



# Shipston Forum

shipstontowncouncil.org



February 2019

## Shipston Town Council agrees rise in precept

Shipston Town Council has voted unanimously to raise its share of the council tax precept to £243,000 in 2019/20 – an increase of £11,000 compared with the current year's precept. However, the increase will be covered by the additional number of households now paying council tax, meaning residents will effectively pay the same as this year. As such, an average Band D home will continue to pay approximately £107.88.

Mayor and Chair of the Finance Working Group, Ian Cooper, said: "The Town Council has been working hard to develop a budget that will enable us to support many of Shipston's community groups and voluntary services, while also putting money aside to progress some of our 'wish list' projects. These projects are designed to enhance the town and include some of the community-led schemes identified in the Neighbourhood Plan.

"I'm particularly pleased that we have been able to reach a solution which doesn't put additional financial pressure on residents, but makes the most of the income to be received from additional homes in the town. I would like to thank Deputy Clerk, Jayne Potter, for all her efforts in helping the Finance Working Group pull together and analyse the figures, and my fellow councillors for their considerable input."

Shipston Town Council's precept is just one element of the Council Tax bill which also covers costs for the district



and county councils and the Police and Crime Commissioner. Indications are that modest increases in these other elements of the Council Tax are likely.

## Community Grants awarded to support local projects in 2019/20

Shipston Town Council has voted to award grants to support a wide range of local projects, with the total contribution being £20,500 for the year. This is an increase of over £3,000 compared with last year.

The recipients of grants for the 2019/20 year are:

- Shipston in Bloom - to fund flower displays in the town
- Shipston Wool Fair - to help fund new, innovative attractions
- Drugs Action Shipston (DASH) - to provide help for vulnerable people
- Shipston Community First Responders - to purchase kit for new volunteers and maintain the response vehicle
- Townsend Hall - to contribute towards ongoing maintenance
- Shipston Sports Bowls Green - to contribute to maintaining the green
- Shipston Link - to maintain and continue the Tuesday afternoon service in Shipston, linking the town and Medical Centre
- Shipston Proms - to contribute towards the cost of staging the Proms
- Shipston Youth Club - to support work to reach young people not currently attending the club and to help with costs for X-Fest.
- VASA - to help with the provision of volunteer drivers
- Town Band - for repair work at the Band Hall
- London Road Sports Club - to contribute towards grounds maintenance
- Hockey Club - to fund first aid and training
- Norgren Bowling Club - for mowing equipment

- Citizens' Advice South Warwickshire - to contribute towards the Outreach service.

Mayor, Ian Cooper, said: "The range of grants awarded is indicative of the variety of events, clubs and voluntary services in Shipston. We are always keen to support these activities wherever possible and I'm delighted that the town council is in a position to increase its overall grant contribution, thanks in part to the council's careful financial management."



Things have been getting pretty wild at Shipston Primary recently – it seems Year 6 students are taking their 'Explorer' topic very seriously! Read all about it on page 11.

## Mayor's column



Thank you, what a wonderful community we live in. Christmas would not be Christmas without a little giving, but what great giving so many in Shipston gave. Tina and I followed the Town Band on Christmas day, to see what it meant to all those that they played for at the Ellen Badger, Low Furlong and Rainbow Fields. What a great gift of their time and talent over the festive period and so lovely to see what it meant to all those they entertained. They finished at the Townsend Hall, where many others had gathered to participate in a truly community Christmas, and make such a difference to all those who would otherwise have found themselves on their own. I take my festive hat off to all of you.

Though it seems like a long time ago, two events just before Christmas also served to reinforce how lucky we are to be in Shipston. The community Carol Service at St. Edmund's was led and represented by members of the various churches - how refreshing to see how closely the different denominations in the town work together. The Stour Singers performance of Haydn's The Creation not only served to demonstrate what a talent there is locally, but also the draw that the Town and our residents can muster to attract world renowned performers.

We are now well into 2019, and as well as wishing you all personally a happy and prosperous year, long may the successes we achieved last year in the town and our community continue and build during this coming year.

We have our main charity event coming up in February, the Masked Valentines' Ball on the 15th. I hope to see some of you at the Townsend Hall.

**Ian Cooper**

## Don't miss your chance to vote – register now

The next town and district council elections are due to take place in May 2019. To have your say, you need to be registered to vote.

If you've registered previously, you should have received a form asking you to confirm your details a few months ago. If you haven't voted previously, you can register online at [gov.uk/register-to-vote](http://gov.uk/register-to-vote). You must be 18 or over and will need to input your date of birth and National Insurance number (which can be found on your National Insurance card, or on official paperwork such as payslips, or letters about benefits or tax credits).

Registering to vote not only means you can have your say in elections, but can also help should you need to apply for credit since the register is also used by credit reference agencies to verify the residency of people applying for credit.

Did you know it is an offence not to complete and return the annual household enquiry form, or if you provide inaccurate or false information? Fines can be up to £1,000 so it's definitely paperwork worth prioritising.

For more information about local elections, visit [www.stratford.gov.uk](http://www.stratford.gov.uk) and search for 'elections'.

## Another new business opens in Shipston

2019 had only just begun when Shipston's latest new shop opened its doors. Virtually Vintage is a furniture shop selling hand painted furniture and Frenchic Paint and Wax. Based on Church Street, the shop sells a range of furniture and ornaments and also takes commissions.

Since opening on 4 January, the shop has seen lots of interest from new and existing customers – you can find out more about them at [www.facebook.com/ginnysvirtuallyvintage](http://www.facebook.com/ginnysvirtuallyvintage). They are open Thursday to Saturday 10am-4pm, or outside these hours by appointment.



## Have you considered becoming a town councillor?

With elections for the town council approaching in May, now is an ideal time to consider putting yourself forward as a potential candidate.

Following on from last month's Forum, the Forum caught up with Sheelagh Saunders and Martin Ferrier for their views on being a councillor.



### Sheelagh Saunders

If you are at all concerned about planning issues, open spaces and leisure facilities in Shipston and wish to have some influence in shaping your town for you and your family, then joining the town council gives you that opportunity.

We're very keen to see more people come forward for election. New blood is always refreshing for any organisation and we also know that some current councillors will be standing down, so there will be vacancies.

Being a councillor isn't all plain sailing. The town council receives a lot of criticism on social media, but if you don't feel we are focusing on what residents want, then it is time to step forward and do your bit for your community. We particularly need more younger councillors to represent the views

of different age groups.

### Martin Ferrier

I joined the town council six years ago, mainly because I wanted to help the council adopt a more constructive approach to working with developers.



I have been heavily involved in the Planning Working Group which has been both fulfilling and challenging, requiring the development of lots of new skills. In recent years I have learned a great deal about flooding, planning regulations, district and county council processes and working with developers.

Planning takes up a considerable amount of the council's time, although recent changes should see that reducing as we now have specialist input from a planning consultant. Nevertheless, patience, attention to detail, a willingness to learn new things and the ability to keep detailed records are all very useful skills for planning.

I'm stepping down to pursue other interests and hope to see the council attract new and tenacious individuals to represent the town.

## News from Shipston Town Council's January meeting

### Hot topics:

**Meaningful street names:** Having been shown an example from another area, the town council will request that, where appropriate, a statement is added to new street name signs to explain that the road is named after a fallen soldier from the town.

