GP). Often the patient will receive a phone call from the ANP, and an appointment the following day. The ANP can examine, diagnose, and prescribe the best medication. This is efficient for patients who may, for example, have a chest infection and need a speedy appointment.

Q: What happens if the ANP has concerns about the patient's condition?

A: There is always a GP at the Practice to offer further examination and advice when needed. The ANPs and GPs work closely to help each patient.

Q: Do ANPs have their own specialities?

A: Yes, they have their own interests.

I focus on end of life care (my background was as a Macmillan Nurse) also Learning disabilities, dementia and care in local residential homes. Sarah's interests are high blood pressure and cardio vascular disease,

while Claudia's interest is in asthma and chest disease (COPD), and contraception.

Q: How do the receptionists support your work?

A: The team of receptionists are such important members of our team. By gathering accurate information (although not in detail) when a patient phones for an appointment, they can match them to the most appropriate medical practitioner. This allows an efficiency of both time and skills, which benefits the patient and the Practice.

Q: How is your day structured?

A: You never accurately know how a day will work out. Each day is a 9 hour shift. The mornings start with those patients who already have an appointment, including those that need dressings or blood tests. In addition, emergencies and urgent referrals are likely to be added. I will then do any home visits that are booked in for me. These may be visits to the housebound, when I will assess the home situation and how the patient is managing. I will liaise with relatives and any district nurses involved. The outcome of the visit will be reported back to the GP. Visits may include end of life care where patients and their families are supported in making decisions about how and where they would like to be for their end of life care. I also visit the local care homes regularly to assess and treat patients or monitor their long term conditions, support the staff and liaise with family members when appropriate. I have a particular interest in dementia and am able to offer support and advice to families/carers of patients with dementia.

Q: What do you enjoy most about your job?

A: I enjoy meeting people, face to face contact, understanding the patient's diagnosis and treatment and working closely with colleagues in such a supportive and caring team.

We would like to thank Teresa for an interesting description of her role as an Advanced Nurse Practitioner in the Bishop's Castle Medical Practice.

Interview: by Bishop's Castle Patients Group

[bcpatientsgroup@gmail.com](mailto:bcpatientsgroup@gmail.com)

<https://bcpg.org.uk>

## Half a Lifetime

Walkers of the Bishops Castle Footpath Group will be celebrating this month. And guess what, they are returning to the 'tester' walk created as part of the new (1987) Community College activities. Back in November 35 years ago, there was a trial walk for people joining others on the local footpaths. It was a wet, grey day and a small group spent two hours exploring a local route and concluding with a plan.

Who would have thought that that simple plan "to go for a weekly walk through the local countryside" would still be here half a lifetime later?

Nor that a Bishops Castle Parish Paths Partnership group would form and get active repairing the stiles, and now gates, for easier access. Whilst others produced routes for the Walking for Pleasure series which are still a popular product from the Town Hall, Bishop's Castle.

Then, at the Millennium, the group brought a new idea to the Welsh Marches – creating the Bishops Castle Walking Festival to host visitors in our fabulous landscapes, friendly accommodation, pubs and inns. A successful mid week, mid June event 'became the standard for others following in our footsteps' says Grant Perry, member of that group and publican at the time. It carried on growing, moved to the month of May and continues with exemplar walks every year (Covid / Foot and Mouth permitting), continuing with planning another for 2023. 'Today we hear so much about the health benefits of being in the countryside' says Catherine Murphy and member of the original group 'in this case there have been social, economic and heritage benefits to the many involved'.

The BC Footpath Walking Group will revisit the original local route on the Saturday November 26th starting at 10am at the entrance of the Community College and finishing at the Playing field to meet some of the original walkers and gather to share a celebration event.

contact Catherine Murphy 01588638795

cath.r.murphy@btinternet.com



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](http://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](mailto: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.*





