



## Shipston Town Council welcomes new Mayor and Councillors

The Annual General Meeting of Shipston Town Council saw the election of a new Mayor and Deputy Mayor for the town. It was also the first meeting for the four new councillors elected in May.

Dan Scobie was unanimously elected Mayor for 2019/20 - his second term in the role having previously chaired the council in 2017/18. Sheelagh Saunders was unanimously elected Deputy Mayor.

Stepping down from his Mayoral role, Ian Cooper thanked all those who had supported him over the past 12 months.

Ian said: "It has been an honour and a privilege to serve Shipston as Mayor. We have a strong and unified council. Although we have our own say and opinions, we act together which stands us in good stead."

Ian Cooper went on to thank fellow

councillors and former mayors for their support and guidance, as well as Rev Sarah Edmonds for her help with town events and ensuring civic dignitaries received a warm welcome.

The Town Clerk and Deputy Town Clerk were presented with flowers as a thank you for their work for the Mayor over the past year (below left).

Ian Cooper also recorded thanks to former district and county councillor, Chris Saint, for his hard work and support for Shipston over his many years in office. Chris stood down at the recent elections.

Dan Scobie congratulated Ian on a successful year as Mayor, which saw the town council strengthen links with young people in the town.

He went on to welcome the town's four new councillors - you can find out more about them on page 2.



Former Mayor, Ian Cooper (left) hands over the Mayoral chain to new Mayor, Dan Scobie



Town Crier, Marion Lowe (left) pictured with new Deputy Mayor, Sheelagh Saunders, and Mayor, Dan Scobie

## Shipston First Responders announced as 2019/20 Mayoral charity

Mayor, Dan Scobie, announced that his charity for the year will be Shipston First Responders (SFR).

SFR help West Midlands Ambulance Service get trained, experienced care to a patient very rapidly. SFR volunteers are based in and around the town and can usually respond to an emergency call within 5 minutes which can be vital considering the town's rural location.

SFR, Tony Booth (pictured) explained that the team is often first on the scene, and has saved lives in cardiac arrest situations. The team aims to provide a service 24 hours, 7 days a week and is always looking for more volunteers.

SFR is funded entirely from donations and grants. All of the people delivering this vital service are volunteers, helping others in their own time, and at their own cost.

Mayor, Dan Scobie, said: "I was surprised to discover that SFR volunteers have to pay for everything out of money they raise or their own pocket. This includes their uniforms, their first aid supplies, and their heart defibrillators. If they use any



equipment on a patient, they have to replace it at their own expense. This year the Town Council will be helping to raise funds to allow SFR to focus on delivering the care they do so well, and have to spend less time thinking about the money."

## Mayor's column



I want to start this month by thanking Ian Cooper for his term as Mayor over the last year. He made a significant contribution, not least by raising a large sum for Shipston Youth Club, and also with his wife Tina, supporting the work of Papyrus who work to help prevent young suicide – both very important causes in our community.

I want to welcome our new councillors – Jo Barker, Pete Cox, John Dinnie and Paul Tesh. I'm sure that each of them will make a very significant contribution to workings of the Town Council.

I'm looking forward to the year ahead immensely. It's a huge honour to serve the residents of Shipston, and I'm especially looking forward to supporting my chosen charity of the year – Shipston First Responders. They serve a very important role within the town – real lifesavers – and they deserve not just the fundraising efforts, but the recognition for the role they play in our community.

I've already had a number of pledges of support to help raise funds for the First Responders, and I'm certainly open to more, so if you'd like to help, or have a suggestion as to how we can raise more money then please do get in touch.

Finally, a reminder that we have a vacancy on the town council that we would really like to fill. If you are passionate about your local community and can spare some time, please consider applying to the Town Clerk.

**Dan Scobie**

## Meet your new councillors

The May meeting saw four new arrivals to the Town Council. We asked them to introduce themselves and let Forum readers know what they're hoping to achieve on the council.

### Peter Cox

I have lived in Shipston on Stour for over 50 years having previously lived in Norfolk and near Stratford upon Avon – I attended Stratford upon Avon High School (Hugh Clopton High School). My family moved to Shipston whilst I was travelling around the world working for the Esso Petroleum Company.

I have worked in and around Shipston in numerous occupations, including running a car hire and valeting business. I am married and have a son and a daughter, six grandsons and one granddaughter. My hobbies include photography, archery and computers.

In recent years, I have cast an increasingly inquisitive eye over the way Shipston has grown and the way the town council helps to facilitate this. This, and some encouraging words from my wife and existing town councillors, led to my decision to join the council.

I can only hope that my long association with Shipston will stand me in good stead.

### Jo Barker

I've done politics for a long time – but only now do I find myself wearing three hats – as a Town, District and County Councillor! It was pointed out to me that it would be helpful to have a district councillor on the town council – hopefully to help speed up some of the to'ing and fro'ing between councils. I also thought it would be a good idea to sit at the table in council meetings rather than interrupt from the sidelines!

I have some passionate projects – like the Family Centre and the health provision in town – which I want to press on with as part of the town team.

Outside of council work, I run my business, spend time with my three generation family – we did knees for senior and eyes for junior yesterday and I managed to spend an entire evening with my husband! We live in interesting times and I like being part of them.

### John Dinnie

I am a 69-year-old, semi-retired Chartered Production Engineer. I have lived in Shipston for 18 years and am married with four grown children and ten grandchildren.

I'm a keen swimmer, and regularly make use of Shipston's swimming pool. I have a keen interest in local control of local matters. In my view, "every day in every way we get better and better".

This slight distortion of Emil Coue's mantra for self-motivation was something I grew up with as a goal. It becomes meaningful when teamed up with Plan, Do, Check, Act, – a continuous improvement cycle.

Shipston has many wonderful qualities, but like anything, it could be better. So, I asked

the question how could I help? How could I apply the skills I had acquired in industry to the town in which I lived? I resolved to offer myself as a town councillor.

I look forward to helping the Council and citizens of Shipston in any way that I can.