**A Royal invitation:** Ronnie Murphy has been nominated by councillors to represent Shipston Town Council at a forthcoming Royal Garden Party.

**Pettiphers Garage update:** Stratford District Council has been waiting for a flood risk assessment in relation to the application for a Tesco Metro store with flats above. The council has indicated that if the assessment is not received within the next month, the application will be closed. The agent would then need to reapply for planning permission.

Sheelagh Saunders requested that a risk assessment be conducted on the current site as there are signs of decay. The Clerk will raise this with the district council with a view to ensuring the site remains safe.

**Condolences for Polish Mayor:** Sheelagh Saunders expressed condolences to the family of the Mayor of Gdansk who was murdered at a public event recently.

**Oldbutt Road issues:** Brian Cooper is following up with the developer regarding work undertaken at Oldbutt Road which hasn't been fully completed yet.

**Christmas Day congratulations:** Jackie led the congratulations to the Community Christmas Lunch team. Councillors commented on how lovely it was to see so many giving up their time on Christmas Day for the benefit of others. Shipston Town Band was also thanked for spreading Christmas cheer when they visited Rainbow Fields, Low Furlong and the Ellen Badger Hospital before finishing up at the Christmas Day Lunch. Thanks were expressed to Shipston Rotary for helping Father Christmas tour the town in the run up to Christmas Day.

**Mud hazard:** Ian Cooper alerted councillors to continuing problems with mud on the Campden Road which has become quite slippery. The Town Clerk will write to the developers to suggest the sites employ a wheel washing policy to prevent mud getting onto the roads.

**Parking standards under review:** Stratford District Council has reviewed its parking standards which are now out for consultation. These standards include rules relating to the number of parking spaces required for new developments.

**Office conversion:** The town council has not objected to proposals to convert offices at 13-15 High Street to one apartment but has requested that any changes comply with emerging parking standards.

### Campaigning for Shipston:

**Foul problem on the rise:** Councillors are concerned about increasing reports of dog fouling affecting residential streets,

especially around Tilemans Lane, Berry Avenue and Queen's Avenue. The council will seek action from the CCTV group for evidence to prosecute offenders.



**Playground improvements:** Peter White echoed concerns raised by local residents about the state of playground equipment, particularly at the Sports and Social Club. The General Purposes Working Group has been trying for some time to find a local company that can provide a repair service. This is now the group's number one priority and the aim is to have all the playground repairs completed this year.

**Portabello crossroads:** Jo Barker confirmed that Highways is due to be starting the tendering process at the end of January to enable the works to go ahead. In addition to the traffic lights, discussions are also being had regarding potential for a protected area for cyclists and a reduced speed limit.

**South Lynn House Appeal:** The outcome of the appeal against the first planning application on the South Lynn site for a residential home is expected on or before 1 February.

**Adopting open space at The Ridgeway:** Shipston Town Council has received details of the proposed Section 106 agreement covering the open space due to be transferred to the town council as part of the application. The town council will need to agree to the terms in the agreement and understand the ramifications, including related covenants affecting the land and costs associated with installing fencing and planting. Martin Ferrier has been through the document and pulled together a list of questions to discuss with the town council's planning advisor before seeking formal legal advice. The town council's legal costs are to be met by the developer.

The Planning Working Group will also clarify the timescales for responding to the s106 proposals.

### Town Council business:

**Cemetery changes:** Councillors have accepted changes to the cemetery rules and fees following a review. Fees are being increased and the rules clarified. Councillors also plan to install a tranquillity garden at the cemetery, subject to funding. A bid has been put forward to the Finance Working Group.

**Wall repair:** A contractor is now ready to fix the church wall once permission to go ahead has been received from the diocese.

**Heritage funding:** The Heritage and Leisure Projects working group has sought advice from the heritage development officer for Warwickshire re applying for Heritage Lottery funding. HALP has applied to the Finance Working Group for money to pay for a professional bid writer/consultant to support with the riverside project bid.

## Tickets now on sale for the Mayor's Ball

This month will see Shipston host the Mayor's Valentine Masked Ball in aid of local youth charities. The event takes place on Friday 15th February at the Townsend Hall.

The Ball is open to everyone and the Mayor is looking forward to seeing the Townsend Hall full of residents and visitors in their finery. Wearing masks is optional but adds a bit of fun and mystery to the evening – this could be your perfect chance to adopt a completely new persona!

Tickets cost £40, including a glass of fizz on arrival and a four course meal with wine. Entertainment will be provided by the brilliant Champagne Charlie and the Bubbly Boys.

To maximise the money raised, the Mayor is keen to hear from any local companies willing to sponsor the event or buy a table. There are also opportunities to donate to the charity raffle and auction. All proceeds will go to support the Mayor's charities to support youth projects in the town.

Mayor, Ian Cooper, said: "It's been a long time since the Town Council has organised a charity ball for Shipston. There's a lot of work going on behind the scenes to make sure it's an evening to remember which will also benefit



the town's younger residents."

To book tickets or discuss sponsorship, please contact the Town Clerk on [clerk@shipstononline.org](mailto:clerk@shipstononline.org)

## Shipston Rotary to 'paint' St Edmund's purple to raise awareness of polio

Shipston Rotary has a special awareness-raising event planned to highlight its Purple4 Polio Campaign on Rotary Day, Saturday 23rd February. The group will be lighting St. Edmund's Church in a purple glow throughout the weekend, while visitors and residents will be invited for coffee and refreshments in Church between 10am and 12noon to find out more about the campaign.

When a child receives their life saving polio drops on mass polio immunisation days their little finger is painted purple so that it is clear that they have received their life saving vaccine. In recognition Shipston Rotary will be offering to paint children's little fingernails with purple nail varnish during the event.

Rotarians Bob and Cath Armstrong will be on hand to show pictures and talk about their experiences administering the vital Polio vaccine to children in India on immunisation day (pictured below).

Polio was eradicated in the UK in the 1980s but there was a time when it presented a real threat. In 1957, approximately 100 people were infected during an outbreak in Coventry. Some Shipston residents can still recall cases of polio affecting people in our Town. Although preventable, there is no cure for polio and it can have devastating consequences.

For over 30 years Rotary has been committed to fighting to eradicate polio across the world – and Shipston Rotary has been actively involved over the years.

Rotary's pledge for a polio free world was made in 1985 when there were 125 polio endemic countries and hundreds of new cases every single day. Rotary and its partners have helped to reduce the number of cases of polio from 350,000 cases annually down to 31 cases in 2018. There are now just three countries still classed as endemic: Pakistan, Nigeria and Afghanistan. To finish the job, over two billion doses of oral polio vaccine have to be administered every year in over 60 Countries until the world is finally polio free.

Rotary has committed to continue raising over

£39.2 million each year until 2020 and has contributed £1.3 billion in total to date, including the generous pledge by the Bill and Melinda Gates Foundation to match fund all money raised by two to one until 2020.

Rotarian, Fay Ivens, said, "Purple4Polio is one of Rotary's most important campaigns, which will be recognised by 35,000 Clubs worldwide over the weekend of the 23/24 February. We will be selling Purple Crocus brooches in the town centre on Saturday morning and look forward to seeing the crocus beds in town in flower during the coming weeks to further highlight the campaign".



