



The evolution of the Shipston Forum

The Shipston Forum was first published 20 years ago and has evolved from its early roots into the publication we know and love today. Current circumstances mean that this August edition is quite different from previous years, which were full of reports about another fantastic fortnight of Proms, fun-packed school fetes and sports days, and the adventurous activities that the Scouts have been enjoying at camp. In the absence of summer events, I thought now might be a great opportunity to have a flick through the archive...

Editors

There have been several editors of the Shipston Forum since it first started landing on doormats across the town, who have all left their mark in different ways. This is now my fourth edition and I can confidently say I am still finding my bearings!

Before August 2007, the publication was editorially independent of Shipston Town Council, despite the council providing funding and serving as the publisher. The masthead proudly proclaimed "The editors of the Shipston Forum have been

granted editorial independence by the Shipston Town Council and the views expressed may or may not reflect the opinions of the said council" – reading some of the fiery editorials that occasionally appeared it is clear that the editors relished this freedom!

I found Bob Tolley's first couple of editions in 2007 especially poignant. In August, he wrote an introductory

column, expressing his view that the Forum should be a true community publication and that in addition to news about the Council, it should "recognise the tremendous work and successes that are achieved by the range of clubs, societies, associations, businesses, groups and individuals." – perfectly encapsulating what the Forum still is to this day. The following month, in the wake of the epic floods that struck the town, he wrote: "Little did I realise when I agreed to take over as editor of the Forum, that within days I would be writing about one of the worst disasters in Shipston for a generation."... little did I realise that in 2020, this new editor would also have to grapple with producing a publication in troubling times!

Youngsters taking control

For several years, there was a tradition of handing over control of the Shipston Forum to local young people for special "Youth Forum" editions. For example, 15 years ago, in the August 2005 edition, Alice Hunt and Michaela Moore documented their recent visit to the Stratford Herald. They discussed meeting renowned editor Chris Towner (now retired) and "a guy called Duncan Smith", an alumnus of Shipston High School who has since established himself as a journalist and producer for the BBC.

Students visit Stratford Herald

On the 15th July, we went to visit the Stratford Herald.

We found out a great deal about how the newspaper is produced and a bit about its history. For example, did you know before the building became the base for the Stratford Herald, it was a hotel? The Stratford Herald itself was located in the High Street.

The Herald is still a small family business, run by Mr Bowden, the great, great, great, great grandson of the original owners.

We first met the editor, Chris Towner, who answered all of our questions and gave us some top tips about marketing. He said: "The more you have, the more you sell."

Then we went upstairs to see the hardworking journalists. The newest member of the crew was a guy called Duncan Smith, who had worked there for 2 years. By coincidence, he was an ex-pupil from Shipston High School.

To get a job at the Stratford Herald, we were told that you need a little luck and a couple of A-levels. You also need to be nosey!

We found the visit very interesting and we would like to thank Chris Towner for giving up his time to show us around and talk to us.



Alice Hunt and Michaela Moore pictured in the Stratford Herald Office

I haven't handed over the reins this month, but if any young people would like to submit a contribution for inclusion in a future edition it would be gratefully received. Although we don't have any pieces penned by young people this month, we do have a brand new section - 'The Little Shipstonites' - kindly prepared for us by Nikki Turner and featuring activities for our youngest readers – I hope you enjoy it.

Whilst life remains far from "normal" it is good to see the town centre busier again, with people eager to shop and socialise while following the latest public health guidance. Fingers crossed that next month we may start to hear more about upcoming events, though I suspect they may be delivered in different ways.

Chris Rowland,
Editor

Mayor's column



Last month Shipston saw the very welcome return of many of the Town's retailers as we crept out of Lockdown. July 4th was the 'Independence Day' for the next sector to be allowed to reopen their doors; the hotels, pubs, cafes, hairdressers and barbers. The Deputy Mayor, Ian Cooper, and I embarked on what must be the world's driest pub-crawl visiting the town centre hostelrys and salons to welcome them back. (Apologies to the outlying establishments and those who opened a few days later). We were so impressed with the thought and effort each had made to adapt their businesses to comply with the government guidelines.

I think Shipston has been the envy of many - the heroic efforts of SOS, our little hospital, the medical centre to highlight just a few and of course the countless individuals whose kindnesses to others made so much difference. Please, please do not let us lose sight of that achievement. This period of re-emergence from lockdown is going to be, in many respects, more stressful and divisive than when we were all either "at home" or "on the front line". Many of us are eager to get back to "some kind of normal" but, by the same token, many are still shielding or very cautious about encountering the wider world. Some are financially unaffected or even better off as there was little to spend on. Others are facing huge financial difficulties as the economic impact starts to take a grip. Children are having to learn to deal with a new school environment when term starts again in September. The News bombards us with global issues and tensions which only intensify our anxieties. I have been talking with many people and what I take away is that virtually everyone has been deeply affected by this cataclysm. Please allow for different points of view whether it's over the wearing of masks, racism or gender issues. Please show respect to workers trying to comply with often bewildering government directives.