*From left: Mayor, Dan Scobie with new town councillors, John Dinnie, Jo Barker, Peter Cox and Paul Tesh*

### Paul Tesh

I am a chartered civil and highways engineer with over 40 years experience and my own consulting practice.

My wife and I have lived in Shipston for almost 33 years and could not have found a better community in which to bring up our family.

Having acted for some time as a voluntary technical advisor to the Council's Planning Working Group, to try and ensure that Shipston's infrastructure benefits fully from any development, I decided that joining the Town Council would enable me to make a useful contribution to the future of the town.

I'm looking forward to using my experience of working with developers and liaising with planning and highway authorities to support the town.

## News from Shipston Town Council's May meeting

The Annual General Meeting was a change from the usual format of meetings. The principal piece of business was the election of the new Mayor and Deputy Mayor.

This was followed by the confirmation of annual statutory documents including the internal audit report, governance statement and accounts statement.

Membership of Working Groups and roles on the various external committees will be reviewed over the next few weeks.

**Planning:** Councillors voted to remove a previous objection to the development of garages at Pittway Avenue following confirmation that the existing path will be retained.

Councillors also withdrew their objection to an extension at Springhill subject to the provision of clear plans indicating there would be no impact on the town boundary.

## Your Council Needs You!

Shipston Town Council has welcomed four new councillors following the recent elections but one vacancy remains. Could you be the one to fill it?

If you would like to contribute to your local community, why not consider joining the council.

Letters of application should be sent to the Town Clerk (see page 15 for contact details).



## Have your say as part of the polling places review

Residents are being asked to have their say on where in Shipston they are able to cast their vote during elections. A consultation has been launched by Stratford-on-Avon District Council as part of a review of polling districts, places and stations for the Stratford-on-Avon constituency.

The District Council is required to carry out such a review every five years to ensure voting arrangements remain up-to-date, convenient and accessible for electors.

David Dalby, Returning Officer for Stratford-on-Avon District Council said: "We want to hear if anyone has concerns or issues with the current venues and, if they have, perhaps suggest more convenient or accessible locations for future elections. It is important that we make sure everyone can exercise their right to vote with ease."

Residents can find out more about the review at: [www.stratford.gov.uk/pollingreview](http://www.stratford.gov.uk/pollingreview). Representations can be sent to: David Dalby, Democratic Services Manager, Stratford-on-Avon District Council, Elizabeth House, Church Street, Stratford-upon-Avon, CV37 6HX or emailed to: [david.dalby@stratford-dc.gov.uk](mailto:david.dalby@stratford-dc.gov.uk). The consultation period will end on 28 June 2019.



## Shipston is well represented with local NHS Trust

Following the recent Governor elections at South Warwickshire NHS Foundation Trust (SWFT), Shipston now has two Public Governors representing the interests of the town. Alexandra Mann was elected as a new Governor and Mike Wells was re-elected after standing for just one year. Both will be in post until February 2022.



Governors are responsible for holding the Trust's Non-Executive Directors to account on performance across all aspects of operations, and they act as

representatives of their constituents.

With the re-development of the Ellen Badger Hospital site over the next few years, these are exciting times for healthcare in the area and Alex and Mike are already inputting to the project. Residents also had the chance to meet the Governors at the Trust's update meeting on 13th May at the Ellen Badger Hospital.

Everyone in the local community is encouraged to become a member of the Trust. As a member you can request health talks on a range of clinical topics and contribute to developing our local NHS services. Please sign up today at [www.swft.nhs.uk](http://www.swft.nhs.uk) and ask your friends and family to join as well.

If you have a matter you would like to raise about the Trust, contact either Mike or Alex on [wellsms4@aol.com](mailto:wellsms4@aol.com) and [alexandramann@btinternet.com](mailto:alexandramann@btinternet.com). For formal complaints or thanks, please use the processes listed on the Trust's website, but do make Mike or Alex aware if you think that would be helpful.

## Totally Locally Shipston to take part in a National Fiver Fest from 8th - 15th June

Why is £5 so important? Because it only takes £5 to make a difference. Really, it is that simple! Totally Locally is calling on residents to switch £5 of your weekly shopping from chain stores, supermarkets or online to an independent business in Shipston, starting during National Fiver Fest week in June. Change where you buy your lunch time sandwich, where you get your coffee, or visit local shops next time you need to buy a gift - you don't have to buy anything you wouldn't do normally.

When you shop with a local business you are helping keep the jobs of the local window cleaners, plumbers, accountants, printers, painters & decorators....and so on. Local businesses use local people. Not to mention how much your local businesses contribute towards your local schools, clubs, community events and charities. Their money (your money) goes back in to your community.



*Louise Harvey (The Richard Harvey Collection) Sharon Highway (Mallory Journals) Brigitte Nix and Martin Grasby (Shipston Therapy Centre) are just some of the local businesses gearing up for Fiver Fest*

If every adult in Shipston took this simple £5 action that would be £1.1 million more being spent with independent businesses in the town. And that makes a huge difference; the shops are more sustainable, they create new jobs, new businesses start up and supply the local shops and Shipston keeps its character with good quality shops and businesses. Generally helping keep Shipston a lovely place to live.

Get all the offers and keep up with all the action on Facebook @totallylocallyshipston

## Shipston Age Concern Lunches - Full Steam ahead!



Gill Roache, Vice Chairman Shipston Age Concern, is delighted to report that all three Shipston Age Concern Lunch Clubs are running again following a group of volunteers signing up to run a Friday Lunch Club at Stour Court.

Ann, Mary, Chris, Kate and Denise (pictured) and Amanda already have two lunches under their belts and are enjoying meeting and catering for some of our elderly residents.

Lunches are held weekly on Tuesday at Stour Court and at Rainbow Fields on Thursday. Friday Lunch at Stour Court is fortnightly. Lunches are £4 for two courses.

To book a Lunch please contact the following:  
 Tuesday Stour Court - Stella 01608 686224  
 Thursday Rainbow Fields - Sue 01608 664490  
 Friday Stour Court - Ann 01608 664947

## The Rotary Tour d'Ilmington

Cyclists young and old will once again be gearing up for the Rotary Tour d'Ilmington David Lockwood Memorial Ride on 30th June in aid of Rotary charities.

