



Shipston Forum



October 2023

New town maps



Look out for new maps that are being installed around the town. All the maps have information about Shipston on Stour and each has a small history of that particular area of the town.

The new maps are being installed at High Street, Bridge car park, Mill Street car park, West Street car park, and Telegraph Street car park. There will also eventually be a new map at the Black Horse. The project to replace the town maps was led by the Heritage Amenities and Leisure Projects Working Group who would like to thank Martin Russell and his team for putting them together.

An object lesson

The new Shipston Museum's handling room offers visitors a hands-on opportunity to get in touch with the past. Read more about it on page 8.



Food Bank seeks help

Shipston Food Bank is looking for more support as demand continues to increase. It is handing out two and a half times more food parcels than this time last year, while at the same time the number of donations made to the town's collection points are falling. Turn to the centre pages to find out more about the number of ways you can help, from donating basic food items to making donations and volunteering.

In this issue

High School gains OFSTED Good Rating • Awesome Allotments • Cornmill Meadows • official opening 14 October • Club News.

Foodie favourites

The Shipston Food Festival brought a market-day buzz to Shipston town centre in September. Organised by the Stour Valley Lions, the event was a resounding success, with around 30 stalls providing quality food and drink for the hundreds of visitors who attended across the day.




Trading was brisk, from the time of opening by our Town Crier Marion Lowe and Councillor Jo Barker, to the drawing of the raffle. Some stalls even sold out before the end, and the occasional warm shower failed to diminish the festival mood!

Around £4,500 was raised which will be donated to local good causes, and thanks to the generosity of the people of Shipston, the £522 from the targeted bucket collection will go straight to the Lions Club of Morocco to support victims of the recent Moroccan earthquake.

The Food Festival couldn't have happened without help from a number of supporters. The Stour Valley Lions would like to thank Stratford-on-Avon District Council for the Covid Recovery Grant which enabled them to get started on the seven-month planning process; local businesses who supported us with raffle prizes - the Coop, The Bower House, The George Townhouse, The Cotswold Distillery, The Lazy Pug and Shipston Tesco; all the businesses who had faith in and committed to signing up for a stall; all local businesses who opened up on the day and made the event even better and finally the people of Shipston who flocked to the town centre to support the event!



Mayor’s column



Hello Shipston,

It was great to see that the Shipston Food Festival was a success and very well attended. If you have a food festival, you must arrange the weather and I think the weather gods smiled on Shipston that day!

I went, in my mayoral role, to a curry and quiz night in Southam. It was very well attended and the evening was really good fun. Generally, Shipston-on-Stour is similar Southam and Alcester in the size and the way the councils perform, so I try to attend all the events in these towns to check out the way they operate and bring back suggestions to improve the running of the council and therefore the town itself.

Cornmill Meadows will be officially opened on 14th October. For those of you who don’t know, Cornmill Meadows is a piece of land running alongside and behind the new development of Barcheston Reach on London Road. It will be a rewilding area for public use and leads down to the Stour itself. I hope you all enjoy the peace and the natural environment we plan to develop there.

It is funny how people view a mayor. I have been saluted at, curtsied to, bowed to and grabbed for a picture or selfie by people. Oh and I have not yet been knighted, so calling me ‘sir’ is flattering now as I used to be an officer in the Fire Service.

Ah well another month over. Next month is going to be much busier for the mayor.

Cllr. Gerry Kelly,

Mayor, Shipston Town Council

News from Shipston Town Council’s September meeting

Mayo Road Trust

A meeting of the Mayo Road Trust (all Councillors are members) will soon be organised to agree a policy on leases and approve a programme of improvement works to be completed following a consultation with Rugby Club.

Arthur Ivens

Councillors observed that former Town Councillor Arthur Ivens had recently died, noting the invaluable support he had provided to former Town Councillor and Mayor Faye Ivens during her tenure on the authority.

Cornmill Meadows

New signage and a bin will soon be installed at Cornmill Meadows and the official opening will take place on 14th October. Additional spraying to complete the treatment of creeping thistle is required.

Hanson Track

It has been identified that the dog waste bin at the bottom of the Hanson Track is not immediately obvious and that a small sign has been affixed to the gate to alert users. The Town Clerk will create a larger replacement laminated sign for installation.

Shipston Museum

Councillors noted that the town museum has seen encouraging attendance figures since opening on 5th August, with typically 25-30 visitors appearing during the three hour window the museum is open on Saturdays and Sundays. There is a significant number of people interested in becoming a member or volunteering at the museum.

Benches

The bench at the Pound (junction of Darlingscote Road and Sheep Street) has been removed due to its deteriorating condition. The family that sponsored the original bench is being offered the opportunity to sponsor a replacement should they wish.

Letters to heaven

Shipston Home Nursing is exploring the possibility of installing a postbox for “Letters to Heaven” at the Gyratory Garden and will be discussing the idea with the Lions and RBL.

Highway resurfacing

A Warwickshire County Council Highways Engineer recently visited New Street to inspect the road surface and works are now scheduled for April 2024; 100mm of tarmac will be removed and replaced with resurfacing material. The works are expected to take a week to complete and a one-way system will be in operation, while 25mm of surface dressing will also be applied to Stratford Road next year.

Water testing

The first of a series of weekly tests of water from the River Stour took place on 11th September. This testing regime will monitor the presence of contaminants in the water.

Carbon Emissions Reduction Fund

Stratford District Council is launching a Carbon Emissions Reduction Fund which may be able to support energy surveys at New Clark House and the Hub.

Shipston Police Safer Neighbourhood Team

PC Sid Hammond informed the meeting that a second part-time PCSO was now working as part of the team and that a mental health triage vehicle, with an onboard nurse, is now serving the south of the county. There has been an increased number of burglaries at the allotments, with people targeting the contents of sheds – Sid said that he would attempt to source some free shed alarms for allotment holders. A “trigger plan” is being developed for use when there is an increased risk of unauthorised encampments.

Ellen Badger Hospital

Stratford District Council will soon be considering a motion expressing support for beds to be included in the redeveloped Ellen Badger Hospital and calling on Warwickshire County Council to refer the matter to the Secretary of State for Health if the decision to omit beds is not reversed. The Integrated Care Board has refused to publish the bed review documentation and it is expected that South Warwickshire University NHS Foundation Trust will take nine months to compile their business case for a hospital without beds before a 12-week public consultation can take place. A variation order for the planning application is being delayed by discussions about how the medical centre might be accommodated onsite and it was noted that there could be grounds for planning enforcement action in the interim.

