



# Shipston Forum

The community newsletter for Shipston-on-Stour

November 2014

## Housing report provides insight into Shipston's record growth

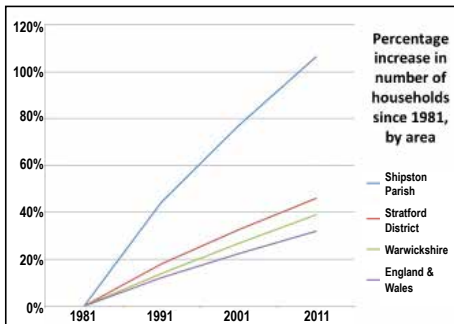
Figures presented by the Neighbourhood Plan team at the October town council meeting paint a startling picture of rapid housing growth and population change in Shipston. Presented alongside the results of an independent survey into current housing needs, the figures suggest that Shipston will continue to grow more rapidly than the county and national average, with a larger percentage of the population being over 65 when compared with other areas.

The Neighbourhood Plan's Housing Group has analysed household and population figures over time in order to try and predict likely changes over the next 20 years.

Statistics show there has been a significant increase in population since World War II. In addition, the average size of households has reduced from three people per house to two as single adult households become more prevalent.

Shipston's under 16 population has been declining as a percentage of the total population. The median age in Shipston is older than those of the district, county and country as a whole which has implications for health and transport needs.

Using a combination of historical data and national population trends, the NP team believes Shipston could be heading towards a third of the population being 65+ by 2021.



The team also demonstrated that the rate of housing growth in Shipston is much higher than in other areas, with over 100% growth in the period from 1981 to 2011. Taking into consideration the permissions already

granted, this sharp growth trajectory looks set to continue, with the number of households rising to 3000 by 2021 if the current development proposals under review go ahead.

Ed Jackson, Housing Group representative, said: "With the expected demographic changes, we need to think carefully about the infrastructure the town will require. Health and transport needs are particularly key, but we may also need to be considering small scale practical changes such as dedicated parking for mobility scooters in the town."

Alongside this analysis, Warwickshire Rural Community Council conducted an independent survey into housing needs in Shipston. The survey found that there was a current need for approximately 50 houses of varying sizes to meet local demand, of which 24 would be local market housing, 24 housing association rented and two shared ownership. How and where these homes could be found will be considered as part of the Neighbourhood Plan.



*There are several large scale housing developments proposed in Shipston*

Mayor, Philip Vial, said: "We are grateful to both Warwickshire Rural Community Council and the Neighbourhood Plan team for providing such informative reports. Our town has faced considerable pressure from developers in recent years and there is no sign of a let up with ASL submitting a new application in mid October for 95 houses on a new site on the Campden Road.

"Not only do we need to work together as a community to ensure future development is appropriate and sustainable, we need to address current and future infrastructure needs to ensure we meet the changing demands of existing residents."

Find out more about the Neighbourhood Plan on page 13.

## Local charities receive a windfall

Former Mayor, Ronnie Murphy, was delighted to present Warwickshire Air Ambulance Service (WAAS) with a cheque for £1,150, and Queen's Avenue Park Action Group with a cheque for £300 at the October council meeting. The funds were raised during her time as Mayor through three events, a ladies afternoon tea party, charity cricket match and a fashion show.

Commenting on the presentation, Ronnie Murphy said: "It is wonderful to be able to support these two important charities. I thoroughly enjoyed all three events and would like to thank all those who supported our fundraising efforts."



*Former Mayor, Ronnie Murphy, presents Tracey Wright of WAAS with a cheque*

## Mayor's column

I know that all of us on the Town Council were saddened by the death of former Councillor Roy Munden. His sense of humour and commitment to Shipston will be much missed. Our thoughts and prayers are with his wife, Christine and his children and wider family at this time.



I am delighted that Warwickshire Rural Community Council was able to present its housing needs survey at our last meeting. The report highlighted the requirement for some affordable housing development, if only to meet the acute need of not only younger residents of Shipston looking to get on the housing ladder but also older people who need more specialist accommodation.

This year is the centenary of the outbreak of World War 1. We are grateful year after year for the work of Shipston British Legion who organise our acts of Remembrance and urge all to either attend this year's service on the 9th of November or the period of silence in the High Street on the 11th.

The Town's Civic Service is at St. Edmunds on the 23rd November. This service celebrates the people and groups in Shipston who make the town the great place to live that it is. The service will also support the work of DASHs Youth Counselling Service.

There is also good news that the hard work of the Sports Club may soon result in a significant improvement in its facilities.

**Philip Vial**

## Remembrance Sunday will mark the 100th anniversary of WW1

This year's Remembrance Sunday, on the 9th November, will mark the first year of the WW1 Centenary period. Shipston men who fell will be remembered with particular significance.

The parade will march off from the High Street to St Edmund's at 10:30, accompanied by the Town Band. After wreath laying at the War Memorial there will be a Service of Remembrance for the whole community.

On Armistice Day, Tuesday 11th November, everyone is invited to gather outside the George Hotel at 11am to observe Two Minutes Silence.

Please look out for Poppy Appeal volunteers in the run up to Remembrance Sunday, who will be delighted to collect your donations to support service men and women and their families.



## Latest news on proposed large-scale developments

RCA Consulting, the agents acting for David Wilson Homes, have presented the findings from a recent public consultation about the proposed development of 93 houses off Shoulderway Lane.

The results indicate just nine per cent of respondents support housing development in Shipston. Eighty-nine per cent of respondents do not support the principle of housing development on the Shoulderway Lane, with a further 8% unsure. However, 70% felt there was a need for additional healthcare provision in Shipston, although only 20% felt the Shoulderway Site could accommodate a new surgery.