The event features three races, a 10 mile Family Fun Ride of gentle cycling passing through Ilmington, the 30 Mile Climbing Challenge with 2,500ft of hard climbing on the Cotswold Escarpment and for the really serious cyclists, the 100K Eroica Ride.

All races start and finish at Newbold Village Hall where refreshments and free parking will be available. To register, go to [www.shipstonrotary.co.uk/tour](http://www.shipstonrotary.co.uk/tour), £15 adults, £6 juniors (12-16 years). Registration on the day costs £18 for adults, £8 for juniors. For enquiries, email [tour@shipstonrotary.co.uk](mailto:tour@shipstonrotary.co.uk) or see the ad on page 9.



## Give a helping hand to hedgehogs

This is Dec (pictured). He was found in Shipston on 5 December 2018, tiny and full of parasites. He wouldn't have survived the winter outside so his finders handed him in to 'Hedgehog Friendly Town', based in Stratford-upon-Avon. They named him 'Declan Hognelly' (Dec for short).

After being nursed back to health by Kyra and Sophie, the two 13 year old girls who run the rescue, he was then cared for in a foster home in Newbold on Stour over winter. He was released back to his home town of Shipston in April.



If you see Dec or one of his friends out in your garden this summer, please help them by:

- Providing a shallow dish of water for them to drink (not milk as they are lactose intolerant)
- Making a small hole in your fence so they can move between gardens without having to go on the road
- Avoid using slug pellets (which are poisonous to them)
- Not being too tidy! They need dead leaves to root around in for food and nesting material

For more information see [www.hedgehogstreet.org/help-hedgehogs](http://www.hedgehogstreet.org/help-hedgehogs) or contact your local Wildlife Group [www.stourvalleywildlifeactiongroup.org](http://www.stourvalleywildlifeactiongroup.org) To report a sick or injured hedgehog, please contact [www.hedgehogfriendlytown.co.uk](http://www.hedgehogfriendlytown.co.uk)

## Easter Bunny on the loose at Ellen Badger Hospital!

A surprise visit from the Easter Bunny recently brought smiles to the faces of patients and staff alike at the Ellen Badger Hospital.

The League of Friends gave each patient an Easter gift with the help of their furry friend. The Forum editorial team thinks Jeanneatte Wheeler deserves a special mention for being brave enough to transform into the Easter Bunny and for carrying that giant carrot around! Well done Jeanneatte!

*Pictured (from left:)*

*Ingrid Heritage (membership secretary League of Friends); Fay Kernohan (Vice Chair of League of Friends); Easter Bunny (aka Jeanneatte Wheeler); Dr Sue Pritchard (Shipston Medical Centre); Narelle Faulkner (Treasurer of League of Friends)*



## Shipston Amateur Dramatic Society presents 'Ladies Day'

Four ladies from a fish packing plant in Hull decide to "glam up" and spend a day at the prestigious York races. Each lady is looking for something, but is faced with unexpected and often hilarious consequences.

Shipston Drama Group perform this award-winning comedy by Amanda Whittington for three nights from 6 June. See [shipstondramagroup.org](http://shipstondramagroup.org) for details or take a look at the advert on page 9.



## Cubs achieve Chief Scout Silver awards

At the recent Annual Civic Service held at St Edmund's Church, five Cub Scouts were presented with their Chief Scout Silver Awards by the Mayor of Shipston Ian Cooper.

Each Cub explained to the congregation what they had done to achieve this award, while two representatives

from the Cub Scouts read verses from the Bible.

Well done Cub Scouts!



**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 Contact: Bill King 01608 661186

**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

**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 01608238400.

**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. Contact Sue on 01608 664490

**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

**Shipston Archers:** Outdoor shooting at Brailles Village Hall on Thursday evenings, from 6pm until 8pm. Contact 07795 632718 or 01608 664646.

**FRIDAY**

**Walks** with a friendly group. Old Mill car park at 10am. Contact: Marlene, 663616

**Shipston Probud:** alternate Fridays. Shipston Sports Club, Contact Nick 01608 662928

**Age Concern Lunch Club** at Stour Court. Contact Ann on 01608 664947

**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

**June Diary**

**1 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

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

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

**Shipston-on-Stour Women's Institute:** Our Railway Nature Reserve and its hidden gems by Jean Cholerton. 7pm, Catholic Church Hall, Darlingscote Road. Contact: Jane Hanks 664519

**6-8 Shipston Amateur Dramatics:** Ladies Day. See ad on page 9

**10 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 Lion President Fran Stary, 07903 661881, zoneD@lions105m.org.uk

**12 Shipston and District Gardening Club:** Evening garden visit. Honington Glebe. Further details from the secretary Tony Mitchell, tel. 01608 666933

**13 Shipston Home Nursing Shopping Event:** flowers, plants, homeware, fashion, food and more. 10am-3pm, Cider Mill

Barns, Long Marston Road, Pebworth, CV37 8GF. Entry £5 includes coffee and biscuit

**14-29 Shipston Proms:** For details of all the events visit [www.shipstonproms.org/](http://www.shipstonproms.org/) or pick up a leaflet

**14 Shipston Proms: Launch night.** See ad on page 16 and article on page 8 or visit [www.shipstonproms.org](http://www.shipstonproms.org)

**Rural Cinema: The Favourite.** See ad on page 10

**15 X-Fest** – see ad on page 9

**Shipston Town Band Proms Concert** - see ad on page 10

**19 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](mailto:shipstonproms@gmail.com)

**20 Shipston Music Society** - see ad on page 10

**21 Stour Valley Carers Group - Supporting Dementia Carers.** 10.30am-12pm, Ellen Badger Hospital (using the Day Unit entrance). 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 or David Hollingworth 07970 125566

**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. Open to all members, current and ex-service personnel and anyone interested in joining the RBL. Contact Alex Black 01608 664743

**Shipston Proms:** Dance Party. £5 entry, advance tickets available, visit [www.shipstonproms.org](http://www.shipstonproms.org)

**23 Shipston Proms: Fame Contest.** 2.30pm-5pm. Visit [www.shipstonproms.org](http://www.shipstonproms.org) for details

**24 Planning Meeting:** Shipston Town Council-Monthly meeting of the Planning Working Group: 7pm, New Clark House. All welcome. Contact Georgina Beaumont 662180.