Cecil Sandford

Councillors heard an appeal for Cecil Sandford’s motorsport legacy to be commemorated in the town. See article on page 8.

Allotment policies

Two allotment holders requested that the Council reconsider its stance on collective composting and the burning of waste, suggesting that a small amount of burning should be permitted at certain times of the day. Councillors were willing to consider permitting collective composting after the receipt of a management plan, however, they were unconvinced by arguments about burning and asked allotment holders to provide detail of materials that cannot be composted so that they can consider alternative disposal mechanisms.

Flood mitigation

The Environment and Flood Action Working Group will be meeting with the Environment Agency and Warwickshire County Council in October to discuss the latest modelling and potential flood mitigation measures.

Town maps and alleyway plaques

The new town maps are in the process of being installed around the town and positive feedback has been received from residents about the new design. Meanwhile, the alleyway plaques have now been ordered and are expected to be delivered within six weeks.

Bandstand

It was noted that the active travel plans currently being developed could create space for a bandstand in the town square if a one-way system or pedestrianisation was introduced in future following consultations.

Queens Avenue play equipment

Lawns2Mow will attempt to repair the damaged equipment as a quote for refurbishment by the manufacturer was very expensive.

Sports Club

A grant from Howdens will allow for the Sports Club kitchen to be refurbished.

Hub changing rooms

Councillors resolved to accept an anticipated funding agreement from Stratford District Council to provide match funding from the Shared Prosperity Fund for the installation of proper changing facilities at the Hub.

Shipston Town Council



Community Grant Awards

Shipston Town Council is inviting grant applications for the 2024/2025 financial year.

Grants are made to support a wide range of community initiatives across the town, delivered by voluntary groups and charities.

The scheme is open to any voluntary group or charity based in Shipston, or those who actively work in the town.

Applications must be made for specific projects, for example, the purchase of equipment or to support a planned event. Grants typically range from £250 - £2,000.

Larger sums may be awarded for certain causes.

The closing date for applications is 31st October 2023.

Application packs are available from:

The Town Clerk

New Clark House, West Street, Shipston on Stour, Warwickshire, CV36 4EN

clerk@shipstononline.org

01608 662180

Shipston Warm Hub

Stour Health and Wellbeing Partnership, in conjunction with the Medical Centre, is hosting a dementia bus aimed at promoting awareness and support for people affected by dementia and their carers.



The bus will be at the Warm Hub on 19th October from 10am-12 noon and anyone who feels that they would like to participate is welcome. The frailty nurse from the medical centre will also be attending, and will also be running a drop-in clinic every third Thursday of the month. So if you have any questions or concerns about your health or mobility, please come along and speak to the expert.

The Warm Hub is located at the Scout Hut, New St, Shipston-on-Stour CV36 4EW and runs each Thursday from 10am-12 noon. Alongside tea and coffee and a social space, each week we aim to have a workshop or organisation there to help with your health and wellbeing. The focus on the first Thursday will be on digital health, so if you have any questions relating to technology, someone will be on hand to help. On the second Thursday, there is a cooking group where you can cook with Wendy. Places are limited so come early as it's on a first-come-first-served basis. Lastly, on the fourth Thursday, Shipston Home Nurses are kind enough to come and offer soup and bereavement support.

We are also very lucky to have Kate Henderson from Coventry and Warwickshire CDA who will be running a workshop on 26th October focused on money matters. There will be three workshops in total, and if you are able to attend all three, CWCDAs are offering you a £25 Argos voucher.

We would love to see some new faces to the hub. It is available for all and is an amazing community initiative and a fun sociable atmosphere. We look forward to seeing you there.

Knitters needed!

Help create knitted shawls for women and girls in Ethiopia. Patients at the Fistula Hospital in Ethiopia often experience extreme weather conditions, from daytime heat to freezing nights. For several years, with the aid of Hamlin Fistula UK, volunteers from Shipston have helped supply knitted shawls to protect patients from these rapid temperature changes. The shawls are a treasured possession for patients and they each take one home when discharged.

The generous knitters of Shipston filled several large bags ahead of a collection earlier this year. A huge thank you to everyone who contributed!

With winter approaching, there remains a need for new shawls and your assistance would once again be appreciated. As ever, we ask that you knit with quality over quantity in mind, to these exact specifications:

6in x 6in (15cm x 15cm) squares

Garner stitch with UK No.8 needle (4mm) using doubled knitted coloured acrylic yarn (no white thread)

Please deposit your knitted squares at John Lyne on the High Street who are gathering them ahead of the next collection in October. If you require any further information about how to contribute, please contact Ronnie Murphy on 01608 664518.



Shipston-on-Stour Primary School

Open Mornings

Monday 6th November - Friday 10th November 2023
9.30am - 10.30am each morning

Please book an appointment with the school office

www.shipston.warwickshire.sch.uk

Part of the Stour Federation Multi Academy Trust with Acorns Primary School, Brailes C of E Primary School and Kineton C of E Primary School





Starting School in September 2024?

- Take a tour of the school to see teaching and learning in action.
- Meet pupils, staff and school leaders.
- Get advice on the Admissions procedure.
- Learn about our curriculum, facilities and wraparound care from 8am - 6pm.

Email: primary@shipston.warwickshire.sch.uk
Tel: 01608 661266
X: <http://twitter.com/shipstonhead>



Letters

from Dr J Williams

According to SWFT the gift of £635,000 from the League of Friends was conditional upon land adjacent to the Ellen Badger Hospital being purchased by the trust and developed “such that it is used for buildings which enhance the health and well-being services available to the population of Shipston-on-Stour and its surrounding areas.” Not having beds in Shipston, forcing patients to be treated at Leamington Spa, is a bad solution. Beds in Leamington are a serious obstacle. It's miles away with extremely poor public transport from Shipston - not everyone has a car - for relatives and friends to visit. It makes visits much more difficult and probably less frequent. Being visited regularly is part of enhancing patients' health/healing process.

If SWFT knew that the plan was not to have beds in Shipston then this material fact should have been declared to the League of Friends before accepting the donation. What did SWFT know when they accepted the gift? SWFT cannot call it a hospital as that has beds. A breach of Advertising Standards Authority code of practice? Or is there a hidden hand of government to use Ellen Badger 'Hospital' to bump up its new hospitals pledge? Accordingly, surely the adjacent land must be used for beds in Shipston to meet the spirit of the condition?