## A great big thank you for the Shipston Community Christmas Lunch

Shipston once again hosted a Christmas party to remember for those who would otherwise be alone on Christmas Day. Now in its third year, volunteers were out in force once again to create a memorable day for everyone.

Approximately 150 joined the celebrations, 100 of whom would otherwise have been alone. The tables were laid for 90 people, with some eating on the go as they were busy getting stuck in to help. A winning combination of music from the Town Band, wonderful food and drink, a raffle, presents and Father Christmas resulted in a day of celebration.

The event has grown in popularity so much that it has been putting Shipston on the Midlands map. A few days before Christmas, BBC Midlands News features a piece about the Community Christmas, including an interview with lead organiser, Tessa Hince, recorded in the town centre. The lunch attracted people from Banbury, Chipping Campden and Stratford as well as residents from Shipston.

One guest wrote to say "Thank you very much for making a cloudy day a sunny day, I really enjoyed myself and the company".

Another said "This was my first Christmas without my husband and I wanted to say how amazing it was and how much of a great time I had."

One guest was seen leaving with another - they actually live close to each other in Shipston but had never met.

Tessa Hince, said:

"I would love to thank the members of our committee, Kate King and Russell Critchlow who put so much work into the organisation in the run up to the day. Alex Clarke spent four days in the hall



decorating it and making it look absolute fantastic! A special mention must go to Nicola Hazleton who baked some sausage rolls for the team setting up and brought them down for us!

"Chefs June Empson, Andy Lipp and Dan Scobie made sure the three course traditional dinner went out without a hitch. One lady told me it was to the standard of high-end restaurant food!"

But the thank yous don't end there.

"I would really like to say a huge thank you to the community of Shipston that rallied around and made the event possible." Tessa added.

Particular thanks go to:

Kate Judd for providing many items from the event's shopping list and Mark Davies for providing the turkeys.

Local businesses for their donations: Taste of the Country (soup), Turners (vegetables) and Meg Rivers Artisan Bakery (cake for dessert).

Huge thank you to Shipston Primary School for making



Christmas cards for the guests.

Lots of members of the community also baked fresh cakes and many donated raffle prizes and presents as well as decorations and Christmas trees!

The event was also supported by the Townsend Hall, Shipston Rotary Club, St George's Church in Darlingscote, Shipston High School, Hillers Farm Shop, Bookers in Warwick, Ivy Heart, E H Spencer, Venture 4x4, Station Road Garage, North Cotswold Brewery, Wendy Betteridge, Fosseyway Hire and Hilary Bryan Catering.

Mayor, Ian Cooper, said: "The extensive list of thank yous just shows how many people and businesses in our community are prepared to do their bit to help others. I thoroughly enjoyed joining the celebrations and I would like to add my thanks to everyone who contributed to making Shipston's Community Christmas Lunch another success – particularly Tessa and the organising committee."



## Shipston Scouts do their bit for the homeless



During the winter months, Shipston on Stour Scout group has been doing its bit for local charities, especially for homeless children in and around Banbury.

The Friday Scout pack took it upon themselves to find out about the sort of hardships that some unfortunate children go through at this time of year, here on our own doorstep. Many children, some very young, are sleeping rough on the streets of Banbury. So Shipston's Scouts chose two worthwhile charities to support that they know will make a difference: CentrePoint and the Banbury Young Homeless Project.

Firstly, the Scouts ran a soup kitchen

in their hut on New Street, where all were invited to go in and purchase soup and warm up. In addition, they also hosted an information centre explaining why they were running this activity, with Scouts and information boards around the room.

Later in the year, when the temperatures dropped, a group of Scouts slept rough in cardboard boxes. The two events together raised just under £700 for the chosen charities.

Scout leader Ian Fairbourn said that he is extremely proud and humbled by what his Scouts have achieved, and in true scouting fashion, they highlighted a problem local to us and did something about it.



## Women's rugby is on the rise in Shipston

There is no denying that girls' and women's rugby has enjoyed a huge surge in popularity in recent years, and is open to those who simply want to enjoy a team sport, through to those who want to play competitively at the highest level.

In September 2017 Shipston on Stour RFC took the decision to offer contact rugby for girls in school years 7 to 13 following the successful introduction of the sport within the local high school. In the club's first season they had 25 players register across the age range of under 13s (yrs 7 & 8), under 15s (yrs 9 & 10) and under 18s (yrs 11, 12 & 13). This season, 30 players have already signed up and the club is keen to extend that

further.

The team meets at the Rugby Club every Wednesday evening 6–7pm and Sunday morning 10am – 12pm. Matches and festivals are regularly played on Sunday morning or afternoon at clubs around Warwickshire and are supported by a RFU community development coach.

Playing locally has already led to wider success for many players. In its first season the club had three players make it into the first ever Warwickshire U15s county team, six players were accepted into the Worcester Centre of Excellence and one player joined Worcester Valkyries. So far this season one player has been accepted into the Centre of Excellence and several players are awaiting attendance at county trials for U15s and a newly formed U18s later in January.

The club offers a friendly, welcoming and relaxed approach with the emphasis on engagement and fun rather than ability. However, training

sessions can be tailored for those wishing to progress further in the sport.



Club Manager, Leanne Leahy, said: "Not only are we looking for players but also anyone interested in coaching on a casual level or anyone wishing to support with the growth of our developing players."



The club and the RFU offer full support and training for coaches on all levels. All you need is passion and between one and four hours a week available."

If you are interested in joining the team or just coming along for a few trial sessions, please contact Leanne on 07969 687709 or [girls.rugby@shipstonrugbyclub.co.uk](mailto:girls.rugby@shipstonrugbyclub.co.uk)



**MONDAY**

**Citizens Advice:**

Mornings, New Clark House.  
To book call 01789 200136

**Shipston Duplicate**

**Bridge Club:** 6.45pm for  
7pm, Catholic Church Hall.  
Penny Law 663871

**Shipston Baby & Toddler**

**Group:** Term time only. 9.30-  
11am, Scout Hut. Contact  
shipstontoddlers@gmail.com

**Knitting & Crochet Club:**

7-9pm at Low Furlong.  
Contact Julie Pardoe 07956  
180989 or Facebook 'Shipston  
knitting and crochet group'.

**Shipston Badminton Club:**

Townsend Hall, 7:30pm

**TUESDAY**

**Yoga for all abilities:**

9.30am-11am Catholic Church  
Hall. Contact Lee Figures  
665995 / 07526 575969

**Stroke Club:** Fortnightly

10am-12pm The House of  
Bread Retreat at The Mill,  
Burmington

**Rhyme time for under 2s:**

10.45am Shipston Library. Free.

**Age Concern Lunch Club**

at Stour Court. Stella 686224

**Silver Surfer Computer**

**Lessons,** Shipston Library  
2pm. Free. Booking essential.  
0300 5558171

**Lego Club for children aged**

**6+:** 2nd and 4th Tuesdays,  
3:30pm-4:30pm Shipston  
Library. Free. Children must  
be accompanied by an adult.  
Contact: Shipston Library  
0300 555 8171

**Bingo:** Alternate Tuesdays.  
Doors open 6.30pm. Sheldon  
Bosley Hub. 661886

**Shipston on Stour**

**Rotarians:** The White Bear,  
7.30pm. Adrian Ramskill  
07976 566525

**Cantamus:** 7.30-9.30pm,  
Catholic Parish Hall. Richard  
Emms 662163.

**WEDNESDAY**

**Coffee at St Edmunds**

**Church:** 10:30am – 12pm.

**U3A Chicago Bridge:**

Social Bridge 2pm-4.30pm,  
Catholic Church Hall, Roger  
Smith on 238400.