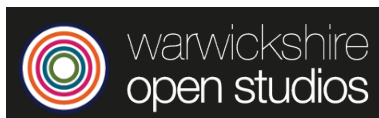
**26 Shipston and District Literary Society:** Members' Cheese & Wine Party. Contact Helen Marshall, 01789 740773

**27 Quaker Meeting for Worship:** 2.30 – 3 pm in St Edmund's Church, followed by a cuppa. Most fourth Thursdays. Contact 01608 661372 or 01608 238298. All are welcome. You do not have to be a Quaker to attend

**30 Tour d'Ilmington** - see ad on page 9  
**Shipston Proms:** Last night – See ad on page 16 or visit [www.shipstonproms.org](http://www.shipstonproms.org)

## Warwickshire Open Studios comes to Shipston

This year, coinciding with Shipston Proms, the Warwickshire Open Studios runs from 15 – 30 June, and there will be three venues in Shipston featuring a wide variety of Arts & Crafts.



Warwickshire Open Studios is an annual event where artists, crafters and makers open their doors to exhibit their work at local venues for the public to commission, purchase or just to simply browse and enjoy.



In Shipston, The Richard Harvey Collection, The White Bear and Ditchford Farm will between them host 18 local artists exhibiting a range of work including ceramics, art, jewellery, leather and textiles, photography, silversmithing and print work from organic materials.

For further details about all the exhibits and opening times please visit [www.warwickshireopenstudios.org/](http://www.warwickshireopenstudios.org/)

There will also be an art trail map available at various locations in Shipston including the three venues themselves. The map will detail all the artists and exhibitions in our local area to make it easier for you to plan and enjoy your visit.

*Pictured: (from left) Melanie Charles, Lis Mann, Heather Bailey and Penny Varley - some of the local artists taking part*

## 'Dress to Impress' lunch raises vital funds for suicide prevention charity, Papyrus

Over 70 guests attended the former Mayoress' "Dress to Impress" lunch in May, which raised approximately £1,900 for youth suicide prevention charity, Papyrus.

The guests enjoyed a four course lunch and fashion show and heard from guest speakers, Paul and Hilary Kelly, who actively support the charity and are familiar with the support it provides.

Tina Cook, former Mayoress and organiser of the event, said: "Suicide is the biggest killer of young people under 35 and this charity is working hard to give young people and communities the tools to recognise and respond to suicidal behaviour.

"I'm extremely grateful to all those who supported the event and helped to raise such a fantastic sum for the charity"



*Stour Valley Wildlife Action Group*



## 'Butterfly Walk'

**Four Saturdays – 12noon to 4pm**  
**6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> July 2019**  
**at Blackberry Farm - CV36 5DL**  
*Situated between Honington & Halford*  
**Admission £5 - Children (ten or under) free**  
*if accompanied by an adult*

**Classic & Performance Cars on display**  
**Sculpture trail of key local species of wildlife**  
**Moth count and light trap display**  
**Display of butterfly paintings by pupils of**  
**Shipston High School**  
**Refreshments (tea n' cake) - Picnic Areas (BYO food)**  
*Beautiful private views*


**Donation will be made from the proceeds to Shipston Home Nursing**



*Interested in joining our Wildlife Group, please  
 contact Richard Gray on 07977 587911*

# HAPPY'S CIRCUS

Even the kids will love it!



**A fun packed comedy show for all the family**  
**supported by amazing International Circus Artists**  
[www.happyscircus.co.uk](http://www.happyscircus.co.uk)

## Sunday 14th July at 3pm

Shipston Enterprise Centre, Pittway Avenue, Shipston (Doors open 2.30pm)  
 on Stour, CV36 4DQ (Formerly known as Sheldon Bosley Hub)

Tickets are available by calling 07955509474 or by  
 emailing: [shipstoncircus@btinternet.com](mailto:shipstoncircus@btinternet.com)

Tickets are £8 each



A Shipston Girlguiding event

## Prepare for a packed Proms – it's going to be a busy fortnight!

After eight months of planning the 21st Shipston Proms Music Festival is ready to roll!

Whatever your taste in music, there will be something for you to enjoy during the two-week festival which runs from 14th-29th June. A mix of DJ's and dance parties, jazz, folk, pop, rock, rhythm and blues, classical and show tunes will be performed in town and village halls, pubs, cafes and churches in and around Shipston on Stour.



### Proms highlights

Our top picks include international artist David Boakes as Michael Jackson; a three DJ Dance Party with Tim Samara; International guitarist Craig Ogden and mezzo soprano Claire Bradshaw appearing at St. Edmund's Church; and of course the headliners at our Last Night party in the Square - The Britpop Boys and local band, Oliver Darling and The Living Legends.



For younger members of Shipston there is musical adventure waiting for them at the Scout Hut hosted by Calypso Kids and a chance to join in a family dance party at Townsend Hall (with just one DJ this time).



New venues this year include Alderminster, Halford, and Long Compton Village Halls plus the Ebenezer Chapel at Long Compton, Talton Mill at Newbold and the Three Ewes in Shipston.

### Advance tickets

Tickets for the Michael Jackson Tribute Launch Night and the Dance Party can be bought in advance via [www.shipstonproms.org](http://www.shipstonproms.org).

Over 40 advance tickets for the Friday Dance Party had been sold by 8 May so don't delay!

### Fame beckons

There is still time for soloists and bands to enter the Fame Contest on June 23rd as the deadline for entries is a week before. At the time of going to press, five entries had already been received – could this year be your year to shine?



Last year's band category winners, 'The Fortunes' from Stratford, will be returning to play for the audience while the judges decide this year's winners.

### Supporting our community

Shipston Proms is supporting the community with both school workshops as well as an event on Thursday 27th June at Low Furlong to bring music to the home's Senior Living's FaNs (Friends and Neighbours).