Please be kind.

Sheelagh Saunders

Concern over pedestrian safety on Shipston Bridge

Increasing concerns for the safety of pedestrians crossing the river were expressed during the Town Council meeting on 13th July. The General Purposes Working Group have been examining the issue and potential solutions, including the long preferred option of a new pedestrian bridge.

It was felt that the introduction of a curbed pathway to create a dedicated space for pedestrians would likely need to be paired with traffic signals, as the bridge is not wide enough to accommodate two flows of traffic and a pedestrian channel.

The council resolved to ask the Planning Committee to consider the matter and report at the next meeting in August.



999 Challenge to support Fire Fighters

Warwickshire Fire and Rescue Service have launched the 999 Challenge to encourage people to get outdoors, have fun and raise money for the Fire Fighters Charity. The challenge is designed for people of all ages and abilities, and will run until 9th September.



Participants pick and complete a challenge and then make a donation to the Fire Fighters Charity which offers specialist, lifelong support for members of the UK fire services community.

In addition to completing one of the suggested challenges listed below, people are invited to create their own challenge themed around the number 9.

1. Contact 9 people you know and check in on them. This can be on the phone, over social media or face to face where it's safe to do so.
2. Complete 9 acts of kindness – little gestures can make a real difference to someone's day.
3. Take 9 things to your local charity shop (if open) or donate 9 items to a food bank.
4. Sit or stand and note 9 things you see, hear, smell, feel or sense that are around you.
5. Sit for 9 minutes in meditation or silence.
6. Learn 9 new facts or new words and share with a friend, family member or colleague.
7. Learn how to 'Stop, Drop & Roll' and do it 9 times.
8. Cycle, run, walk or row 9km.
9. For the very active, consider doing 9 press-ups, 9 mountain climbers, 9 sit-ups, 9 leg raises, 9 squats, 9 forward lunges, 9 star-jumps, 9 backward lunges and a 90-second plank.... And do it all 9 times for an extra challenge!

News from Shipston Town Council's July meeting



Resident Comments: Recent complaints about footpaths and hedgerow maintenance have been reported to Warwickshire County Council as the responsible body.

Trespass at Mayo Road Recreation Ground: Councillors expressed their thanks to the Clerk for her handling of the recent incident on behalf of the trustees. Cllr Jo Barker will be writing to Warwickshire County Council about difficulties turning on street lamps and to the police for a debrief.

Flooding: Despite the unpleasant smell, the recent floodwaters did not contain human waste according to Severn Trent Water. Cllr Jo Barker will be requesting additional gully busting to remove silt buildups. Councillors expressed concern that the Taylor Wimpey development has not yet installed the planned attenuation pond – Cllr Paul Tesh and Cllr Jo Barker will speak to Planning Enforcement.

Play Areas: Based on the current risk assessments, Councillors felt it would not be appropriate to re-open the play parks. There was concern about delivering the necessary cleaning schedules. The Town Clerk continues to investigate options whilst working closely with other local council bodies.

District Council Leisure Centres: Cllr Trevor Harvey reported that despite fears that facilities may have been unable to re-open due to cost, an arrangement has now been reached with the various operators to allow them to re-open when permitted.

Devolution White Paper: Cllr Trevor Harvey reported on the Government White Paper due in the Autumn, which is

expected to promote the adoption of unitary authorities, combining the functions of County and District councils. Opinions are divided across Warwickshire local authorities, with some favouring a single county-wide unitary and others preferring a North/South division.

Tramway: A community interest company has been launched with the objective of re-opening the Stratford and Moreton Tramway for public use. Old Tramway Revived CIC is appealing for government funding to cover the cost of surveys. The Shipston Town Council Health, Amenity and Leisure Projects committee has expressed their support for the project.

Shipston Flood Management Scheme: A proposal for an £80,000 grant from Stratford District Council's share of Community Infrastructure Levies (CIL) has been submitted to the authority's cabinet for a formal decision.

Town Council Vacancy

Two people have expressed an interest in being co-opted to fill the vacancy on the Town Council. Candidates have been asked to submit brief details about themselves and their desire to join the Town Council, which will then be circulated to the councillors. Anyone else interested in filling the vacancy should contact the Town Clerk (clerk@shipstononline.org) as soon as possible.

SWFT Open Letter

In May we shared an update on the exciting development plans for Ellen Badger Hospital, please visit: <https://www.swft.nhs.uk/our-hospitals/ellen-badger-hospital> to access the update.