**Stour Valley Probus:**

alternate Wednesdays at  
10am, The George in Brailles.  
Roger Smith on 01608 238400.

**THURSDAY**

**Little Fishes:** 9:45-11:15 am,  
Townsend Hall. Baby and  
toddler group run by Stour  
Valley Baptist Church. £2 per  
child. 50p siblings. (Term time)

**Shipston Stitchers:**

alternate Thursdays 10am  
3pm Catholic Church. Contact  
Kath Cheshire on 663486.

**Active Memory Group:** 3rd  
Thursday, 10am - 12noon.  
Contact Alyson Spence 01608  
661703 or 07725 892087

**Story Stomp:** Shipston

Library, 11.30-12pm.  
FREE For children aged 2-4.

**Age Concern Lunch**

**Club:** Alternate Thursdays.  
Gill Roach on 01295 680309  
or Pauline Carr on 01386  
700703

**Safer Neighbourhood**

**Team:** Fortnightly. Public  
surgery, 2.30pm to 3pm. New  
Clark House.

**U3A Table Tennis.** Thursdays  
2pm - 3pm at the Townsend

Hall. (five tables) See  
Shipston U3A website or  
contact Dave 07973 256198

**The Thursday Club:** 2pm-  
4pm, Shipston Library. Free  
weekly drop-in session for  
adults. Board games, puzzles,  
colouring, crafts. Tea/biscuits.

**Stour Singers - Choral**

**Society:** 7.30 - 9.30pm  
Primary School Hall. Yvonne  
Ridley 01789 269587.

**Shipston Badminton Club:**

Townsend Hall, 7:30pm

**Yoga for all abilities:**

5.45-7pm. Catholic Church  
Hall. Contact Lee Figures  
665995 / 07526 575969

**Shipston Archers:** Indoor

shooting at Shipston High  
School on Thursday evenings,  
from 6pm until 8pm until the  
end of March. Contact 07795  
632718 or 01608 664646.

**FRIDAY**

**Walks** with a friendly group.  
Old Mill car park at 10am.

Contact: Marlene, 663616

**Shipston Probus:** alternate

Fridays. Shipston Sports Club,  
Contact Nick 01608 662928

**Age Concern Lunch Club**  
at Stour Court. Call June on  
684218

**Sit and get Fit:** (formerly  
called Exercise for the  
Elderly). Catholic Church,  
Darlingscote Road, Shipston,  
10.30am - 12.30pm. Alternate  
Fridays. Contact Ann Smith  
01608 238400

**Knitting & Crochet Club:**

2-5pm, Rainbow Fields.  
Contact Julie Pardoe 07956  
180989

**Bingo Night at Rainbow**

**Fields:** Doors open 6.30pm.  
Contact Ruth Keyte 661382

**SATURDAY**

**Chatterbooks:** 10:30am –  
12pm, Shipston Library. Free  
monthly drop-in session.  
Suitable for ages 6-11.  
Typically second Saturday but  
please enquire.

**Shipston Archers:** Brailles

Village Hall, 1pm till dark,  
weather permitting. Beginners  
welcome. Contact 07795  
632718 or 664646

**February Diary**

**Jan 31st - Feb 2nd**

**Shipston Amateur Dramatics: Ali Baba and the Forty Thieves:**

Townsend Hall, Shipston. Evening performances 7.30pm Saturday  
matinee 2.30pm. Tickets – Adults £8, Children £5, available from John  
Lyne Home Hardware or on the door. Children in fancy dress at the  
matinee will receive a treat

**2 Shipston Town Council Monthly Litter Pick:** All welcome. Meet at  
New Clark House, West Street at 10am. Equipment and refreshments  
provided. Contact: Fay Ivens 662133 or fayivens@aol.com

**4 Stour Valley Visually Impaired Group:** The Quakers by Roger  
Matthews. Contact: Shirley Pilkington 662684

**6 Shipston Widows:** Local lunch. 12pm. Contact: Barbara Bean 663230

**Stratford Time Bank: Shipston Social Meeting:** 1.30pm-3pm,  
Community Room at Stour Court. Everyone welcome

**Shipston-on-Stour Women's Institute:** Musical history trip through the  
19th Century by Steve Allen. 7pm, Catholic Church Hall, Darlingscote  
Road. Contact: Jane Hanks 664519

**Chronic Pain Support Group:** 7.30pm, Rainbow Fields. Contact  
Marianne Westwood 01608 662223

**8 Rural Cinema: Children Act.** See ad on page 9

**11 Holiday at Home:** See ad on page 9

**Shipston Town Council Monthly Meeting:** 7pm, New Clark House. All  
welcome. Contact: Georgina Beaumont 662180

**Stour Valley Lions Monthly Business Meeting:** 7.30pm, The White Bear  
Function Room, Shipston. Visitors welcome. Contact Membership Officer  
Lion Paul Garfield on 07828 589564 or email paulgarfield@icloud.com

**13 Shipston and District Gardening Club:** Fuchsia Propagation and  
General Care by Arthur and Nancy Phillips. 7.30pm, Catholic Church Hall,  
Darlingscote Road, Shipston-on-Stour. Further details from the secretary  
Tony Mitchell, tel. 01608 666933

**15 Stour Valley Carers Group: Supporting Dementia Carers:** 10.30am-

12pm, Ellen Badger Hospital (using the Day Unit entrance). A friendly  
welcome for all visitors. Contact: Carol Ruthven 662706 or Lizzy Feather  
686013

**Singing Down Memory Lane:** Reminiscence Songs for people with  
memory problems. 2pm -3.30pm at Stour Court Community Lounge, Old  
Road. Refreshments provided. Contact: Barbara Smith 01608 662433.  
See ad on page 10.

**Royal British Legion: Social.** A social gathering of serving and ex-  
service members of HM Armed Forces at 1930 hrs in the White Bear. If  
you miss the comradeship and friendly banter of your service days, do  
come and take part. Contact Alex Black 01608 664743

**Shipston Music Society:** See ad on page 8

**The Mayor's Valentine Masked Ball:** See ad on page 16

**16 St Edmund's Coffee Morning:** See ad on page 9

**17 Rural Cinema Matinee: Sleeping Beauty** see ad on page 9

**18 Stour Valley Visually Impaired Group:** Insight to Out of Sight by Colin  
Locke. Contact: Shirley Pilkington 662684

**20 Shipston Widows:** Join us for a friendly and informal get-together.  
10.30am - 12pm, Coach & Horses. For further information, contact  
Barbara Bean on 663230

**Shipston Proms Meeting:** 7.30pm every third Wednesday, White Bear.  
New members welcome. Email: shipstonproms@gmail.com

**23 Purple4Polio event at St Edmunds:** See page 4 for details

**Ekica Revival – An Evening of Prayer & Praise with Music From REVIVAL**  
“Living Our Faith on the Frontline”. 7pm-9pm, St Edmund's Church,  
Shipston. Tickets £5 - available on the door or in advance from Ivy Heart,  
Shipston. Supporting EKICA School in Tanzania. See ad on page 10.