Look out for the programmes that will be coming through your door and available to collect from some of the pubs and participating venues. Further details can be found on the Proms website [www.shipstonproms.org](http://www.shipstonproms.org) or by emailing [shipstonproms@gmail.com](mailto:shipstonproms@gmail.com)

**The Proms Committee would like to say a big thank you to all sponsors who have enabled the event to go ahead – see the website and programme for details.**

**Thanks also go to the Friends of the Shipston Proms who continue to give such valuable support. It's not too late to become a Friend and benefit from free entry to many events - visit [www.shipstonproms.org](http://www.shipstonproms.org) for details**

#FIVERFEST #TOTALLYLOCALLY #FIVERFESTSHIPSTON

**IF EVERY ADULT IN SHIPSTON SPENT JUST £5 PER WEEK**  
**IN THEIR LOCAL INDEPENDENT SHOPS & BUSINESSES, INSTEAD OF ONLINE OR AT THE BIG SUPERMARKET, IT WOULD MEAN AN EXTRA £1.1 MILLION PER YEAR GOING INTO OUR LOCAL ECONOMY.**  
 WHICH MEANS MORE JOBS, A BETTER HIGH STREET, A STRONGER ECONOMY & A NICER PLACE TO LIVE.  
**MAKES YOU THINK DOESN'T IT?!**

SO TO HELP YOU DO THIS, WE'RE TAKING PART IN THE  
**TOTALLY LOCALLY FIVER FEST 8-15 JUNE**  
**LOADS OF AMAZING £5 SPECIAL OFFERS FROM OUR INDEPENDENT SHOPS & BUSINESSES.**  
 VISIT [WWW.FIVERFEST.CO.UK](http://WWW.FIVERFEST.CO.UK)  
 LOOK OUT FOR POSTERS IN SHOPS, OR ON SOCIAL MEDIA

Instagram: @TOTALLYLOCALLYSHIPSTON Facebook: @TOTALLYLOCALLYSHIPSTON Twitter: @TLSHIPSTON

BROUGHT TO YOU BY [WWW.TOTALLYLOCALLY.ORG](http://WWW.TOTALLYLOCALLY.ORG)  
NOTE: THIS IS ONLY FOR INDEPENDENT BUSINESSES - JOINING OUR OWN TRADE!

Shipston Dramatics Society Presents  
 By arrangement with Nick Hern Books.

**Ladies Day**  
 By Amanda Whittington

6th-8th June 2019 7.30pm Townsend Hall

Tickets £8 on the door or in advance from John Lynes Home Hardware

Factory hairnets make way for fascinators as four friends hit the races for an unforgettable day out.

**The Cotswold Tour d'Ilmington**  
 David Lockwood Memorial Ride

**June 30th**

**A Great Day of cycling for the Family and Enthusiasts**

On-line registration £15 Juniors (12-16 yrs) £6  
 On-the day registration £18 Juniors (12-16 yrs) £8

**The Start times**

10 Mile Family Ride	10.00am
30 Mile Climbing Challenge	10.00am
100k Eroica Ride	8.30am

Start and Finish at Newbold on Stour Village Hall  
 CV37 8TU

Great Refreshments/Free Parking/Supporting Good Causes  
 Please register at [www.shipstonrotary.co.uk/tour](http://www.shipstonrotary.co.uk/tour)  
 All enquiries: [Tour@shipstonrotary.co.uk](mailto:Tour@shipstonrotary.co.uk)

shipston youth club hosts

**X-FEST 2019**

**FREE ADMISSION AND RIDES**

**SAT 15TH JUNE 11AM - 5PM**  
**SHIPSTON HIGH SCHOOL**

**A FANTASTIC FREE DAY OUT FOR EVERYONE**

## STOUR VALLEY LION'S CINEMA



In early 18th century England, a frail Queen Anne occupies the throne and her close friend, Lady Sarah, governs the country in her stead. When a new servant, Abigail, arrives, her charm endears her to Sarah. **Certificate 15.**

**SHIPSTON HIGH SCHOOL,**  
**FRIDAY 14<sup>th</sup> June, 2019 at 7.00pm**

**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.**

## Shipston Town Band

Present their

## Shipston Proms Concert 2019

## Music For A Summers Evening

## Featuring Our Soloists Showcase



**Townsend Hall Sat. June 15th 7.30 p.m.**

**Admission Free**



**Shipston Music Society**

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

**Shipston  
PROMS  
2019**  
14 - 29 JUNE  
SHIPSTON-ON-STOUR  
WARWICKSHIRE



**Craig Ogden**

*Classical Guitar*

"A worthy successor to Julian Bream" BBC Music Magazine



**Clare Bradshaw**

*Mezzo soprano*

**St Edmunds Church  
Shipston on Stour  
Warwickshire CV36 4AP**

**Thursday 20<sup>th</sup> June 2019 at 7.30pm**

**Tickets £12.50 – Students £6.00**

**Free entry to Shipston Music Society members**

**Further info: 01608 662514**

Registered Charity No: 1146459 (England)

**DO YOU LIVE  
IN SHIPSTON**

**(IF SO YOU COULD  
APPLY FOR A GRANT)**



**SHIPSTON-ON-STOUR EDUCATION CHARITY GRANTS FOR 2019/20**  
**ARE YOU A SHIPSTON RESIDENT UNDER 25 YEARS OLD?**

You can now apply for an **Educational Grant** to support you if you are due to undertake an Apprenticeship, Professional or Trade qualification or follow a Further or Higher Education course.

If so, you can apply for a **Grant** for the 2019/20 year.

Application forms are now available from the **Shipston Library**.

Or write to **The Clerk to the Trustees, Mr D Squires, Pinnegar House, 49 Telegraph Street, Shipston CV36 4DA** enclosing a stamped addressed envelope.

**COMPLETED FORMS MUST BE RECEIVED BY 30 AUGUST 2019**

## Shipston Primary School

Shipston On Stour Primary School



### The Romans' are coming

It's A.D. 60; the Iceni of East Anglia led by the legendary Boudica have rebelled against Roman rule, and have just been defeated in a terrible battle fought somewhere in the Midlands. As a result the Romans are building a series of fortifications across the Midlands including the Lunt turf and timber fort.