Cornmill Meadows: an appeal

From Councillor Hilary Kelly

As a wildlife site the prime consideration is to protect and encourage all forms of wildlife – birds, mammals, insects, plants but at the same time enable public enjoyment of a fine area of open space adjoining the Town.

Dogs and wildlife are generally not compatible but after much thought and consultation the Town Council agreed that Cornmill Meadows should be open to the public and their dogs, with the important request that dogs be kept on leads and their faeces picked up and disposed of in the bin provided.

A big ‘thank you’ to all you dog walkers who we know have respected our request! This appeal is to those who might not be aware or are just inconsiderate, in particular, the lady who, despite a polite request, recently persisted in allowing her two dogs to run off lead in the Meadows; such behaviour sets an example which, if generally followed, will be a detriment to us all. Balancing the competing demands on our precious open spaces is a challenge for everyone, and if we get it wrong everyone loses!



Rotary Tree of Life

Each December the Tree of Life stands proudly in the centre of Shipston, its white lights glowing symbols of love and hope in memory of loved ones who will not be with us to celebrate this special time of the year.

If you would like a friend or relative to be remembered in this way, you are invited to sponsor a light by making a donation, knowing that every name will be entered into the Book of Remembrance.

Every contribution will be donated to Rotary charities and good causes.

The illumination of the Rotary Tree of Life will take place at the opening of the Rotary Victorian Evening on Friday 1st December.

Regular Events

Monday

Seated Exercise Class:
10am Rainbow Fields and 11am Townsend Hall

IT Help!:
10am-12pm Shipston Library (appointment only)

Shipston Duplicate Bridge Club:
6:50pm for a 7pm start.
The Church Room, Darlingscote Road,
Contact Matthew Hunter: 01608 684499

Shipston Knitting and Crochet Group - Monday evenings
7-9pm in the Townsend Hall.

Tuesday

Rhyme Time: 10.30am, Shipston Library

Dementia Café: Shipston Lodge, 10.30am-12pm

Community Hub: Shipston Methodist Church, 2-4pm

Lego Club: Shipston Library, 3.30pm

Strictly Fitsteps Fab: 10am, Townsend Hall

Age Concern Lunch Club: Stour Court 12pm. Contact Jill Case 01608 662226

Wednesday

Seated Tai Chi:
9.30am, Townsend Hall. Free Admission

Standing Tai Chi:
10.30am, Townsend Hall. Free Admission

Indoor Curling: 2pm, Townsend Hall

U3A weekly scrabble: 2-4pm at the George Townhouse.
Free for all U3A members

Thursday

Shipston Community Warm Hub:
Every Thursday 10am-12pm, The Scout Hut, New Street.

Story stomp: 10am, Shipston Library

Scrabble Club: 2pm-4pm, Shipston Library

Age Concern Lunch Club: Rainbow Fields 12pm. Contact Christine Grant 07939 595600

Friday

Pilates for Complete Beginners:
9.30am Townsend Hall

Walks with a friendly group:
10am Mill car park. Call Marleen 01608 663616

Shipston Stitchers:
Every fortnight at The Church Room, Darlingscote Road.
Contact Anita Spencer on 01993 832665

Board Games Social Afternoon:
Fortnightly 1:30pm-4pm Rainbow Fields

Age Concern Lunch Club: Fortnightly, Rainbow Fields,
12pm. Contact Amanda Holden 01608 686268
Saturday

Shipston Knitting and Crochet Group - Friday afternoons in
Mrs. Browns from 2-4.30pm

Saturday

Lego Club: Shipston Library. From 10am.

Shipston Food Bank:
10:30am-12pm, St Edmund's Church, Shipston.
No referral or voucher needed

What's On Calendar : October 2023

3rd. Shipston Library Reading Group: 2pm-3pm first Tuesday of each month.

4th. Shipston Widows: Local lunch. 12pm Contact: Barbara Bean 6632304

4th. Shipston on Stour WI: Social evening. Visitors most welcome. Catholic Church Hall, Darlingscote Road at 7pm. Contact Jane Hanks, Secretary on 01608 664519

7th. Shipston Town Council Monthly Litter Pick: All welcome. Meet at New Clark House, West Street at 10am. Equipment and refreshments provided.

9th. Shipston Town Council Meeting: 7pm, New Clark House.

10th. Shipston Flower Club presents Spooky Surprise – a workshop. For anyone wishing to participate please bring a small-medium sized prepared pumpkin (scooped out with lid), a jam jar or yogurt pot that fits inside, a bunch of flowers, scissors or secateurs and a plate to stand the pumpkin on. Doors open at 7.00 for a 7.30pm start at Shipston Primary School, Station Road, CV36 4BT. Visitor entry £6. Meetings take place on the second Tuesday of every month. For further information please contact Sue Watts at susanwatts50@yahoo.co.uk

11th. Shipston and District Gardening Club: Lockdown Part 1 - Peter Preece. 7.30pm at the Catholic Church Hall. Contact Tony Mitchell 01608 666933 or email a.mitchell434@btinternet.com

13th. Lions Cinema: Allelujah – see ad on page 10

15th. Shipston Town Band Concert – see ad on page 7

18th. Shipston Widows: Join us for a friendly and informal get-together. 10.30am - 12pm, The White Bear. For further information, contact Barbara Bean on 663230.

19th. The Royal British Legion – Shipston Branch: AGM of the Shipston Branch of the RBL, location TBC. If you would like to know more, become a Committee member or a member of the Branch call or message the Branch Secretary Alex Black on 07789 968733 or email alblack32@hotmail.com

19th. Healthy Ageing Information Event and Drop-In Clinic: 10am-12pm, Scout Hut, New Street. See ad on page 7

20th. Royal British Legion Social Evening: The Shipston on Stour Branch of the Royal British Legion meet on the third Friday of each month for a social gathering. We meet in the White Bear Inn from 7.30pm onwards. Do please come and join us and share your stories with like-minded people. For further information contact Alex Black 07789 968733 or alblack32@hotmail.com.

20th. Shipston Music Society - see ad on page 10

24th. Shipston U3A: See ad on page 16

24th. GLOSS (Great Ladies of Shipston and Surroundings). A social group for women to have fun and make friends. 7.30pm- 9.30pm at the Catholic Church Hall, Darlingscote Road, CV36 4DR. Meeting on the 4th Tuesday of every month (except December). All ladies welcome. Entry £2.