## THE LUCKY HARE

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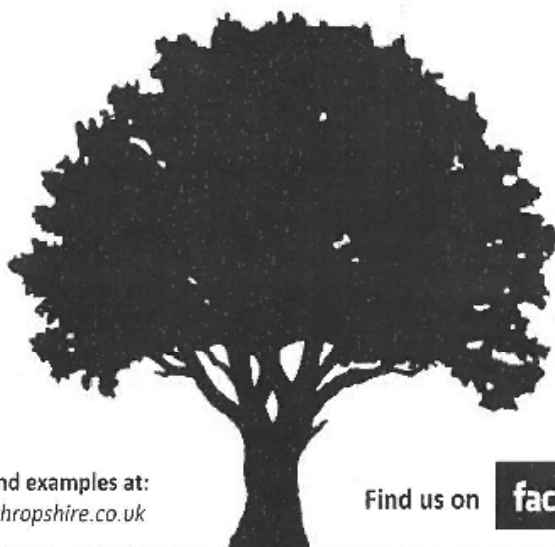


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[shropshirehardwoods.com](http://shropshirehardwoods.com)



# 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 Bamber Hawes**

Tel: 07957 667847

Email: Info@specialprojects.co.uk

**Councillor Tim Halford**

Tel: 01588 638333

Email: timhalford@yahoo.com

**Councillor Daphne Du Cros**

Tel 07769510364

Email: daphne@littlewoodbatch.co.uk

-

Town Clerk: 01588 638141

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SY9 5AQ

All Aspects of Foot Care Undertaken in  
Bishops Castle & Surrounding Area

- Nail Trimming • Corns & Calluses • Ingrown Nail • Hard Skin Removal
- Thick Nail Reduction • Cracked Heels • Diabetic Foot Care • 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 for a Home Visit  
[info@marchesfootcare.co.uk](mailto: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



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*Printing/photocopying to maximum A3 size. We can scan and print from your own artwork or we can assist with design for you ... just ask.*

Station Street, Bishop's Castle. SY9 5RQ Tel: 01588 638038

email: [info@enterprisehouse.org.uk](mailto:info@enterprisehouse.org.uk)

[www.enterprisehouse.org.uk](http://www.enterprisehouse.org.uk)

## Event Equipment Hire Service



### Village Outreach


Planning an event post-covid?



**NEED TO HIRE A MARQUEE,  
GAZEBOS?  
TABLES, CHAIRS, STAGING,  
PA SYSTEMS, LIGHTS  
we can help  
CALL 01588 630097**

[villageoutreach@bishopscastle.co.uk](mailto:villageoutreach@bishopscastle.co.uk)

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## Suffering from Buffering?

Fibre Broadband is coming to Bishops Castle from just £26 a month.

**SWS**  
BROADBAND  
Computer Services  
102 Old St. - Birmingham B3 3AA

Register your interest at: [www.swsbroadband.net](http://www.swsbroadband.net)  
Or call our Shropshire based team on 0333 700 0227

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No-nonsense **Computer Repairs**  
Experienced, Qualified IT Engineer  
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We Come to Your Home or Office  
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Experienced **Piano Tuner & Technician**

Brass, String, Woodwind & Electric  
Instruments Repaired & Tuned  
Musical Accessories Supplied

## Mouse Music

## 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



**Qualified in 2006**  
Introductory Price £18  
(Normal Price £28)



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)				Saturday		
	Leaves	Arrives		Leaves	Arrives	
Bishop's Castle opposite the Boar's Head all go via the Hospital	7.30		8.30	7.30	8.30	
	9.40		10.40	9.30	10.30	
	12.20		13.20	12.15	13.15	
	13.30		14.30	15.50	16.50	
	15.40		16.40			
Shrewsbury Stand  all go via the Hospital	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	
	16.25		17.25			
	17.40		18.40			

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

Monday and Friday only	Leaves	Arrives	Leaves 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
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What should your priorities be for reducing green house gases in your home? (Please note – if costs were not a barrier to you doing it). Please circle your top three in each section.

### ENERGY

- Reducing household energy bills
- Installing secondary glazing
- Installing more efficient lighting
- Install low carbon heating
- Installing insulation
- Swapping to 100% renewable energy
- Using a community power scheme
- Putting up solar panels
- Putting up solar water panels
- Not Sure
- Something else.....

### CONSUMPTION

- Diet modification e.g. meat-free days to veganism
- Using low-cost foods
- Increase re-use and recycling
- Join a carbon champion scheme
- Reduce use of water
- Grow your own food
- Move to low impact banking (e.g. some banks invest in fossil fuels)
- Not Sure
- Something else.....

### TRANSPORT

- Do more cycling
- Join a car share scheme
- Use public transport more
- Limit the number of times you fly
- Use an electric car
- Not Sure
- Something else.....