With our heart pounding, we approached the large wooden gates. Standing there in front of the gates were two real Roman soldiers. The whole class froze in fright! Luckily, we had learnt the password 'Tomacula' and we were allowed to enter. The Roman Fort was built in the year 60. Full of trepidation, we were sworn in as soldiers of Rome. We were armed with a gladius (sword) and a scutum, which is a Roman shield. We were taught how to march and fight like Romans. Interestingly, the Romans were very organised. They wore armour on their bodies and a helmet on their heads, which was very heavy. They kept all their shields together to protect themselves. Also, they used to set traps for the Celts which included sharp nails, stinging nettles and even a ditch called the ankle breaker! After a day of daring manoeuvres, we sadly left the Roman Fort. However, we are looking forward to learning more about the Romans over the coming weeks.

by Eagles and Falcons.

### Podcasts

Huge thanks to Mr. Mogg and the podcast pupils who have written, starred and produced Sheepcast 3 and Sheepcast 4. In the latest podcast, Mrs. Young does a spelling test, Mrs. Davies tries her rainbow badge, there are a couple of songs and an interview with Mrs Molson, plus all the usual silliness.

## Shipston High School By Gavin Saunders, Headteacher

The Careers department at Shipston High School is constantly evolving. With recent new guidance from the DfE and a constantly changing labour market it is really important to keep up with all the new requirements. Our extensive careers programme starts as early as Year 7 encouraging students to think about their interests and looking at some of the skills they will need in the future.

Year 9 students undertake Further and Higher Education workshops involving many external organisations including businesses like Taylor Wimpey, Q Hotels and Ricardo Engineering and education providers like Warwick University and Stratford College. A recent highlight was a visit by Comau, a robotics company who brought two robots with them which students had to control to make them perform various tasks. Our Further and Higher Education Fair for Year 9, 10 and 11 gives students and their parents an opportunity to meet representatives from all of the local colleges, sixth forms and apprenticeship providers.



Timetabled careers sessions enable us to welcome visitors from businesses and further education providers. This year sessions have been led by Stratford College, The National Apprenticeship Service, Stratford School Sixth form, Aberystwyth and Cambridge Universities, Stratford Manor Hotel, and many more. We

The school podcast is available on the Sheep Radio page on the school website - [www.shipston.warwickshire.sch.uk/sheep-radio](http://www.shipston.warwickshire.sch.uk/sheep-radio). It's also available on Soundcloud and Player FM.

### Easter

Year 4 had an exciting and informative morning at St. Edmunds Church where they learnt about the Christian story of Easter. The children visited five different areas of the church, taking part in a range of fun activities which helped them understand the various elements of this important time in the Christian Calendar. Rev. Sarah then visited the children in the afternoon, continuing the story and answered a lot of reflective and thoughtful questions the children had for her. Eagles and Falcons would like to thank Rev. Sarah and her helpers for arranging this great experience.



### World War II

Year 6 have been learning about the Second World War in their topic 'A Child's War'. They have combined history knowledge with art and design technology skills to create brilliant Anderson Shelters. The children also organised a VE Day street party.

### Admissions

There are some spaces available in our school. Please contact Warwickshire Admissions to apply for a place - <https://www.warwickshire.gov.uk/applyforschool>. Families living outside Warwickshire (e.g. Gloucestershire and Oxfordshire) can also apply for a place.

If you would like to visit the school and speak with the Executive Headteacher please make an appointment by telephoning 01608 661266.

encourage ex-students to visit to tell their experiences - this year Sam Hunt gave us a very interesting talk about his career with the Emergency services and James Booth told us how he became a firefighter, also teaching the whole of Year 10 CPR!



Many school trips have taken place this year across all year groups. Recently a group of Year 8 students attended the National Apprenticeship show, while Year 9 took part in a hospitality day at Stratford Manor Hotel. Students showing an interest in Law went to Stratford Girls Grammar school to take part in a Law day. The event was run by lawyers and paralegals and involved a series of workshops followed by a mock trial. Students were given pre reading material to prepare their cases in advance and worked as part of a team to defend or prosecute a given case. It was an exciting and informative event for students keen on critical thinking, debate or a career in law.

As the academic year draws to an end, Year 10 are preparing for their work experience in the first week of July whilst many Year 11 students have signed up to take part in NCS The Challenge during the summer.

We are grateful to everyone who gives their time to come into school to help make our Careers programme interesting and relevant. If you are able to offer work experience, apprenticeships or would be willing to come and talk about your career we would really like to hear from you. Please contact Louise Moorman at the school.

## Badger's Eye View

Last week we heard that diabetes is costing 15% of the entire NHS budget. We also know that if current trends continue, that figure will rise to 20% before 2030.

So the advice is eat less, move more, drive only when necessary, walk the children to school, change to simpler diets and ignore that lemon drizzle cake as you queue for the checkout. This is in addition to existing advice to stop smoking, reduce drinking, immunise, vaccinate, exercise, everything in moderation!

More and more public funding goes on patching people up. As has been said "we spend our time pulling people out of the river instead of going back up stream and finding out why they are falling in!"

Last year Hugh Fearnley-Whittingstall tried to challenge the City of Newcastle to lose weight, get fitter and healthier and stop throwing away the food it bought and couldn't consume - up to 40% for some households! And it worked.....a bit.

But it's a lot more likely to work in smaller towns and villages. School meals are provided by local staff, shops are responsive to their customers and local facilities, car parks, playing fields and recreation services can offer healthier options. We want the Ellen Badger to be at the heart of such a movement A well-being hub offering a health promoting meeting place, exercise facilities and the group support for wellbeing. That is a vision for a Healthier Shipston.

## Shipston Band



As part of this year's Shipston Proms Shipston Town Band will be presenting a concert at the Townsend Hall on Saturday June 15th, starting at 7.30 p.m.

As is usual with all the Town Band's Concerts, admission will be free with a retiring collection.