It has been great to hear from the local community in Shipston regarding these plans, so thank you for all your comments. Across eleven Facebook Posts there were over 600 interactions including nearly 400 comments from over 200 separate individuals. We really value input from the public on our proposals and will be using them to shape the project as it develops. It is especially helpful to have this feedback during a time when engaging with the community is particularly challenging due to Coronavirus.

Coronavirus has had a huge impact of all aspects of healthcare and it will continue to shape future developments. Ellen Badger Hospital has played a vital role in the fight against Covid-19 and is currently supporting all NHS organisations across Coventry and Warwickshire by providing inpatient beds to patients recovering from Coronavirus. The Trust, working alongside our GP colleagues, is currently looking into how this might impact the development plans for Ellen Badger Hospital.

Some of the feedback we've received has queried why we aren't planning to develop the existing site. This has been a big consideration for the Trust and we have explored all options to see if this would be possible. Unfortunately due to the existing building's age, general condition, infrastructure and compliance related risks the option to refurbish the existing current hospital facility was discounted in favour of developing a modern purpose designed healthcare facility, which could respond in an effective and timely manner to the

constant changing demands in healthcare delivery.

However, the Trust, like the local community, recognises the rich history of Ellen Badger Hospital and the importance of retaining as much of the history of the building as possible. We have done a detailed evaluation of all the historical artefacts within the current building and will be working closely with designers to come up with a way to sensitively incorporate these items into the new hospital. This includes the Badger monuments, which thanks to the generosity of the League of Friends, are going to be restored.

We are currently working with the design team on developing a proposal that supports

changes to healthcare delivery due to Coronavirus, creates a sustainable and affordable building that is sympathetic to the local landscape and history, whilst enhancing and integrating healthcare for residents in Shipston and the surrounding areas.

We will get as much information to you as we progress the development and really want to get your feedback at every stage. If you have any further comments or questions, we would encourage you to send them to EBHdevelopment@swft.nhs.uk



South Warwickshire
NHS Foundation Trust



Ellen Badger Hospital Development

Shipston Primary School



On Friday 20th March, we closed to most pupils due to the Covid-19 pandemic, re-opening on Monday 23rd March only for children of parents of key workers, those with an education, health and care plan, and those with a social worker. The school stayed open during the Easter holidays and Whitsun half-term to support keyworker families.

Our decisions for home learning

Our remote learning offer was very similar to what is normally in place for home learning and communication, making use of Seesaw, an app that we have used as a virtual learning portfolio with children and parents for many years. Learning was set by the teachers at the start of the week and answers given at the end of the week for children to self-mark. The content of learning was generally consolidating, reinforcing and building on lessons already covered in school. Research shows that this type of retrieval practice strengthens learning in the long term.

Before the lockdown began, each teacher sent home a hefty paper workbook of 12 weeks' worth of learning, which was complemented by our regular online homework subscriptions Mathletics, spag.com, Accelerated Reader and Times Tables Rockstars/Numbots, and, of course, regular reading.

Right from the start, we decided we would not be teaching live-lessons, instead, posting work on Seesaw with accompanying paper packs and pre-recorded Loom videos from teachers, explaining and modelling learning and providing feedback.

Here are the considerations why:

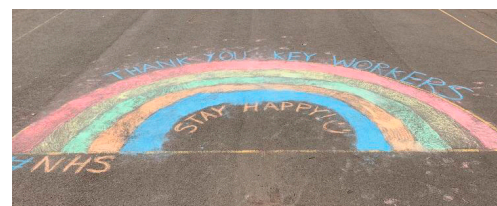
- Some families do not have enough devices for every child and enough bandwidth/data package to access live lessons at the same time.
- Some parents are working from home or looking after babies/very young children and are unable to support their child with learning at specific times of the day. That is why we set work for the week on a Monday and let parents decide the best timetable for their household.
- Some teachers and teaching assistants are having to juggle looking after their children and supporting their learning from home, so they cannot spend 5 hours locked away in a study broadcasting lessons.
- Some of our pupils will also have been given childcare responsibilities to enable their parents to work from home.

For both teachers and children, it becomes very impractical if lessons are streamed live. The alternative, prepared materials (e.g. worksheets, video clips, slides with video narration) have the advantage that they can be set at any time and completed at any time. Everyone can work around shared technology. They also need less data to download and access than streaming will.

Teaching quality is more important than how lessons are delivered. Research has shown there is no clear difference between teaching remotely through live lessons and asynchronous teaching. In fact, if children and parents can rewind a video tutorial and re-watch to help their understanding, this is an advantage.