**26 Shipston U3A:** See ad on page 8

**27 Shipston and District Literary Society:** Post WW2 Poets, Jack Clemo  
and Charles Tomlinson by Peter Larkin. 7:30pm, The White Bear.  
Members £15pa, Non-members: £4. All welcome. Contact Helen Marshall  
01789 740773

## Shipston Town Council Annual Town Meeting



All residents are invited to  
attend the

**Annual Town Meeting  
on 9th April 2019 at 7pm**

**NEW VENUE: Townsend Hall.**

The Shipston Award will be  
presented at the meeting.

*All welcome*

For more information, contact the town clerk  
on 01608 662180 or [clerk@shipstononline.org](mailto:clerk@shipstononline.org)

All community groups are invited to submit  
annual reports for inclusion in the meeting  
booklet. Please email submissions to [clerk@shipstononline.org](mailto:clerk@shipstononline.org) by 15th March 2019



**Learn, Laugh, Live**

**TUESDAY 26 FEBRUARY, 2019  
2 pm TOWNSEND HALL,**



## 'MILESTONES'

**FINDING THE WAY**

The story of the restoration of six  
nationally unique historic mileposts

Talk by Mike Buxton with contributions  
by Mervyn Benfield

**Visitors are welcome  
Entry including refreshments £2**

## Sit and Get Fit!



**Build balance and stamina  
Increase physical strength  
Keep Independent**

Join us for a fun, gentle exercise session  
and stay for tea and biscuits, for a chat  
and to make new friends.

We meet at the Catholic Church, Darlingscote Road,  
Shipston on Stour, CV36 4GF  
(plenty of parking)

**Alternate Fridays from 4<sup>th</sup> January 2019  
Between 10.30am and 12.30pm.**

£5 per session, discount if paid in advance

Contact **Ann Smith** on **01608 238400** to book a place  
or for more information (limited numbers)  
or email [hello@vasa.org.uk](mailto:hello@vasa.org.uk)



**We'll gather lilacs ...  
a look at the music of  
Ivor Novello & his contemporaries**



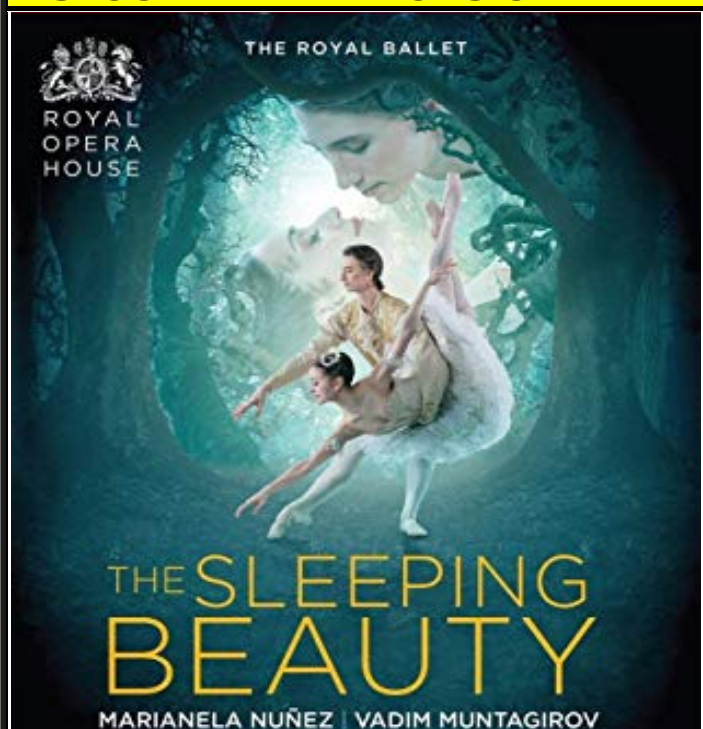
**with  
Maria Jagusz & the singers of MJ-UK**

The Methodist Church  
New Street, Shipston on Stour  
Friday 15<sup>th</sup> February 2019,  
7.30pm

Guests £8.00 - Students £3.00  
Accompanied Children free  
New Members always welcome  
More information: 01608 662514

Registered Charity No: 1146459 (England)

## STOUR VALLEY LIONS CINEMA



MARIANELA NUÑEZ | VADIM MUNTAGIROV

### TOWNSEND HALL,

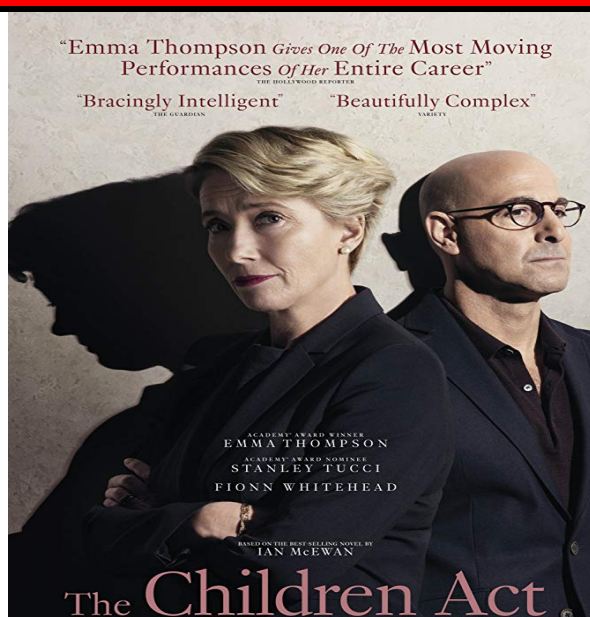
**SUNDAY 17<sup>TH</sup> February, 2019 at 2.30 pm**

Tickets Adult £6.00 Child £4 (includes afternoon tea).  
Please purchase before the day for catering purposes.

from:-

A. Clarke Electrical, 27 High Street, Shipston On Stour or  
Lion Judith Jackson. Tel: 01608 661148

## STOUR VALLEY LION'S CINEMA



As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on a religious principle. Certificate 12A.

### SHIPSTON HIGH SCHOOL, FRIDAY 8<sup>th</sup> February 2019 at 7.00 pm

**Advance Tickets £3.50 or £4 on the door.**

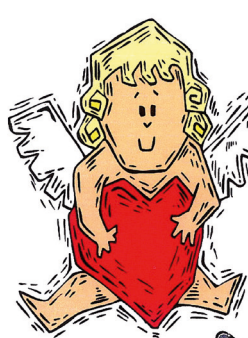
From: A. Clarke Electrical, 27 High Street, Shipston On Stour.

Lion Judith Jackson. Tel: 01608 661148

Interval for refreshments, drinks and snacks.

Disabled toilet and wheelchair access.

## COFFEE MORNING St. EDMUND'S CHURCH



RAFFLE  
BRING AND BUY  
CAKES FOR HALF TERM

**16<sup>th</sup> FEBRUARY**  
**10 till 12**

## Come to Shipston's own Holiday at Home



on

**Monday February 11th 10am-3pm**

Activities, games, quizzes and  
entertainment for over 65s

**Townsend Hall Shipston on Stour**

Costs £7 for the day,

including lunch & refreshments.