The concert will be entitled Soloists Showcase and will feature a number of the band's talented soloists. There will also be a chance to hear Stantonbury Festival Overture which the band performed at the recent Midland Brass Band Championships where they were placed third out of 21 bands. As a result, the band qualified to compete at the National Brass Band Championships in September which are held at The Centaur Concert Hall on Cheltenham Racecourse.

See the ad on page 10 for more details.

## Stour Valley Lions



Stour Valley Lions have been actively working in Shipston for almost 40 years and are a part of the largest voluntary service organisation in the world, Lions Clubs International, which has just celebrated its 100th birthday and has 46,000 clubs in 200 countries.

Stour Valley Lions are best known in recent years for their book sale and monthly cinema shows, just some of the many ways in which the club raises funds to support the work it does in and around our town, reflecting the organisation's motto of 'We Serve'. There are also 'service projects' such as maintaining the Lions Garden on the Gyratory, setting up diabetes clinics in conjunction with the local medical centre, anti-drug education projects for teenagers and much more. All of the money raised by the club goes to support good causes, nothing is taken out for administration and they have raised tens of thousands of pounds over the years, almost all of which has been used to support projects in Shipston.

Lions come from all walks of life - you don't need any special qualifications to take part - just some spare time and the ability to have some fun along the way. There is no specific age range either, our members range from those working full time in their thirties, to the actively retired.

As with all voluntary organisations, Stour Valley Lions are always on the lookout for new members, and with extra people, we can achieve greater things. To find out more about the work of Stour Valley Lions and how you could make a contribution to your community, please contact our Membership Chairman Paul Macpherson on 01608 682102 (evenings), or email paul@paulmacpherson.co.uk.

## Shipston Music Society

At a previous meeting of Shipston Music Society Charles Matthews displayed his superb skill as an accompanist. This time we welcomed him back as a solo pianist with "Impressions of Spain".



The programme contained a variety of pieces by Spanish composers and others from France, Poland and England/Australia. In the opening piece, "Waltz from the Canary Islands" by Saint-Saens, the first spread chord captured immediately the sound and spirit of the flamenco guitar. This then developed quickly into a lively waltz.

"Dances from Seville" by Geoffrey Allen (born 1927), composed in a more 20th century style, provided an interesting contrast. Coincidentally, Geoffrey is a distant relative of Charles Matthews who told us that his relative has written a total of seventeen piano sonatas (when the seventeenth is finished!)

Pieces by Albeniz, Ravel and Debussy followed, then "Bolero" by Chopin, a rarely performed work with all the Chopin characteristics of rapid scale passages and lots of decorative features but still conveying the feel of Spanish music. Later we heard "Evening in Granada" by Debussy, a short piece with contrasting sections from fast and furious to slow and languid, a Tour de force accomplished with great technical skill, a real sense of style and a certain amount of panache! After several minutes of loud applause Charles returned and played "Andalucia" by Granados, a fitting encore to an extremely enjoyable evening.

On 20th June, international classical guitarist Craig Ogden will be our guest as part of the Shipston Proms with Clare Bradshaw, mezzo soprano, at St Edmund's Church, 7.30pm. Everyone welcome.

## Shipston U3A Open Meeting



The Townsend Hall rang to the familiar cry of "Oyez, Oyez, Oyez" as our very own Marion Lowe appeared in her traditional costume as the Town Crier of Shipston on Stour, together with the loud clang of her bell.

Marion fascinated her audience with a wide-ranging talk on the history of Town Criers and how she took up the role. She won a competition for the part of Town Crier about 10 years ago and spoke of Bill Hudson who had served as the Town Crier for many years previously. What to wear for the role was an immediate problem and Marion made many enquiries before settling upon both a traditional yet modern long red coat and waistcoat above a skirt. Marion showed us her coat and remarked upon its weight.

Our Town Crier is a well known and popular figure at annual events such as the Wool Fair, Victorian Evening and the Civic Service. She explained that Criers have always acted as National Communicators since the Norman Conquest of 1066 and are protected by Royal Charter from hinderance in the performance of their duties. Marion often takes part in competitions with other Town Criers and stressed that she can hold her own in volume but it is accuracy in repeating announcements which wins the day. All messages end with the words "God Save the Queen" to emphasise the Royal connection with a Town Crier.

Marion's undoubted enthusiasm shone through her talk, and as she answered many questions. We are very fortunate to have a Shipston Town Crier and long may she continue to flourish in this role.

## Norgren Bowling Club: Forthcoming Fixtures

Home fixtures for Norgren Bowling Club for June are:

Tuesday 4th June Warwickshire Men vs Warwickshire Women 1.30pm

Saturday 8th June Kineton League vs Norgren 2.30pm

Sunday 16th Warwickshire County President vs Norgren 2.00pm

Thursday 20th Gloucester Masonic 2.00pm

Saturday 29th Newbold KDL 2.30pm

## Probus



Pictured is Peter Allen taking on the role of President at Shipston on Stour Probus Club on April 12th. Peter has taken over the role from Noel "Nick" Nickerson. Nick wished Peter well and hoped he had a successful year. Peter thanked Nick for a successful year. The main achievement for Nick this year was to reach agreement on the installation of a stairlift at the Sports and Social Club London Road, Shipston, where Probus meets fortnightly. Probus will be funding the cost of the installation of the stairlift and thereby assisting disabled people in the Shipston Community to access the Sports Club bar and facilities. Donations toward the lift would be welcome. Please contact Nick for more details on 01608 662928 and any information about Probus.



Next regular meetings are ladies day June 14th, then regular meeting June 21st and fortnightly thereafter.

The Townsend Hall committee was delighted to welcome new members to its 150 club recently. The results for the May draw are:



£15 - member no. 42  
£10 - member no. 6  
£5 - member no. 73

Congratulations on your windfall!

## Readers' Letters

*Letter from Ron Lang*

I have just finished reading the excellent May issue of Shipston Forum. Although I enjoyed this periodical, I feel I have to draw your attention to the first sentence of the "socialising" section in the Spotlight on youth on page 2.