It does feel intuitive that we would want to best replicate the experience of being in a classroom and that live lessons online would be the closest to this. The problem is, it doesn't take into account all the ways that online lessons will differ



from those in the classroom. Super teachers create electricity in their classroom, which is much harder to achieve online. The greatest barrier is the feedback: the delicate task of providing feedback relies on relationships, context, tone, facial expressions, body language, scanning the room - virtually impossible in an online classroom.

Free school meal support

We set up our own voucher system with the Co-op for families eligible for free school meals before the national voucher system was established. When the list of supermarkets for the national system did not include our most local supermarket to the three schools, we continued with topping up voucher cards for our families each week, including through the Easter holidays and throughout the various government U-turns. Parents eligible for free school meals will continue to receive financial support throughout the summer holidays before the voucher scheme ends. Our families have also been very well supported by the Warwickshire Welfare Scheme and the local food bank.

Easing of restrictions

On 2nd June, we opened to more children, welcoming those in Nursery, Reception, Year 1 and Year 6, in addition to the keyworker children already in school. Planning and risk assessments were meticulous, and it was wonderful to welcome more children back to school in bubbles of no more than 15.

June and July have run very smoothly indeed, thanks to the wonderful staff, brilliant children and fabulous parents who have followed our new instructions for staggered starts and ends of the day - lining up on spots two metres apart and following all the guidance published by Heads of School via video and booklet. Had the government not imposed a priority order of year groups, we would have been able to welcome all year groups back for some part of the last half term.

Plans for September

We are now focusing our attention on welcoming all children back to school on Wednesday 2nd September. Further risk assessments need to be completed and teachers have made lovely transition videos to parents and children, explaining how things will look in the new academic year. Sadly, we cannot say goodbye properly to the wonderful Year 6 children and have the usual end of year celebrations - barbeque, campouts, musical productions, awards ceremonies.

I offer them two pieces of advice - be kind, work hard - then amazing things will happen.

I am so grateful for the loyalty, dedication and expertise of my extraordinary staff across the Stour Federation Partnership. They always have the children's best interests at heart and will continue to do everything they can - in whatever circumstances we are in - to ensure continuity and consistency in educating the children in our care.

Christian Hilton, Executive Headteacher

Shipston High School By Gavin Saunders, Headteacher



Shipston High School has had another active year, with students and staff involved in a varied range of activities. One event has dominated all of our lives, and 2020 will doubtless be remembered as the year of the coronavirus. However, as the school community enjoy the summer break, it is an ideal opportunity to reflect on the year.

In the Autumn term, the school welcomed another full year group of 120 year 7 students. This marked a further growth for the school, and Shipston High School is now regularly oversubscribed; a real mark of its popularity and families' desire to be part of the school success story.



Alongside a great atmosphere of learning in the school, students were able to enjoy activities offsite, including trips locally and internationally. For example, Year 11 students visited the impressive Oxford University Museum of Natural History and all of our Year 7 students enjoyed a trip to Warwick Castle, learning about the history of the castle and the region's

power. 2020 saw our first school trip to Poland, where students experienced local culture, and visited the site of Auschwitz. This was a powerful and extraordinarily challenging experience for school-age young people. It is with pride that we reflect how superbly our students represented the school during all of their out of school activities and the appreciation they have shown to members of staff for making the opportunities available.

In public speaking, Shipston High School won the prestigious Rotary Youth Speaks District competition. Our Year 10 students performed very impressively, beating sixth form teams from the local area to take the victory. They were truly magnificent, engaging, articulate, and entertaining, winning plaudits from around the venue.

Thanks to support from the Police Crime Commissioner, we were delighted to welcome into school Loudmouth Theatre in Education company in early 2020 who gave a presentation to Year 11 focussing on Child Exploitation, Sexual Exploitation, County Lines, Grooming and Knife crime.

In March 2020, everything changed, and all schools in England closed to most children. Online learning became the route to education, and everyone had to adapt quickly to this remarkable event. Throughout, students have remained committed, curious and creative.

Finally, we are grateful for all the support the local community gives to our school but we would particularly like to thank Shipston Rotary Club, Pink Connect and Abbey Timms of Frills Cupcakes for their generous support for our young people; this is very much appreciated.

Mr G. Saunders, Headteacher

Warwickshire Libraries launch Summer Reading Challenge

For over 20 years, the national Summer Reading Challenge has been encouraging children aged 4 to 11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun as well as preventing the summer reading 'dip'. This year's theme of 'Silly Squad' will celebrate funny books, happiness and laughter.

Due to Covid-19, the Summer Reading Challenge is largely being run digitally. The website (www.silysquad.org.uk) is free to access and features games, quizzes and downloadable activities that incentivise and encourage children to take part in reading-related activities. Parents need to sign up their children online to enable them to register for the Challenge and participate fully. This year children can set their personal target of books read, and they can read any printed material, including comics.