To reserve your place contact



Rosemary 01608 662584

Jude 01608 663779



Organised by Christians Together in Shipston

Singing

**DOWN MEMORY LANE**

2019

Come along and join in with the singing  
for people with memory problems and their carers



2.00 – 3.30pm

Community Lounge, Stour Court, Old Road, Shipston

Refreshments provided

(Transport may be available, contact VASA 01789 262889 option 1 (or [transport@vasa.org.uk](mailto:transport@vasa.org.uk))  
at least 3 working days in advance to book)

Contact: Barbara Smith 01608 662433

Friday 18 <sup>th</sup> January	Friday 15 <sup>th</sup> February	Friday 15 <sup>th</sup> March	Friday 19 <sup>th</sup> April
Friday 17 <sup>th</sup> May	Friday 21 <sup>st</sup> June	Friday 19 <sup>th</sup> July	Friday 16 <sup>th</sup> August
Friday 20 <sup>th</sup> September	Friday 18 <sup>th</sup> October	Friday 15 <sup>th</sup> November	Friday 13 <sup>th</sup> December

*Shipston On Stour – a Dementia Friendly Community*

An Evening of Prayer &amp; Praise

With Music From REVIVAL

*"Living Our Faith On The Frontline"*

On Saturday 23 February 2019

7pm-9pm

**St Edmunds Parish Church****Shipston on Stour****CV36 4AP****Tickets £5 - Available on the Door****Or in advance from Ivy Heart, Shipston**

Supporting EKICA School in Tanzania

**REVIVAL**

@ekicatrust

Contact us: [ekicatrust@gmail.com](mailto:ekicatrust@gmail.com)

@Elica Fundraising

## Shipston Town Council Annual Civic Service



28th April 2019

Details to be confirmed  
in the March issue.



## SHIPSTON TOWN COUNCIL WOULD LIKE YOUR NOMINATIONS FOR THE 2019 SHIPSTON AWARD FOR VOLUNTARY COMMUNITY SERVICE

IF YOU KNOW SOMEONE WHO YOU BELIEVE IS WORTHY OF THIS AWARD,  
PLEASE SUBMIT THIS FORM TO THE TOWN CLERK:

Your Name: \_\_\_\_\_

Your address: \_\_\_\_\_

Person you are nominating: \_\_\_\_\_

Why you feel they should win the award: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please include contact details for the person you are nominating where possible. Please send your form to: The Town Clerk, New Clark House, West Street, Shipston CV36 4HD. Alternatively, you can email your nominations to [clerk@shipstononline.org](mailto:clerk@shipstononline.org). Nominations must be received by **4 March 2019**.

## Shipston Primary School

Shipston On Stour Primary School



### Arctic Explorers Day

At the start of the explorer day, we got into groups and then Simon (the explorer) first talked to us all about the Arctic and Antarctica, explaining about the weather and the geography. He suggested that we have a group exercise- a world map that we wrote our knowledge about the Arctic and Antarctica on. After that, he told us about his journeys to the Arctic and Antarctica. He showed us a range of interesting photos and videos of his adventures around the world and told us some fascinating stories about his expeditions.



As teamwork is so important on expeditions, we worked in groups to build wooden barrels into a pyramid and then a tower to test our communication skills. Later on in the day, we also had a competition to see who could fit their whole team through a rope hoop the fastest, which was very fun.

After break, the explorer told us history facts about famous explorers (Captain Scott and Sir Ernest Shackleton). Then he taught us all about the wildlife in the Arctic and Antarctica and how different animals have adapted to survive in their environment.

Coming back from lunch, he explained about the northern lights and the southern lights. He showed us gory, horrifying pictures of dangers in these areas, such as frostbite. Even though it was gruesome, we were excited to see the frostbite as well as the photos of fingers chopped off! Then, three students got chosen to dress up in specialist clothes to help survive in the extreme coldness. While Simon was telling students other facts, the chosen students were having their photo taken on green screen.

We really enjoyed the explorer day because it was so much fun and we learned so much about our 'Frozen Kingdom' topic. We are now looking forward to the rest of the term as we have so

much knowledge.

*By Chiara and Iris (Year 6)*

### Primary Maths Challenge

During November a group of Year 6 children took part in the national Primary Maths Challenge. Four children from our school will be taking part in the Bonus Round of the competition in February, proving that we have some very able mathematicians at Shipston Primary School.

Congratulations to all the children who were awarded bronze, silver and gold certificates.



Shipston Primary School was also the regional winner of the Explore Learning Young Mathematician of the Year Award for the second year running.

### Reading Millionaires Club

The children pictured are part of a prestigious group of readers at our school. They have all read at least 1,000,000 words during the Autumn term from the Accelerated Reader quizzes that they have taken and passed.



Accelerated Reader records the word count of all quizzes passed.

Children are enthused by the challenge of reaching – or even exceeding – this illustrious target. It's amazing to have so many children as reading millionaires only a third of the way through the year – we usually present these special certificates in July, never in December!

## Shipston High School By Gavin Saunders, Headteacher

Shipston High School students have been busy through the start of 2019. Our under 14 football team travelled to Surrey for a match in January having reached the last 16 of the ESFA national cup. The boys played well and in good spirit, and whilst the other team won the day, Shipston can be extremely proud of progressing so far in the competition. Our students consistently shine in such national contests, showing real commitment and resilience. Well done to the team.



These qualities are also on display in the academic life of the school. This is true for students of all ages but especially for year 11, who are now well on their way towards their final examinations. The main method of assessment for GCSEs remains examinations in the summer, and these begin in May.

To help candidates know what lies ahead, we run mock examinations in December. In recent years we have established a mock exam results day in January, reflecting the real results day in August where results are published together and collected by students from the school hall at an appointed time. This created

a real sense of occasion, and enabled students to feel the same anticipation that accompanies the final results.

The mock results day was a really positive event, allowing students to celebrate their successes and plan for any areas of improvement. There was much to celebrate with many securing grades that are encouraging for the final results. All agreed that the process helped provide the right focus and sense of purpose for the final weeks of preparation when Year 11 will be pushing themselves to equal or exceed their mock results.

For me, the example that students set for each other is one of the strengths of Shipston High School. A real pleasure this term has been seeing how students get involved in activities that enable all ages in the school to work together. Extracurricular activities, house assemblies, and wider friendships often see young people collaborating outside their own year group. It is this that creates and sustains our sense of community. The school is successful because the students are at the centre of our work. Next month, many families will be find out which secondary school their children will attend in the coming autumn; I am sure that children coming to Shipston High in September 2019 will be eager to add their own contribution to our thriving community.



## Rotary Trolley Dash

The lucky winner of the Co Op trolley dash was Andrew Simpkins who managed to collect £200 worth of food during his two minute dash around the store.



Shipston Rotary wish to thank John Adams, Manager of Shipston Co Op, for so generously sponsoring the trolley. This has enabled Shipston Rotary to raise £730 for local Charities and Good Causes.

Many thanks to everyone who bought tickets for the Trolley Dash at the Co Op and at the Victorian Evening.



From right: Rotarian Fay Ivens, organiser; winner, Andrew Simpkins; Co OP Assistant Manager, William Ellis, Sue Simpkins (Andrew's mum)

## Shipston Proms

It has been an exciting couple of months behind the scenes, with 80% of the acts already sorted as we continue to build the programme for Proms fortnight in June. We will be organising the Saturday Night Music Trail over the next couple of months so if you are a musician or venue and would like to be involved then contact us at [shipstonproms@gmail.com](mailto:shipstonproms@gmail.com).