You write "Shipston has a wealth of social activities for adults and older people". I feel that as a pensioner I think I qualify as an older person, and as such I can assure you that quite surprisingly, the vast majority of older people are actually adults. Your article suggests that older people are not adults. I suspect there will be a number of older people who could take this offensively, I would recommend an

apology in the June issue.

I would also suggest that a lot of pensioners do not necessarily consider themselves as old.

Yours, from a late middle aged, Ron Lang

*Editor's response:*

I am really sorry if the article on page two caused offence - that wasn't the intention at all. We were trying to make a distinction between activities for adults in general, and specific activities/clubs designed for older people/pensioners as there are a number of clubs specifically for this age group.

We certainly didn't mean to suggest that older people are not adults!

## District Council Update

Thank you for re-electing me for another four years. I'm really pleased, as I love being a councillor. As some of you know – that came as a bit of a surprise!

I am also pleased that Trevor Harvey has been elected to represent Shipston North. He and I work well together and I hope you will see the benefit of us doing surgeries and being out and about in Shipston. He and I are both also in the Cabinet at the SDC – Trevor does finance and my “synergy” with Warwickshire County Council is being Portfolio Holder for Health and Wellbeing.

I will, as a result, be on the Board of South Warwickshire NHS Foundation Trust. I can see the Ellen Badger and healthcare in Shipston being on the agenda a lot! I did comment that this appointment was a little akin to Ken Clarke being Health Secretary at one time in his career – but I shall take it as an encouragement.

If you need to meet, join me at 10am on Thursdays at the George. Alternatively, please get in touch on 07748968712 if you would prefer to arrange a separate session.

**Jo Barker, District Councillor – Shipston North Ward**

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



## County Council update

It seems a while since I went to Warwick! We have a Full Council meeting coming up in a week of lots of Annual parish and town council meetings.



I have been asked to serve on the Adult Care Overview and Scrutiny Committee. The issues relating to adult care are extremely relevant to Shipston, where we know that our provision for older adults will need to improve over the years.

There is also a synergy here with the Cabinet job I have at Stratford District Council. Many of the issues raised on the doorstep during the District Council election were ones better addressed with this hat on – so Highways are about to get very bored with me!

There is another £35,000 of delegated budget available this year - this is the fund allocated for highways projects which councillors want to pursue directly on behalf of their constituents. In Shipston's case, this funding will help with requests for even more dropped kerbs and in starting to work on plans for signage (some is already on the way). Potentially a bit of reorganisation in the centre of Shipston may be covered too.

**County Councillor, Jo Barker**

See page 15 for contact details

## Shipston Medical Centre

**Medical Centre – t: 01608 661845**

### Looking after your mental health

It is really important to look after your mental health and wellbeing. There are simple things you can do that make a difference:

- 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.
- 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 you turn to someone close to you for help, or it might be that you need a different type of help. There are lots of places to go:
  1. If apps are your thing check out the NHS mental health apps at <https://www.nhs.uk/apps-library/category/mental-health/>
  2. If you are looking for a different kind of support then have a look at the Directory of Mental Health Support for Warwickshire at <https://www.wcava.org.uk/directory-of->

mental-health-provision which includes



**Shipston Medical Centre**

helplines, counselling services, websites and other resources.

3. There are also specialist services, for example the Farming Community Network helpline on 03000111999.

If you have concerns about your mental health you can always speak with a GP. Mental health is as important as physical health and if you feel it is important to be seen quickly then please ask for a triage appointment.

## Your Town Councillors


**Dan Scobie, Mayor**

t: 07771 772511

e: dan.scobie@shipstontowncouncil.org


**Sheelagh Saunders, Deputy Mayor**
*Heritage & Leisure Projects Group Chair*

t: 01608 662190/07800 889947

e: sheelagh.saunders@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


**Paul Tesh**

t: 07711 433566

e: paul.tesh@shipstontowncouncil.org


**John Dinnie**

t: 01608 664590

e: john.dinnie@shipstontowncouncil.org


**Jo Barker**

t: 07748968712

e: jo.barker@stratford-dc.gov.uk (for town and district matters)


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

t: 01608 662133

e: c/o clerk@shipstononline.org


**Peter Cox**

t: 07973 442552

e: peter.cox@shipstontowncouncil.org


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

t: 01608 663785

e: ian.cooper@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

**Vacant**

For details on how to apply to become a town councillor, please contact the Town Clerk.

## 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 Trevor Harvey (Shipston North)**

t: 07969 167720

e: trevor.harvey@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.



The Britpop Boys



SATURDAY 29 JUNE FREE in the square

**BRITPOP BOYS**

**OLIVER DARLING**

AND THE LIVING LEGENDS

**MR BLONDE**

FAME CONTEST WINNERS

YOUNG MUSICIANS CHOIR

# 21<sup>st</sup> Shipston PROMS 2019

## 14 - 29 JUNE

### SHIPSTON-ON-STOUR WARWICKSHIRE

a festival of music making for the whole community

**ENTER OUR Fame Contest**  
and play on the last night  
SEE WEBSITE



[www.shipstonproms.org](http://www.shipstonproms.org)

**LAUNCH with MICHAEL JACKSON TRIBUTE ACT 14th JUNE TOWNSEND HALL**

FAME CONTEST PUBS & CAFÉS MUSIC TRAIL CALYPSO COMES TO PLAY SHIPSTON TOWN BAND BIG GINGE BLUES BAND  
 CRAIG OGDEN & CLAIRE BRADSHAW SCHOOLS' CONCERTS VERONICA AND MAX SUNDAY AFTERNOON JAZZ THE PAVILIONNAIRES  
 FOLK MUSIC NIGHT ORGAN RECITAL WITH CHARLES MATTHEWS X-FEST MUSIC COFFEE CONCERT BETSY HARMONY  
 DANCE PARTY KENT DUCHAINE SONGS FROM THE SHOWS OPEN MIC FAMILY DANCE PARTY YOUNG MUSICIANS' CONCERT  
 SING-ALONG-TO-THE-SOUND-OF-MUSIC THE SHAPES THE LOUNGE CLUB MRS. PORTER'S CHAMBERPOT POURRI WORKSHOPS