Warwickshire Libraries is delivering the Summer Reading Challenge through its virtual services and e-lending platforms. Visit <https://library.warwickshire.gov.uk> to learn how children can access eBooks and audiobooks through the

BorrowBox loan app, and comics and magazines free through the RB Digital service, so they can complete the Challenge at home this year. All people need to access these services for free are their library card number and email address.

A series of talented poets and storytellers have been commissioned to do 'silly' sessions online for young people, replacing the traditional activities in libraries. Details will be made available on the Warwickshire Libraries website and social media channels.



Shipston Rotary



Shipston Rotary's Treasurer reported another excellent fund-raising year at the recent 'virtual' Club Assembly meeting which was attended by Assistant District Governor Diane Miller. Diane was full of praise for Shipston Rotary. Not just for its fund-raising success but also its achievements in attracting so many enthusiastic new members in recent years.

However, the person Rotary must thank for this success is you, the Shipston area resident.

Without your extraordinary generosity we could not begin to help so many charities and good causes, mostly locally, also nationally and sometimes abroad. The details are on the Shipston Rotary Facebook page. But Shipston Rotary will not rest on its laurels. Plans are afoot for future events so please watch this space.

We are seeking the help of volunteers, (18 to 70 years), who are happy to give a few hours of their time for specific charitable activities in and around Shipston. If you feel you would like to support us as a "friend".

Laptop Computers

Rotary President-Elect Stuart McLean recently presented five laptop computers to Shipston High School Headteacher Gavin Saunders.



Gavin Saunders said:

"I am delighted to receive these computers on behalf of the school.

The computers will have an immediate impact on students facing the challenge of remote working. The computers will help students connect with their learning at this challenging time. I have a deep respect for Shipston Rotary's commitment to making a difference for young people and these laptop computers are proof of that commitment."

Shipston Rotary Presidential Handover Meeting

At the recent, very well attended, "Zoom" presidential handover meeting of Shipston Rotary, the chain of office was passed, virtually, from outgoing President, Susan Haywood to incoming President, Stuart McLean, with the new President welcoming David Gill as President-Elect for the year 2020/2021, along with John Gimblett as 2nd Vice-President.



Rotary handover meeting on Zoom

Along with Susan Haywood's closing address to members, where she thanked every member for their hard work and support in what has been a difficult time for everyone in the community, she was very delighted to confirm awards of the Paul Harris Fellowship to three members. Firstly, the Paul Harris "Sapphire" pin, was awarded to Bob Armstrong in recognition of his outstanding work and support for the Club; and to members Christine Cockell and Nigel Willis, their Paul Harris Award badges, for their hard work and dedication over many years.

Incoming President, Stuart McLean gave brief details of his plans for the next Rotary year, knowing that he was inheriting a team of like-minded members, all keen to continue the good work that the Club had achieved in his predecessor's year. An excellent platform from which to move forward to help our community. After this unique handover meeting, via Zoom, all members congratulated the new team with loud applause, adding the final toast "Rotary and Peace the World Over".



New President Stuart McLean

Dictionaries for local children

Rotary provides Usborne Illustrated Dictionaries to all Year 5s in the area each year. As those children have not all been able to attend school this term, they will receive the dictionaries on their return to school as new Year 6s.

Rebecca Noon, the headteacher of Ilmington Primary School, recently wrote to Rotary members, expressing "our warmest thanks and gratitude for the beautiful dictionaries which you have so kindly given to the school again this year" and explaining that the dictionaries from the Rotary Club are "a rite-of-passage for the children in Year 6 and a tradition which the school holds dear." She concluded her letter "We are so fortunate to benefit from your kindness and I hope this will continue in the years to come."

Shipston Home Nursing

Ettington Stitchers Raise Over £600 for Shipston Home Nursing

The team of Stitchers has made over 500 face coverings, raising funds for local hospices and Air Ambulance. The campaign was led by Ettington village Grandmother, Gwenda, who supplied everything required to start this marvellous project a few weeks into lockdown.



Above: Coordinator Lindsey Yarrow & the wonderful choice of materials on offer.

Lindsey, Allyson, Helen, Alison, Mary, Jane, Madi, Freya and Nola have worked together to raise more than £2000 for worthwhile local causes, inviting customers to pick their fabrics from a wide range.



Besties Raise £95 for Shipston Home Nursing!

School may be out for many, but Sophie Roberts and Martha Haslam, two friends from Stratford-upon-Avon, have kept themselves busy by baking an assortment of delicious cakes and selling them on their driveway recently, to raise £95 for Shipston Home Nursing.

Shipston Home Nursing is a local charity which cares for patients with illnesses that do not respond to curative treatment and who wish to be nursed at home. Their nursing services are managed through a team of Registered General Nurses specialising in palliative care, and Health Care Assistants.