The Proms reputation continues to spread far and wide. At a recent party one of our committee members met somebody from the north of Birmingham who had made a special effort to attend last year's Final Night having heard how brilliant it was from a friend. At the end of the evening he was in total agreement!

With this in mind, The Fame Contest is there for soloists, duos and bands who would like to get their names known and play in front of a very, large crowd. Please contact us on social media or by email if you would like more details. It is definitely worth it judging by the success of previous winners including Laurence Johnson, Joe Jury and Jack Blackman.

The Last Night of the Proms will start at the usual early evening time on Saturday 29th. See next month's Forum for further updates.

Last but not least, we would not have such an extensive programme without the help of our business sponsors and individuals and families who become Friends of the Proms. Please do get in touch if you would like to get involved. There are a variety of sponsorship packages to suit all budgets.

All details for the Shipston Proms can be found on our website [shipstonproms.org](http://shipstonproms.org), or on Twitter and Facebook.

## Shipston-On-Stour Women's Institute



The first meeting of 2019 held on 2nd January brought members together after the Christmas and New Year revels for an uproarious evening auctioning all the bric-a-brac that had been accumulated in dark corners over the past twelve months and, in particular, during the past fortnight.

Our stalwart auctioneer, Mal Lawrence, gamely ploughed through the assorted items and coaxed members to prise open their purses. A goodly sum was raised for Branch funds and members carried home their booty wondering what on earth they were going to do with it. Doubtless many items will resurface during the year as raffle prizes at the various organisations with which Shipston is blessed!

A very interesting programme has been drawn up for 2019 which offers subjects as various as nature reserves on railway lines to a talk on the stones of Warwick Castle. The President, Carole Turner, welcomed a new member. The Secretary, Jane Hanks, showed members the photographic record of 2018 she made which is being entered in a WI competition. The album is cleverly folded so that it opens like a book but unfolds into a large sheet displaying all the photographs of Branch activities. Hopefully, it will do well.

Our next meeting is on Wednesday, 6th February at 7pm in the Catholic Church Hall, Darlingscote Road. The subject will be Musical History Trip Through the 19th Century given by Steve Allen. Visitors are assured of a friendly welcome.

## A Badger's Eye View

Shipston is a great place to live. Most of us - including those in the outlying villages - think and say so and it is always satisfying when such a view is endorsed by the Sunday Times.

There is no doubt Shipston has a general sense of real community. It is also the size which makes possible some great social initiatives and Shipston has so many: Alzheimers, the Visually Impaired, Stroke, Breast Cancer support, Shipston Home Nursing and SCAN (Senior Citizens Action Network) among a plethora of other organisations - all working to improve health and wellbeing for pretty much everyone in the town.

Some years ago a national initiative was launched called "Healthy Cities" It undertook a range of exercise, regulatory and lifestyle initiatives to improve life in urban centres. With the opportunities to develop the Badger (and hopefully the Medical Practice) it would be good to think that Shipston is ready to commit to a similar initiative to establish itself as a "Healthy Town".

The Public Health policies adopted locally can make a great difference to our wellbeing. Although life expectancy has so greatly increased in the last fifty years the age at which people start to suffer illness and disability has remained pretty constant. So people live longer but do so longer in pain and impairment.

We hope the new Ellen Badger will not only treat those with illness but will also become a "wellness hub" able to address the causes of ill health before they impact on people's lives. That's a great goal and there's a lot of good evidence that can guide us in deciding what we can do.

Bryan Stoten  
Chair, League of Friends of Shipston Hospitals

## Readers' Letters

*Letter to the Editor (name and address withheld)*

I am a dog lover, but after a lovely Christmas lunch we decided to take our guests for a walk into town and I was absolutely disgusted at some dog owning Shipston residents who had allowed their dogs to poop and not clear it up. Come on those people, have a bit more pride in our beautiful town. It really is disgusting, one pile was left under a lamp post which carried a sign to clean it up. Maybe they should be banned from certain areas.

*Letter from Trevor Russel, Chair, Shipston SCAN*

Congratulations to Abigail Slatter on becoming Shipston's Youth Ambassador and to Mayor Ian Cooper for the appointment.

Abigail and her youth council have a big agenda to tackle and I'm sure they will receive the support of the whole town. SCAN is certainly ready to help in any way.

Equally, we would welcome young people's views on services for older people, and on how the generations can interact. We can learn a lot from each other.

## Age Concern Christmas Lunch

70 elderly residents and Volunteers from Shipston and the surrounding villages were treated to a Christmas Lunch at Rainbow Fields on Thursday 13th December by Age Concern Shipston and District.

These were the attendees and Volunteers at the 3 weekly Lunch Clubs run by Age Concern in Shipston, Tuesdays at Stour Court, Thursdays at Rainbow Fields and Fridays at Stour Court (currently seeking new Volunteer Team).

A very jolly time was had by all, thanks to the amazing catering skills of Beverley Webb and her team. It was also an opportunity to thank those Volunteers who give their time every week to provide an opportunity for residents to meet together in a convivial atmosphere sharing a nutritious lunch. In particular, thanks were given to retiring Volunteers Joyce Cull, Liz Batsford, Hilary Peachey, Diane Williams, June Empson and Kerry Sterland, some of whom have volunteered for over 20 years.

For details of the Lunch Clubs and how to join or Volunteer please contact Gill Roache 01295 680309 or Pauline Carr 01386 700703.

**AGE**  
*Concern*



## Stour Valley Lions



*From left: Pauline Austin (Stour Valley Lions (SVL) member), Jade Davison (friends of SVL), Paul Hollins (Ward Manager), Santa Claus (friends of SVL), Fran Stary (SVL Club President).*

The spirits were high on Christmas Morning at Ellen Badger hospital. The patients were smiling and laughing whilst being greeted by Santa and his Stour Valley Lions elves delivering presents. They were joined by the Ward Manager, Paul Hollins who was in full Christmas swing with the festive suit, beard, baubles and singing Christmas hat (pictured above).



### Townsend Hall 150 Club Draw

The January 100 club draw winners are:

Member no. 86	£15
Member no. 93	£10
Member no. 122	£5



Congratulations on a lucky start to the year!

## Stour Valley VIPs

Stour Valley VIPs is a club for blind and partially sighted people.

The Club have had a very successful year with many good speakers, entertainers and outings.

Our final outing for the year was our Christmas Lunch when 36 of us sat down to an excellent lunch at Newbold Village Hall provided by Beverley Webb and her team. Thank you Beverley. We had an excellent free raffle and a box of Marks and Spencer chocolate biscuits each from the club.

I'd like to thank the two Co op shops for the raffle prizes they donated.

We ended the celebration with carols from the Shipston Hand Bell Ringers who really started our Christmas spirit.

## District Council Update

**The District Budget:** At this time of year, it is time to set our budget and decide our precept for 2019/20. The final decision will be made on 25 February, but a draft budget was agreed and approved for consultation on 14 January. Final budget proposals are due to be published on 15 Feb.



Changes to Council Tax levels are restricted by HM Treasury, acting on behalf of the Government and the District Council Tax will rise by 1.5%. Your overall bill might differ from this as the District Council collects everybody's precept including the much larger County demand and the Council Tax for the police, all on one bill. The District Council keeps its little bit but the lion's share is sent on to others.