25th. Shipston and District Literary Society: Wuthering Heights. Should This Have Been Published?- Alison Hook. Meetings are held at The Halford Bridge Inn, Halford, at 7.30 p.m. Visitors welcome £5 each. For further information ring Helen Marshall 07582 903212

26th. Cost of Living Workshop: Scout Hut, New Street, Shipston. See ad on page 16.

26th. Local Quaker Meeting for Worship: St Edmund's Church, last Thursday in the month at 2.30pm, followed by tea/coffee, biscuits & chat.

27th. Townsend Hall: Pedigree Jazzband – see ad on page 10



SHIPSTON TOWN BAND

PRESENTS

AUTUMN CONCERT

WITH ITS SPECIAL GUEST



BRASS BAND CENTRAL ENGLAND

Enjoy an evening of brass band classics and dynamic new pieces with Shipston's very own award-winning brass band and one of the country's premier championship brass bands.

ADMISSION FREE

Sunday 15 October 2023 at 7.30pm
Townsend Hall, 52 Sheep St, Shipston-on-Stour CV36 4AE

FOLLOW US
  
www.shipstonband.co.uk

SHIPSTON COMMUNITY WARM HUB

Every Thursday, 10.00 am - 12.00 noon
The Scout Hut, New Street, Shipston CV36 4EW



- Come along, meet new people & have a good chat
- Relax with free refreshments, board games, books & wifi
- Weekly activities for all ages
- Plus energy saving tips & advice

Everyone's welcome!
This free community event is run by Stour Health and Wellbeing Partnership

  With funding from


Christmas Market

From 12-4pm at the
Shipston Townsend Hall on
Saturday 25th November.

30+ table top stalls,
refreshments available

Supported By





Are you over 65?

Do you need advice and/or signposting for services?

Are you feeling isolated and want to know how to get involved with groups?

Perhaps you have questions about care options?

Or maybe you would like a quick Blood Pressure check?

Nurses Jan and Liz together with our **Social Prescriber Jacqui**, who work as part of the Older People's team at Shipston Medical centre, have re-started their **DROP IN CLINIC**

WHERE: Scout hut, Shipston-On-Stour

WHEN: EVERY THIRD THURSDAY morning between 10am and 12noon

No appointment necessary

History in your hands
“The idea behind our museum handling room,” said Trustee Chair Bekky Hillman, “is to make history exciting for children. I don’t believe museums with everything in cabinets can do that.” She explained that children love the hands-on experience of touching history and thinking about how old the object that they are holding actually is.

Feedback from visitors shows that it is not only children who enjoy first-hand experience of the mostly medieval and post medieval things in the collection. These are things that archaeological units discard at archiving stage because most museums don’t take post-medieval items or animal bone. “In fact, children seem to love the animal remains the most,” says Bekky. “They like working out which animal it is and what part it is from.”

Items include some pottery pieces that can be put back together like a 3D puzzle, such as an old blacking jar and feathered slipware platter. There are also pens and paper so the kids can draw what they see.

Of course, most museum items need to be protected from damage but the move towards a more open and inclusive environment brings a greater awareness of the object and has a real impact on understanding. Some of the items come from the medieval pottery found near Long Compton during the first Shipston & District Local History Society dig in 1966 and others more recently from the pre-building excavations which found a first-century Roman homestead on the Campden Road.

Holding these objects brings powerful connections across time and culture. As Britain’s most famous natural historian David Attenborough said when picking up one of the earliest man-made 1.6-million-year-old chopping tools: “Grasping this I can feel what it really was like to be out on the African savannas hunting for a meal.”

The Trustees would like to thank the many visitors who have come through the Museum doors in the two months since its opening and look forward to seeing them when it opens again Easter 2024 after the Winter closure later in the year.

Cecil’s amazing track record

Winner of two World Championships and two Isle of Man TT races between 1952 and 1957, Shipston resident Cecil Sandford is one of Britain’s greatest motorcycle racers.

Born in Blockley in 1928, Cecil trained as a carpenter. After showing great ability in motorcycle scrambling and grass track racing, he moved on to road racing, riding an MV Velocette supplied by his future father-in-law, Shipston motorcycle dealer Arthur Taylor.

In 1950, Cecil rode for the factory AJS Team before joining the Italian MV Agusta Team in 1952, when he immediately won the Isle of Man TT and the World Championship for 125cc motorcycles, scoring the first-ever win for Agusta, which went on to become the most successful manufacturer in Motorcycle Grand Prix racing.



Cecil repeated his TT and World Championship double in 1957 on a 250cc Mondial. He then retired from the sport at the end of that year.

He then joined Arthur Taylor’s motorcycle business, marrying Arthur’s daughter, Pat. He also returned to his original craft of carpentry, making beautiful furniture. Now aged 95, he has lived in Shipston for most of his life and the town is proud to count him among its residents. No wonder many now feel it is time for his achievements to be commemorated in town.

Can you help your local Food Bank?

Demand at Shipston Food Bank, which operates out of St Edmund’s Church on Saturday mornings between 10:30 and 12 noon, continues to increase. The average number of food parcels handed out each week is more than two and a half times higher than the same period last year. We are currently feeding up to 90 adults and children every week.

The resources we have available to meet this growing demand are diminishing, however. Donations of food in the collection boxes in the two Co-ops and Tesco, and in the boxes in the church porch, have fallen dramatically during this year. That means we are having to buy more and more of the food that we distribute: the amount that we need to spend on top-up supplies has almost tripled in the past six months. It is currently averaging nearly £700 per week, but our regular income of donations from individuals and local businesses has remained fairly static at around £550 per month. We are rapidly eroding the financial reserves that we managed to build up over the past three years.

Thanks to a welcome grant from Stratford District Council, we were able to provide packed lunch bags for the school-age children of our customers throughout the summer holidays; and the proceeds from the ‘Plot to Plate’ event held a few months ago, which have generously been donated to the Food Bank, together with gifts of food which we anticipate receiving from local school and church Harvest Festivals, should help to keep us going over the next few months.

The demand for food parcels seems unlikely to reduce to any great extent in the foreseeable future, and so if we are to be able to carry on supporting our local families who find themselves in food poverty, we need to increase our resources significantly. **Can you help us?**

- . Could you drop a few basic food items into one of our collection boxes every week?
- . Could you make an occasional or regular monetary donation to the Food Bank?
- . Could you join a team of shoppers, so that we can purchase food from a budget supermarket in a nearby town and so reduce our costs?
- . Could you organise a fund-raising event for us?

Do please contact our Administrator, Drina Heighton, on **01295 680201** if you think you can help us or would like more details of how the Food Bank operates.