The organisation cares for the family and their family in their own homes throughout their illness.



RNLI

Normally we have a collection day in Shipston-on-Stour in July, obviously, this will not happen this year. Instead, we will have a display in the Post Office for children and everyone to see. The RNLI are continuing their volunteer work saving lives at sea and protecting people on the beaches. So, come along and see the posters on display in August and thank you to the post office for their support.

Jenny Plenderleith (01608 664278)



Royal British Legion

While restrictions which ruled out any big town event to commemorate VE Day in May are lifting, there are some still in place, plus uncertainty remains. Therefore, with sadness, Shipston Branch of The Royal British Legion has announced there can be no significant event to mark VJ Day either on 14th August. Earlier posts expressed hoped it might be possible.

It is planned though, to hold a short ceremony at the Memorial Garden to mark both VE & VJ days. This will be at some time over the weekend 15th/16th August. If you would like to attend, please contact Richard Adams (01608 662328 or 07961452182) to establish that it is permissible for you to do so and to be told the day and time.



Shipston Cycling Club

The club has resumed its weekly social Sunday group rides while continuing to follow the advice of British Cycling (BC). This means riding in groups of no more than six while observing social distancing throughout.

Club Chairman Andy Smith said, "It's great to be riding as a group again. The BC guidance is very clear over group sizes and social distancing and while that means concentrating just that little bit harder, it's a small price to pay for the joy of being back on the road."

The club has put the lockdown period to good use, undertaking a complete redesign of its website in partnership with Media MG, a Shipston-based company. Uniquely, the new site is helping to publicise the opening hours of the club's favourite coffee stops.

Andy added, "We're proud to support our local cafes by giving them lots of custom, of course, but also by highlighting their work on the website."

We've been in touch with dozens of coffee shops and we're keeping the website updated with a map, menus and any revised opening hours."

The website also boasts GPS routes of the club's favourite rides, ride reports, a club calendar and details for those wishing to join.





Shipston Food Bank is open to anyone
and you don't need a referral or a voucher.

Just come along on a Tuesday or Saturday morning
between 10.00 and 12.00
to St Edmund's Church, Church Street, Shipston.

*"As someone who has never needed to even think about Food Banks,
I'm eternally grateful for how welcoming you are"*

*"Thank you so much – I'm not sure you will ever know what a
difference you make to my family"*

Donations of food and basic items can be left in the
church porch on Tuesday and Saturday mornings ONLY,
between 10.00 and 12.00.

For information about our current needs
please check on our Facebook page or our website:

 www.facebook.com/ShipstonFoodBank

 www.shipstonfoodbank.org.uk

Proms

As promised in last month's magazine, here are some more reminiscences from Shipston folk about their cherished Proms memories...

Mary C wrote in with a memory of the Barcheston Young Musicians concert where the setting together with the performer created the impact. She said that sitting in the ancient church listening to a very talented young Catriona Bourne playing the harp she could have been in another century. Another memory of a performance at Barcheston church is from Sue Roark who said that she will always remember Oliver Kemp in 2000 playing 'Dance of the Blessed Spirits' by C.W. Von Gluck accompanied by Phyllida Gardner. She will also never forget, that same year, the wonderful playing of F. Kreisler's violin concerto by a very skilled Maddy Evans aged just 13 years old.

Edward Sheldon's courtyard, latterly part of El Café, also proved another memorable venue for both Mary C and Caroline Banks. Mary C recalls 'listening to Helen Porter on the keyboard, and knowing that I should be getting on with my chores but not being able to tear myself away!' Caroline remembers some hot lazy June afternoons in the courtyard at Edward Sheldon listening to a wide range of performers and the enjoyable atmosphere of the Shipston Pubs and Cafes Trail. With the Pub Trail in mind, Cheshire Brookes performing at the White Bear last year created a buzz and also The Horseshoe was packed to listen to David Farrell and his son on guitars.

The most important aspect of the Proms for Caroline though is the opportunities given to new talent especially at the Fame Contest and Open Mic Night. She wrote 'We have our very own Jools Holland in the Porters and David Hunt (Head of Music at Shipston High School). We must also not forget the Shipston Town Band who have provided free tuition and instrument hire for decades through their Junior Band resulting in several generations of new musicians'.

Sue Roark, a stalwart of the Proms, remembers music being taken out to churches in rural villages and how appreciative audiences were.

And finally, our current chair Charlotte Haines shared her memory of when she was on bucket duty at the Cherington Arms when The Debbie Bond Band was playing. Not being a blues fan, she was not sure what to expect but ended up being totally hooked and stayed the entire evening. Which, she says 'just goes to show, even if you don't think the music playing on certain nights would be your first choice, try something new out and you never know, you may become a convert?'