With more housing, the income from Council Tax is rising. Some of this will pay for extending basic services, like refuse collection, but other changes are proposed. The planning and housing services will be strengthened.

**Planning Policy:** The consultation last year on sections of the Development Requirements SPG has given rise to new proposals for off street parking standards. In Shipston, we get planning applications with inadequate off street parking. Case officers often dismiss this problem citing that residents are free to use SDC car parks in the town! The Town Council parking survey roundly disputes such an argument, showing just how little space is free for residents after workers and shoppers have parked their cars.

In future we will now have a policy position which means that prospective residents must have their own car parking provision on all new planning applications. About time too!

**Wedding:** I would like to congratulate the Town Mayor of Shipston, Cllr Ian Cooper on his recent marriage to the new Mrs Tina Cooper. Very best wishes to them both.

**Chris Saint, District Councillor – Shipston North Ward**

*Chris Saint & Jo Barker take it in turns to provide the content for this column.*

## County Council update

This week has been very full and busy! I started the week at Shipston Town Council where I gained a nice shopping list of queries to look into.



The Budget is going through at all levels of local government at the moment - I am sorry to say there will be rises - particularly for the police and adult social care. I think the time is coming when we will have to consider how much we expect from the state and how much from ourselves and our communities.

What's happening now? Portabello traffic lights - out to tender at the end of January; potholes - being filled; Stagecoach - being taken to task by colleagues over their (lack of) service; lorries - enquiry made as to length of time we will have 18 wheelers belting through Shipston; Children's Centre - slow progress I am afraid - but meeting providers in the next 2 weeks; grit bins being filled - if you find an empty one let me know!; Hanson Track - having seen photos of the bridleway from previous summers - I think it may well be time for a work party / local farmer to help / serious effort to be made. If anyone wants to help then we can put a team together - and I will ask for some WCC help (better still they might just do it!)

To end my week I visited the MASH (Multi Agency Safeguarding Hub) where social workers, police officers, family support workers and health workers work together in a call centre dealing with people who suffer from all kinds of abuse in the home or where there are safeguarding concerns elsewhere. I am fairly critical of some of our services (as you know) but I was really impressed with the group of professionals we have to wrap round people in trouble.

The message I take from this week is that we can all do something for those around us - whether you serve as a councillor as I do (and we are always looking for recruits) or in myriad other ways with your friends and family.

Still drinking coffee on Thursdays at the George!

**County Councillor, Jo Barker**

## Shipston Medical Centre

**Medical Centre – t: 01608 661845**

### Why it's good to move

Doing regular physical activity has a number of benefits for your health. It reduces the risk of developing heart disease or of having a stroke; it can lower your blood pressure and also reduces the risk of many cancers.

Additionally, exercise can help people with diabetes manage their condition or reduce the risk of getting type 2 diabetes. Exercise can also strengthen our bones and muscles.

All physical activity helps. Ideally we should be aiming for 30 minutes a day, but this can be a difficult goal for many of us to achieve, so aim to start with what you can do and build it up over time.

This might be walking a little further each day, walking upstairs more often, or making time to do some gentle

exercises whilst sitting in a chair (see <https://www.nhs.uk/live-well/exercise/sitting-exercises/> for suggestions).

Of course if you are more ambitious there are plenty of sports clubs, events and groups in the local area. The Parkrun initiative is now in Moreton in Marsh Fire College and Stratford's recreational ground. These are weekly timed 5k events every Saturday at 9am. The groups are friendly and it doesn't matter if you walk the whole way round at your own pace – there is always a 'tail-walker' so you are never the last person to finish!. Find out more at <http://www.parkrun.org.uk/>

There are lots of web resources, like the one mentioned above, to help you in starting to exercise regularly. For those starting out on their journey Public Health England's 'One You Active 10

Walk Tracker' smartphone app is a great way to track your walking and see when you are getting the most benefit.



Shipston Medical Centre

Don't forget to check out the various exercise clubs in Shipston, which range from gentle exercises and yoga through to aerobics, rugby and football.

## Your Town Councillors


**Ian Cooper, Mayor**
*Finance Group Chair*

t: 01608 663785

e: ian.cooper@shipstontowncouncil.org


**Dan Scobie, Deputy Mayor**

t: 07771 772511

e: dan.scobie@shipstontowncouncil.org


**Ronnie Murphy**
*Planning Group Chair*

t: 01608 664518

e: c/o clerk@shipstononline.org


**Alison Henderson**

t: 01608 661911

e: ali.henderson@shipstontowncouncil.org


**Brian Cooper**

t: 01608 663237

e: brian.cooper@shipstontowncouncil.org


**Martin Ferrier**

t: 07814 092134

e: martin.ferrier@shipstontowncouncil.org


**Brian Healey**

t: 07773 337134

e: brian.healey@shipstontowncouncil.org


**Fay Ivens**
*General Purposes Group Chair*

t: 01608 662133

e: c/o clerk@shipstononline.org


**Paul Rathkey**

t: 01608 664141

e: paul.rathkey@shipstontowncouncil.org


**Sheelagh Saunders**
*Heritage & Leisure Projects Group Chair*

t: 01608 662190/07800 889947

e: sheelagh.saunders@shipstontowncouncil.org


**Jackie Warner**

t: 07717 391234

e: jackie.warner@shipstontowncouncil.org


**Marianne Westwood**

t: 01608 662223

e: marianne.westwood@shipstontowncouncil.org


**Peter White**
*Communications Group Chair*

t: 07792 507168

e: peter.white@shipstontowncouncil.org

## 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 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
<b>Local police (non emergency)</b>	<b>101</b>
Shipston Police Safer Neighbourhood Team:	01789 444670
	shipston.snt@warwickshire.police.uk
<b>Churches of Shipston:</b>	
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

**Georgina Beaumont, Town Clerk**

t: 01608 662180 e: clerk@shipstononline.org

**County Council Contact:**
**Councillor Jo Barker**

t: 07748968712 e: jobarker@warwickshire.gov.uk

**District Council Contacts:**
**Councillor Jo Barker (Shipston South)**

t: 07748968712

e: jo.barker@stratford-dc.gov.uk

**Councillor Chris Saint (Shipston North)**

t: 01608 664048

e: chris.saint@stratford-dc.gov.uk



## Something exciting to share?

If you have a story that's relevant to Shipston residents, please contact the editor, Catherine Martin, on 01608 495955 or email: forum@shipstononline.org

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

**Forum copy deadline:**
**First Wednesday of the month**

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

Copies are available to read at the Library, New Clark House and the Medical Centre.

The Shipston Forum is produced monthly by the Town Council to support the community and is distributed to all households. If you don't receive a copy, please contact the Town Clerk. The Forum can also be downloaded from [www.shipstononline.org](http://www.shipstononline.org)

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.



# MAYOR'S VALENTINE MASKED BALL

Friday 15th February  
at the **Townsend Hall.**

**Tickets £40**

Four course meal with wine and fizz on arrival  
Entertainment from Champagne Charlie and the Bubbly Boys  
Funds raised will be for the Mayor's charities supporting  
Shipston Youth Projects

Dress Code: Black tie/Evening wear

Contact 01608 662180 for details and  
sponsorship opportunities