Ed Jackson, Treasurer



Allotment visit

At the beginning of September, children from Shipston Primary School’s Year 5 went to visit Shipston allotments. Here are just two of their creative responses!

Awesome Allotments - by Poppy, Matilda and Sienna F

The incredible allotments were packed with plants. All of the Year 5 children were amazed by the sight of all the fruit and vegetables - it was like a flurry of colours! The lovely people introduced all of the things they had grown, such as tomatoes, cabbages, lettuce, rhubarb, strawberries and runner beans, as well as animals like chickens. The Year 5s really enjoyed their trip and now know more about their topic for the term, ‘Sow, Grow and Farm.’

My Allotment - by Louie

Next to all my prim proper hedges and beautiful tidy edges is my allotment a mess,
overgrown and choked with weeds,
But with love and a bit of elbow grease I can finally say
bye-bye you meddling reeds,
There are acres of crippled and withered plants sleeping in



their rotten wooden bed,
It’s depressing knowing it’s too late and my plants are surely dead,
Entering the mud covered shed with shattered glass windows I pull out my trusty, rusty hoe,
Digging, turning and clearing weeds I finally need to sow my seeds and give the lawn a mow.
After months of care,I’ve grown with flare,
Vegetation is everywhere!
Following months of hard work and determination,
I was bursting with pride my allotment was a sensation,
Beauty followed the eye wherever it gazed,
I couldn’t believe it I was absolutely amazed,
As unique scents tingled the nose,
I continued watering with the garden hose,
Sunflowers outgrow their little beds,
As flowers lazily lift their heads,
But now we are back to Spring,
And my allotment will no longer sing.

Cornmill Meadows official opening

Although the Meadows have been available for visitors for some time, there will be an official opening at 10.30am on Saturday 14th October by Ian Jelley, director at Warwickshire Wildlife Trust, which has been supporting Cornmill Meadows since they were first donated to Shipston Town Council. Come along and visit the meadows on the day of the opening, which will be at the main gate on London Road, opposite the cemetery. Everyone welcome. Brand-new information signs are now in place.

As a wildlife site the prime consideration is to protect and encourage all forms of wildlife – birds, mammals, insects, and plants – but at the same time enable public enjoyment of a fine area of open space adjoining the Town.

Some wildlife and plants you might see:

*Photographs of animal wildlife courtesy of Ian Bailey
Photograph of plant courtesy of Rosemary Collier*

Yellow rattle	Small white butterfly	Corn bunting	Fox

STOUR VALLEY LIONS CINEMA



ALLELUJAH

BASED ON THE PLAY BY ALAN BENNETT

ALLELUJAH is a warm and deeply moving story about old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back by galvanizing the local community: they invite a news crew to film their preparations for a concert in honour of the hospital's most distinguished nurse.

Certificate 12A

TOWNSEND HALL

FRIDAY 13th October, 2023 at 7.30pm

Advance Tickets £5.00 or pay on the door.

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

Covid restrictions – please hand sanitise on arrival.

Drinks and raffle.



52 Sheep Street, Shipston-on-Stour, Warwickshire, CV36 4AE
www.townsendhall.co.uk

Townsend Hall
Charity No. 522997

Townsend Hall, Shipston, with...

Chris Walker
and
The Pedigree Jazzband

present their

SALUTE TO
TRAD JAZZ

Chris Walker - Clarinet
Tony Mann - Trombone
Andy Chislett - Trumpet
John Noddings - Banjo & Guitar
Ken Ames or Mike Bennett - Double Bass
Sy Gorelick - Drums

Friday 27th October 2023
Doors Open 19:00 for 20:00
Fully Licensed Bar

Tickets £12.50 from:

- Clarke Electrical Services, 01608-661394, or
- For online booking, visit ticketsource.co.uk/townsend-hall, or
- Email / Phone David: ds@pinnegards.com; 07511-694733

Primary School / High School
Shipston High School



We returned to school for our Autumn term and have already completed and survived our first few weeks! We give a warm welcome to new staff and students and look forward to a positive and fulfilling term ahead.

We welcomed our new Year 7 cohort and have been impressed how well they have settled in and found their way around the school. It is encouraging to see them helping and supporting each other in finding classrooms, learning the lunchtime routine and forming new friendships. We also welcomed our new staff who have hit the ground running and are already making a positive impact.

Our Open Morning for our 2024 intake place on Thursday 28th September. We were delighted to welcome parents and students who wanted to have a look around the school before submitting their choices at the end of October. Mr Saunders delivered the Headteacher's welcome, followed by a tour of the school enabling parents to get a feel of daily life and see lessons in progress. We will also be running an Open Evening on Thursday 5th October 6-8pm. This is an open session with no requirement to book or restrictions on numbers.

We are delighted to be able to offer a very exciting and comprehensive range of after school clubs this year, providing our students with the opportunity to learn new skills, make new friends and enjoy some downtime after the school day ends. There is a full week of sporting activities including football, netball, table tennis, Zumba, weights and hockey, as well as photography, upcycling, masterchef, coding, rock choir, music tech and debate clubs. We are sure there is something for everyone and would encourage students to sign up and try something new!

At the end of last term, we were visited by OFSTED to complete their inspection of the school. Inspectors were in for two days and we have, this week, received the outcome. We are delighted to announce the school has been categorised as 'Good' in all areas. This is an extremely positive result for the school, with inspectors recognising the commitment of everyone in the school community to ensuring students receive a high-quality education. There is much to celebrate in the report, including an endorsement of what we know makes Shipston High School special, our ethos and relationships. The quality of education is central to Ofsted's inspection of schools, and this report acknowledges Shipston High School's curriculum and expectations of our young people. The pupils are, as in previous inspections, recognised for their positive attitudes and hard work. We are extremely proud of our staff and students in this achievement, it provides a fantastic platform to start our new academic year.

Shipston Primary School



During the summer holiday extensive improvements were made to the school site. A new fire alarm system was fitted throughout the school, including new internal and external sounders, call points, sensors and automatic door closers. New fire doors to replace the internal blue doors will be installed shortly. As part of this project new emergency lighting was fitted internally and externally throughout the school. This project was fully funded from the Condition Improvement Fund, which academy trusts can bid for each year. Our next building project is the refurbishment of the Year 6 toilets, which will take place later this term.

After two highly successful staff training days, we've been excited and delighted to welcome children back to school for the 2023-24 academic year.