Thank you for all your feedback, it has been great to read your stories. We continue to work behind the scenes to create another successful Proms for 2021 so please get in touch if you would like to take part either as a musician or join the committee. We would love to hear from you.

Please visit our website www.shipstonproms.org or email to shipstonproms@gmail.com or let us know via our Facebook page.

Susan Perry



The world's driest pub crawl

On 4th July, Mayor Sheelagh Saunders and Deputy Mayor Ian Cooper embarked on what they have since termed "the world's driest pub crawl", visiting numerous outlets across the town to learn more about the measures they have implemented to allow them to re-open their doors. They were both impressed by the efforts of business owners to protect their customers and staff with measures to promote public health and social distancing.



UK FOOD WASTE

EVERY DAY WE THROW AWAY

	20 MILLION SLICES OF BREAD To keep bread at its best keep it at room temperature for a day or two, then wrap it up and freeze it for longer-term storage. When you thaw it and heat it up it will taste freshly baked again.
	5.2 MILLION GLASSES OF MILK A fridge at the correct temperature will keep milk fresher for longer. The ideal fridge temperature is between 0-5 °C. Milk has a 'Use by' date and shouldn't be used after this date.
	4.4 MILLION POTATOES Store potatoes in a cool, dry and dark place in an open bag, basket or other ventilated container. Don't keep raw potatoes in the fridge since the cold temperature can change how they taste.
	2.2 MILLION SLICES OF HAM To stop a leg of ham from drying out, keep it in a ham-bag or wrapped in a damp tea-towel in the fridge. Before using the bag, soak in a mix of 1 litre of water to 2 tablespoons of white vinegar.
	1.2 MILLION TOMATOES Perfectly ripe tomatoes should be kept at room temperature on a counter away from sunlight. Make sure they're in a single layer, not touching one another, and stem side up.
	0.9 MILLION BANANAS Use a banana tree to hang the fruit by the combined stems and allow air to evenly circulate around each fruit. This will eliminate 'resting bruises' from the fruit lying on each other.

District Council Update

The over-riding impacts of the pandemic on the District Council have been twofold. First, how the majority of the Council's 300 or so staff have had to adjust to working from home and continuing to provide residents with the Council's range of services. Second, the scale of the impact of the pandemic on the Council's finances – additional costs and lost revenue are estimated at £8.1m. The implications will need to be thought through as circumstances allow us all to return to some form of new normality. For example, what is the Council's longer-term need for office space? In the first two tranches, the Government has provided £1.3m towards the District Council's finances. A third tranche has been announced but Stratford District Council has yet to be told how much this will provide.



The Council is working towards discussing a revised budget for the rest of this year in October. And there is good news. For example, many residents will be pleased to learn that a deal has been struck with the operator of the Council's leisure centres to ensure that they can be opened as soon as the Government permits. On another front, an agreement has been given for a grant of £80k from the Council's Community Improvement Levy funds to meet part of the cost of the Shipston Natural Flood Management Scheme. This will provide benefit both to residents of Shipston and to those further downstream in the District.

With an eye to the longer term, the Council is now working more closely with Warwick District Council in such areas as joint appointments, negotiating contracts for services that meet the needs of both councils and reviewing their existing core strategies on a joint basis to save costs. These initiatives are, in part, in anticipation of the White Paper on devolution in England that is anticipated to be published in September. This will inevitably start the debate locally about whether to retain both district and county councils or to move to a unitary council and if so, one unitary or two. I'll look forward to hearing from residents in due course about what they think of the options available.

Trevor Harvey, District Councillor, Shipston North

01608 682415 | trevor.harvey@stratford-dc.gov.uk

County Council update

16 weeks of lockdown and now the summer holidays are on us. Barker Jr has remarked that he will finally be able to relax. Not entirely in jest either. Have you been stressed? Are you fed up with restrictions on what you can do? I know we are. I don't want to go on holiday because I'm more comfortable at home where I know what I can and can't do! But as I'm sitting on yet another Teams meeting with Warwickshire County Council, we are actively discussing 'what's next?'

How are we going to harness all the goodwill which has spread locally?

Many of my colleagues are part of volunteer groups across the county and we all want to carry on together!

So, in Shipston we really need more volunteers to drive for the Shipston Link, keeping in touch with our newly made vulnerable friends, reading in school, drain watching & reporting - I mean it - and joining existing voluntary organisations. I can only cope with this situation by being able to get out and about helping others. Thanks for letting me!

On a broader note, there will be changes to local government over the next year. We may become one or two unitary councils within Warwickshire - saving money & bringing local democracy closer to us.

Ancient bridges across Warwickshire are being repaired - including Honington Bridge near us! At the next full council, the Greens want more biking & public transport - suffice to say, they all live in the towns so I'm going to invite them to cycle to Shipston!