Open Mornings

We are looking forward to welcoming lots of families to our open sessions in November (10-11am Monday 6th to Friday 10th) to show them round our wonderful school, whether it is for new starters for Reception in September 2024 or mid-year moves.

Teachers and teaching assistants spent the first staff training day in September working on school improvement priorities for the 2023-24 academic year. On the second INSET day, all staff in The Stour Federation Multi Academy Trust (Acorns, Brailes, Kineton and Shipston Primary) joined together at Shipston Primary to celebrate the progress towards our strategic goals and future Trust-wide initiatives for: excellence for our children, organisational health, and sustainability and growth.

Our focus is firmly on building an ethic of excellence. The Trust value of excellence is the bedrock for everything that follows. Our fundamental responsibility is to give children the chance to be excellent.

We look forward to more schools joining the Trust this academic year. Find out more on Trust website

www.thestourfederation.com

Children and staff have returned to school in brilliant form, building on from the excellent nationally published results at both schools in the summer. Our teachers have very high expectations of our children, and we will not compromise on our ethic of excellence every day - it's what every child deserves.

Vacancies

Jobs at Shipston Primary School are advertised at www.shipston.warwickshire.sch.uk/vacancies/



SHIPSTON
Music Society

Registered Charity No: 1146459 (England)
www.shipstonmusic.org.uk

Madeline Kirby, Harpist
Solo Recital
Friday 20 October, 7.30pm
To be followed by the Annual General Meeting
Methodist Church, Shipston-on-Stour
Tickets £8
On the door or available from Clarke Electricals, Shipston
Free entry to Shipston Music Society members
Information: ph 01608 662514
New members always welcome


Supported By



Sat. 4th November

Craft and Book Fair

10am to 2pm



Townsend Hall
Shipston On Stour

Brought to you by Stour Valley Lions

Post Code: CV36 4AE Registered Charity CIO No. 1191826

Stour Concert Brass

Stour Concert Brass completed their summer programme with their regular visit to Tysoe show. The event was absolutely packed and parking was at a premium with the available park full and cars parked all over the village. The band was grateful for the shelter provided as there were some very heavy showers. Under conductor Nigel Hall, the band presented their usual varied programme to the packed audience with their first half finale Breezin’ Down Broadway, a medley of songs from the shows, drawing considerable applause. It was great to have Luke Barker Flowers Principal Cornet helping out and giving a delightful performance of the cornet solo Belvedere by Jan De Haan.



Stour Singers

Stour Singers got off to a wonderful start to our Thursday rehearsal schedule this September. We were delighted to welcome a number of new members and, even in our first rehearsal, made an impressive sound together thanks to the excellent leadership of our musical director Richard Emms. Singing Christmas music whilst fanning ourselves against the high temperatures of the start of the month was certainly an unusual experience, but added to the good humour of rehearsals!



Our Christmas concert, featuring works by Mozart and Vaughan Williams as well as a selection of Christmas carols, will take place at St Edmund’s Church at 7.30pm on Saturday 9th December. We are excited to be joined by international baritone Thomas Humphrys and instrumentalists from the Royal Birmingham Conservatoire, so put the date in your diary now. We’d love to see you.

As ever, if you’d like to know more about singing with us then just drop us a line at stoursingers@gmail.com or call/ WhatsApp our coordinator Gayle on 07791 769102.

Shipston-on-Stour Women’s Institute



Shipston’s Women’s Institute met on Wednesday, 6th September after the summer break. Members were both educated and entertained by Peter Cowley who spoke about the first female racing driver – Dorothy Levitt, an amazing woman whose life and achievements should be more widely known.

Dorothy, born in 1882, was taught to drive by Napier & Son in Lambeth, London where she started as a typist. She was apprenticed to learn car mechanics, and began to enter motorcar races which were then in their infancy. Dorothy was always beautifully attired in the fashions of the day with just a long overall to protect her clothes from the dust and dirt.

Dorothy always loved speed. She rode horses astride and fast and drove from Glasgow to London non-stop. She entered into European races – Paris to Rouen, Paris to Amsterdam – and did well also at motorboat racing, setting a waterspeed record driving a Napier boat but the accolade went to Selwyn Edge, her boss, because women were not

permitted to drive boats. Ostensibly she was a passenger! She went on to win four motorboat races in 1903.

1904, ’05, ’06, ’07 and ’08 were all years of winning major British and European races. She was called the Fastest Girl on Earth’. She drove from London to Liverpool and back in two days accompanied by her dog, a small hand mirror (with which to view traffic coming from behind), and a loaded Colt pistol.

Hers was a memorable and exciting life: she taught Queen Alexandra to drive and was fined – twice as much as her male equivalents – for speeding in Hyde Park. She wrote a book aimed at women drivers and took up flying later in life! A truly remarkable woman who was able to overcome the social obstacles of her day and make an interesting and rewarding life for herself, Dorothy Levitt died in May 1922.

The Branch had visited Morton Hall in Worcestershire to view the gardens which were outstanding. It is proposed to visit them again in the Spring when the tulips will be spectacular. The Treasurer made her report to year end 31st August and was able to state the finances are healthy. Members were reminded the Victorian Evening will be held in December and contributions to the WI stall will be needed.

The next meeting will be at 7pm on Wednesday, 4th October in the Catholic Church Hall, Darlingscote Road, Shipston, which will be a social evening. Members are asked to bring a friend if they wish.

Townsend Hall



We’ve given the main hall floor a professional going over with a sanding down, re-applying sports court lines, and topping it off with a lovely polish - it’s come up a treat! Spick and span and ready to support your bookings as always, writes Townsend Hall Trustee Haydn Ward.

For those keeping an eye on the proceeds from our jazz events for the stage lift delivery, it’s on its way and we hope to report it’ll be available for use in the next bulletin. Our jazz programme continues in full swing and all proceeds will continue to be targeted at maintenance and improvements required for the hall. Next up is Chris Walker and The Pedigree Jazz Band in their ‘Salute to Trad Jazz’ on Friday 27th October. This promises to be another great evening out and tickets are available online at £12.50 from www.ticketsource.co.uk/townsend-hall, where you can bag your own table and seating, or for general availability seating from Clarke Electrical Services in town. And there’s more in November (online tickets already released at above web address) and December – keep your eye on www.townsendhall.co.uk for details.

We have some fabulous regular hirers for clubs and events. You might still be able to get tickets for Cotswold Events’ ‘Fab 4’ on Saturday 7th October – title speaks for itself! If you’re missing a local cinema, check out the wonderful cinema evenings that the Stour Valley Lions put on at the hall, and if you like your brain cell(s) being exercised, U3A puts on some great talks. Take a look at www.townsendhall.co.uk and follow on Facebook and Twitter.

Shipston Proms

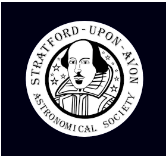
Looking back, as we start another year of planning, our inaugural Shipston Proms in 1999 started with the Mop Fair, five live bands and a pig roast. The festival lasted a week and the final night, instead of being in the High Street, was a grand finale open air picnic at Shipston Sports Club with the Pasadena Roof Orchestra headlining, and a laser show and fireworks. The content during the week was similar to now, including the Young Musicians Concert, a Town Band concert, rock and blues at the White Bear and a folk evening. The Cantamus Choir performed for the first time Richard Emm’s ‘Diversion for Piano duet.’



So, fast forward to Proms 2024 as we continue to plan our next programme, with ongoing tweaks to the format to keep it fresh but keeping the heart of the festival intact. If you would like to get involved, either as an artist or as a venue, please contact us via our website www.shipstonproms.org. or on Facebook.

Details of our fundraising Christmas concert to follow.

Astronomical Society News



The Stratford upon Avon Astronomical Society meet every 1st and 3rd Tuesdays at 8pm at Alderminster Village Hall. Everyone is welcome, the first Tuesday is a Club Night, in October that will be on 3rd October and the speaker on 17th October is Professor Robin Jeffries from Keele University, with a talk called ‘Gaia, the billion-star mapping machine.’

Each month one of our members offers pointers on what to look for in the sky during the coming weeks.

The Aurora Borealis (The Northern Lights)

Back in the spring, you may have heard of the Northern Lights being sighted over Warwickshire. You may have even seen them yourself. This was due to the sun approaching Solar Maximum, and so it is more active with sun spots and solar flares. This makes the solar wind stronger and when it interacts with Earth’s magnetic field it is forced to the polar regions. There it reacts with the nitrogen and oxygen molecules, causing ‘curtains’ of colour - red and green in particular. They flow and shimmer and are an amazing sight. They normally appear just below the Arctic Circle but at times of strong solar activity they are forced further south and can be visible in the United Kingdom. The aurora is measured by the Kp-Index - derived from the German Planetarische Kennziffer meaning Planetary Index. The index scale runs from 0 to 9, the higher the index the further South the aurora are likely to be seen.

Club nights offer more information on what to look out for each month and if it is clear we do some observing just outside the Village Hall, so please join us. There is no charge initially to come along and find out more, but if you do want to become a member then the fee is just £15 a year and it’s free if you are in full time education. For more details go to the website http://www.astro.org.uk or contact the Chairman John Waller john.waller@astro.org.uk or on 07703 192188. Happy Observing!

Observation notes by Adrian Wakeham and Dave Benton.

Shipston Table Tennis Club

Affiliated to Table Tennis England

Are you a keen table tennis player?

Shipston Table Tennis Club are based in The Hub and play in the Banbury and District league, with a team in each of its three divisions. We are a friendly club which has a social practice session most Monday evenings whenever the C team doesn’t have a match.

If you think you may already be able to play league table tennis standard, or have the potential to reach that standard, you would be welcome to meet us at a club practice night in the next few weeks, without obligation.

We are looking for younger players as well as older folk like the fine gentlemen featured in the photo! Please contact C team captain Andy Smith for more information and to arrange to come along one week. We guarantee an enjoyable evening, and if it turns out you’re not yet ready for league play, we can arrange some coaching or put you in touch with the table tennis groups playing socially in the town. E-mail: smith.ap@outlook.com or phone 01789 721284.



Wanted! Tech support for SADS

Shipston Amateur Dramatic Society aka SADS is seeking a sound technician. Do you have a flair for cutting, editing and operating sound and music? If so – come and join our creative and enthusiastic team! Please contact us via our Facebook page, Shipston on Stour Drama Group.

Pop Up Shop

Need a wardrobe refresh or a treat? Shipston Home Nursing’s Pop Up Shop returns to The White Bear in Shipston from Monday 2nd - Wednesday 4th October, 10am-3pm.

You’ll find a huge range of pre-loved clothes, jewellery, accessories, homeware and books, alongside lots of children’s fancy dress, including Halloween costumes!

All proceeds come to Shipston Home Nursing, enabling us to provide hospice care at home in Shipston, Kineton, Wellesbourne and surrounding villages.

I regard myself as a pragmatist. When facts change I change my mind. So I am rather cheered that an outbreak of common sense is happening in how we approach Net Zero. In the UK we have met targets faster than many other countries. So why not slow down a little in our plans – to allow our bank balances to catch up? We bought a new house with air source heat pumps and we added solar panels. My husband has an electric car and I have a hybrid. But there are stumbling blocks with the technology. There are not enough chargers nationwide and they break down with remarkable regularity! We also have the issue of needing greater infrastructure for the 2000 or so EV chargers coming to Warwickshire (from a £3.295m government grant) – on street and in car parks. I am lobbying hard for Telegraph Street and West Street car parks in Shipston.

If you have an oil fired boiler and can't afford to replace it? Rest easier that you will not need to, common sense has won. Some properties will never be suitable. Maybe further in the future with different technology? It is technological solutions like carbon capture, regenerative farming practice and small modular nuclear reactors – fusion is also coming – which will reap the biggest benefits for us. By 2050 we will be there – but not at the cost of bankrupting us while other countries catch up.

On a related issue, when we look at improving the centre of Shipston, the overwhelming message I get is let's look at one-way circulation and some wider pavements for our developing café culture. But to stay a vibrant shopping hub, people need to park, nip into a shop or pick up a heavy item in the course of their daily grind.

I am grateful to so many of you for your support while I've been out of commission for the last couple of months. Simple kindness is much appreciated. Surgeries will be restarting in October. Call me for an appointment or ring any time.

Councillor Jo Barker (she/her)

Shipston Division

Chairman of Adult Health and Social Care Overview and Scrutiny
07748968712

jobarker@warwickshire.gov.uk

@jmvbarker

Shipston Medical Centre update

The Virtual Dementia Tour gives people the experience of what it might be like to live with dementia. By understanding dementia from the point of view of someone living with it, carers, families and healthcare professionals are then better-placed to improve the care they deliver.