Please keep on supporting our local businesses and keeping Shipston vibrant.

Jo Barker, County Councillor

07748 968712 | jobarker@warwickshire.gov.uk

Shipston Medical Centre

Medical Centre – t: 01608 661845

Don't forget to take care of your mental health and wellbeing

Living through the past few months during much uncertainty has bought our mental health and wellbeing into focus. Many of us, including our children, will feel more anxious as a result of having been isolating or not going out much and it is helpful to recognise that in ourselves and others. We all have differing tolerances for risk, and so not everyone will think and feel the same. Be kind.

Help family and friends explore their anxieties and support them in building incremental goals to work towards. For example, if someone is anxious about going outside, then their initial goal might be initially just opening the door and take one step out for 30 seconds. There are some great resources for helping with anxiety at <https://www.nhs.uk/oneyou/>

[every-mind-matters/anxiety/](https://www.nhs.uk/oneyou/every-mind-matters/anxiety/)

Other tips for looking after your mental health and wellbeing are:

- Keep active - not only is regular exercise good for your physical health it can help you sleep better, improve your concentration and make you feel good.
- Watch what you eat – eating healthily can help your mental health. Reducing the level of alcohol consumed also helps. Alcohol is a depressant and whilst the first drink or two can make you feel good, after that, alcohol starts to have a negative effect on how you feel.
- Talk to other people – make time to spend time with friends and family and enjoy their company. Talk about your feelings as sharing your concerns can also help you manage them.
- Do something for someone else – this might be helping out those close to

you or volunteering, either way, you will feel the benefits.



Shipston Medical Centre

- Do things you enjoy and that you are good at – we are all good at something, make time to do those things that make you feel good.
- Ask for help – it might be that you turn to someone close to you for help, or it might be that you need a different type of help.

If apps are your thing, check out the NHS mental health apps at: <https://www.nhs.uk/apps-library/category/mental-health/>

If you are looking for a different kind of support, then have a look at the Directory of Mental Health Support for Warwickshire which includes helplines, counselling services, websites and other resources: <https://www.wcava.org.uk/directory-of-mental-health-provision>

Your Town Councillors


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Planning Committee Vice Chair

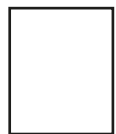
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Vacancy

Useful Contacts

Community Links Transport	01789 264491
Shipston Library:	0300 5558171
- 24/7 renewal line	01926 499273
Highways customer services	01926 412515
Severn Trent Emergency Line:	0800 7834444
Shipston Volunteer Transport Scheme	01608 663122
Shipston Leisure Centre	01608 662354
Shipston Medical Centre	01608 661845
- Out of hours	111
Shipston Forum	01608 495955
Shipston Link (local transport)	01386 593446
Shipston Recycling Centre	01926 412593
Stratford District Council	01789 267575
Townsend Hall	07514 704057
Warwickshire County Council	01926 410410
UCHW Hospital	024 7696 4000
Warwick Hospital	01926 495321
Local police (non emergency)	101
Shipston Police Safer Neighbourhood Team:	01789 444670
shipston.snt@warwickshire.police.uk	
Churches of Shipston:	
Stour Valley Baptist	01608 664876
Our Lady & St Michael	01608 685259
St Edmund's	01608 661210
Methodist Church	01608 642256

Shipston-on-Stour Town Council

New Clark House, West Street, Shipston-on-Stour, CV36 4HD (Currently closed to the public)


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Councillor Trevor Harvey (Shipston North)

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Something exciting to share?

If you have a story that's relevant to Shipston residents, please contact the new editor (from May), Chris Rowland on 01295 788655 or email: forum@shipstononline.org

To request posts on the council's Facebook and Twitter feeds, contact Peter White (details above)

Forum copy deadline:
First Wednesday of the month

- but the sooner you can notify the editor of a potential story the better.

The Shipston Forum is produced monthly by the Town Council. It is currently not being delivered to households due to the suspension of the Midweek newspaper. Copies are available for collection from both Co-Ops, Taste of the Country, and Turners.

While every effort is made to ensure information is accurate, the Town Council and its contractors do not accept responsibility for material submitted by readers or third parties and does not endorse any organisation or event publicised. Contributions may be edited to fit available space.



Hello! Welcome to your first edition of the Little Shipstonites! Here you will find lots of fun activities to do! Let's kick things off with a "spot the difference" puzzle. There are 10 differences for you to discover. When you have found them all, why not draw in the missing items and then colour in the scene?

Fascinating fact! The bridge in the picture is called the Barcheston Bridge and stands over the River Stour. The date on the bridge suggests it was first built in 1698. That's more than 300 years ago!