The tour takes place on a bus converted to replicate the rooms of a house and it gives participants the chance to experience a little of what it is like to live with dementia including the use of sensory equipment. Before entering the bus, you will be fitted with headphones and other equipment and will be part of a small group of 3-4. The experience will take 2.5 hours in total and you must be available for the whole time so please do not book a space if you are unable to commit to the full session.

To book a space on the bus, collect a form from the medical centre. The frailty team will also have forms with them on patient visits. We are running two sessions with a total of 24 people and places will be given on a first-come basis. We will contact you if you have a space with the time of the tour.

website: <https://shipstonmc.warwickshire.nhs.uk/> and

Twitter: <https://twitter.com/ShipstonGP>. Facebook:

<https://www.facebook.com/ShipstonMC>

District Council

With the increasing number of electric cars on the road there has been a demand for more public electric vehicle charge points in Shipston. The Town Council has been investigating charge points for some time but there have been two problems – funding and finding suitable spaces.

The County Council has now been allocated £3.295m from the Local Electric Vehicle Infrastructure. This could deliver 2,000 charging sockets at both on-street and in car park locations throughout Warwickshire. As soon as the new funding was announced we put in a claim for some in Shipston.

The fund is aimed mainly to help residents who have to park on the road such as those who live in streets in the middle of town. If you have a need for a public EV charge point or if you have any suggestions for good places to site them, let me know. The more demand we can show the more likely we are to get some of the funding for Shipston.

I was recently approached by Dr Ian Wood, a retired doctor from Stratford, who started a Sporting Memories Club there a few months ago. He was very enthusiastic about the benefits of the club for older people with memory loss and wants to help start one in Shipston. Sporting Memories is a charity and social enterprise that helps older people to reminisce, replay and reconnect through the power of sport and physical activity. It was launched in 2011 and supports a wide range of people aged 50-plus, including those living with dementia, living with depression or facing isolation and loneliness to improve their mental and physical wellbeing through regular club sessions, situated within local communities across the country. See more: www.sportingmemories.uk

Dr Wood is coming to discuss the initiative with the Stour Health & Wellbeing Partnership and we are hoping to get a club going in Shipston soon. If you know anyone that might benefit, please let me know.

Dave Passingham

District Councillor, Shipston South, 07973 846605

dave.passingham@stratford-dc.gov.uk



Shipston Medical Centre

Your Town Councillors



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Planning Committee Vice Chair

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Enviromental Working Group, Co-Chair

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Ian Cooper

Finance Working Group Chair

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Paul Tesh

Planning Committee Chair

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Jo Barker

t: 07748 968712

e: jo.barker@warwickshire.gov.uk (for town and county matters)



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Heritage, Amenities and Leisure Projects Working Group Chair

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Michelle Kelly

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Richard Walters

e: richard.walters@shipstontowncouncil.org



Vacancy



Useful Contacts

Community Links Transport	01789 264491
Shipston Library:	0300 5558171
- 24/7 renewal line	01926 499273
Highways customer services	01926 412515
Severn Trent Emergency Line:	0800 7834444
Shipston Volunteer Transport Scheme	01608 663122
Shipston Leisure Centre	01608 662354
Shipston Medical Centre	01608 661845
– Out of hours	111
Shipston Link (local transport)	01386 593446
Shipston Recycling Centre	01926 412593
Stratford District Council	01789 267575
Townsend Hall	07514 704057
Warwickshire County Council	01926 410410
UCHW Hospital	024 7696 4000
Warwick Hospital	01926 495321
Local police (non emergency)	101
Shipston Police Safer Neighbourhood Team:	01789 444670
shipston.snt@warwickshire.police.uk	
Churches of Shipston:	
Stour Valley Baptist	01608 664876
Our Lady & St Michael	01608 685259
St Edmund's	01608 661210
Methodist Church	01295 257193

Shipston-on-Stour Town Council

New Clark House, West Street, Shipston-on-Stour, CV36 4HD

Town Clerk

t: 01608 662180 e: clerk@shipstononline.org

County Council Contact:

Councillor Jo Barker

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District Council Contacts:

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Olivia Hatch (Shipston North)

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t: 077525 62114

Something exciting to share?

If you have a story that's relevant to Shipston residents, please contact the editor, Laura Parker, on 07989 530069 or email: forum@shipstononline.org

To request posts on the council's Facebook page, contact admin@shipstononline.org

Forum copy deadline:

Second Monday of the month

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

The Shipston Forum is produced monthly by the Town Council.

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.

Looking for Cost of Living help?

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Shipston on Stour
Scout Hut

New St, Shipston-on-Stour, CV36 4EW

10am to 12pm

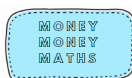
Thursday 26 October 23

Thursday 9 November 23

Thursday 14 December 23

To find out more and to register, go to

<https://cwcda.co.uk/community-services/money-money-maths/>



SHIPSTON ON STOUR AREA

u3a

Registered Charity No 1170969

TUESDAY 24 OCTOBER
2 pm TOWNSEND HALL

PASSPORTS, ASSASSINS, TRAITORS & SPIES

A talk by Martin Lloyd



Thrill to stories of how three passports have played their influential role in the course of history: an attempted assassination which altered the regulations for issuing passports; the capture of a spy which caused a worldwide modification to the design of the document and for one person the passport itself which turned into a killer.

Visitors are welcome
Entry including refreshments £2

10 - 12 EVERY THURSDAY

in South Warwickshire and Worcestershire

SCOUT HUT SHIPSTON

WarmoHub

EVERY THURSDAY

Complimentary tea and coffee along with a friendly face.

Weekly we have both the social prescriber from Shipston Medical Centre, and a counsellor from Mind who are on hand to assist with any health and wellbeing needs you may have.

1ST THURSDAY

Monthly, there will be the tools and resources to help you **get online**. One of the staff will be able to run through the basics so if you have any digital questions, come along with your phone or tablet.

2ND THURSDAY

We will be running **cooking groups** with Wendy. Improve your cooking skills and meet new people. Places are limited so it will be on a first come first served basis.

3RD THURSDAY

We are lucky enough to have the **Frailty Nurse** joining every month from Shipston Medical Centre. She will be running a drop in clinic and will be on hand to help with any health and mobility issues you have.

4TH THURSDAY

Shipston Home Nursing staff will come and offer **bereavement support** along with a warm bowl of soup and a friendly atmosphere.

FOR MORE INFORMATION PLEASE VISIT: [HTTPS://WWW.SHWP.ORG.UK/](https://www.shwp.org.uk/) OR SHWP ON

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