In response to feedback at the consultation event, the number of proposed houses has been amended to 93 to minimise overlooking, and changes have been made to deal with concerns about run-off water and flood risk.

RCA confirmed that should the development go ahead, Shoulderway Lane would be widened to a 5.5 metre road, including a footpath. The work would affect the side of the road where housing already exists.

Concerns were raised by councillors about the strength of public opposition to the site and the long term sustainability of another large scale development. A planning application has not yet been submitted but is expected in the coming weeks.

In other development news, the Planning Inspector has announced plans to review both ASL applications for the land on the north side of Campden Road in March. In addition, the District Council is to re-examine the proposed Orbit Homes development on London Road in light of the district's five year housing supply.

More detail about the latest ASL application on the south side of the Campden Road will be reported in next month's Forum.

## Helping adults learn to read in Shipston

One in twenty adults in England cannot read and many feel too embarrassed to tell anyone, so struggle through without ever learning this vital skill.

Now, however, there is an organisation called Read Easy providing one-to-one learning for adults in the Shipston area, so they can tackle their reading challenge in privacy. If you know someone who could benefit from this service, turn to page 10 to find out more.

Read Easy is also keen to hear from anyone who would like to train as a reading coach or who has a quiet office where coaching sessions could take place.

For more details, contact Sue Brereton on 0844 493 0686 or [suebrereton@readeasy.org.uk](mailto:suebrereton@readeasy.org.uk).



*Read-Easy's group of friendly reading coaches*



### October's hot topics

**Lumpy tarmac:** Residents from Springfield Road have reported concerns about tree routes pushing the Tarmac up. The Town Clerk will follow up with the Highways Department.

**Riverside walk:** Sheelagh Saunders reported progress being made on establishing a riverside walk. There are mixed views from landowners and some landscaping help on the cards. Further news will be shared when known.

**Housing concerns:** A member of the public raised concerns about the impact of the proposed development off Shoulderway Lane.

**Polling station location:** Having looked at the turnout figures in recent years, councillors have supported keeping the polling station at the Sheldon Bosley Hub. Although slightly out of town, parking provision is good and the turnout has improved in recent years.

### Campaigning for Shipston

**Dementia awareness workshop:** The town council is working with the medical centre and other stakeholders to arrange a dementia awareness session for service providers, councillors and local businesses in January as part of Shipston's 'Dementia-Friendly town' campaign. The date will be advertised nearer the time.

**Gyratory Garden:** The Town Council will purchase the Gyratory Garden land from the Highways Agency for £2,000 to secure the site as open space for the public. This is in response to a letter from the HA notifying the council that if it did not wish to purchase the land, it would be sold on the open market.

**Shipston Young Firefighters:** Thanks to a coordinated effort including town and district councillors, parents and children, Shipston Young Firefighters will continue but as a new charity in its own right. For details see page 4.

**A welcoming sign:** Shipston's Tourism Group is proposing new signs for some of the entrances to the town, particularly the London Road entrance where the current sign is particularly poor. General Purposes will seek quotes for the signs for further discussion.

### Town Council business

**Council vacancies:** The town council has two vacancies. There has not been a request for an election so the council can co-opt new members. With a full council election taking place in May 2015, new members will only be co-opted for a short period of time. For details see page 10.

**Boundary changes:** The proposed changes to county council patch boundaries will have minimal impact on Shipston as the ward remains unchanged.

**Noisy drains:** The town council joined a district council enforcement officer to inspect noise disturbance being caused by a drainage grate at the entrance to the Rugby Club. The noise is significant and work is needed to remedy the issue. The council is clarifying who will be responsible for the repairs.

**CCTV provision:** The Mayor is due to attend a meeting to understand the statistics behind CCTV provision, including analysing the impact of 24 hour surveillance. The outcome will feed into any future discussions about CCTV funding.

## New Clark House Update



### Changes at New Clark House

Shipston Town Council has co-opted a new councillor to fill the vacancy left by Brian Healey. Peter White joined the council in late September and is looking forward to getting more involved in council work. You can find out more about him below.

We were all very sad to hear of the death of our colleague, Roy Munden, who served our community both as a town councillor and a football referee for many years. Roy was a passionate contributor at town council meetings and will be missed. For more information about his role in the community, turn to page 13.

We were also sorry to accept Melanie Trapp's resignation from the town council due to pressure of work. Mel has worked extremely hard in her role as town councillor, as well as supporting a number of charitable events. She assures us she will still be on hand to help as a volunteer when work allows.

### Welcome to new councillor, Peter White

Peter lives in Railway Crescent in Shipston with his wife Gemma and his two children Charlie and Holly. Peter was brought up in Shipston and only moved to attend



University and for work but returned to set up home to be near family and friends. Peter is a shopping centre manager, responsible for over 250,000 sq ft of retail and office property in Gloucester City Centre.

Peter spends most of his spare time with his family but also enjoys cycling and swimming.

**Georgina Beaumont**  
Town Clerk  
01608 662180  
clerk@shipstononline.org

Do you have what it takes to become a town councillor?  
Turn to page 10 for details of how to apply

## Shipston Young Firefighters Group Saved

Much to the delight of young people and their families, Shipston's Young Firefighters group has been saved.

After a public petition and extensive intervention and negotiation by town, district and county councillors and families affected, a new way forward has been agreed which will see Shipston Young Firefighters move forward as a separate charity under the wing of the Youth Club.

This positive outcome has been achieved thanks to the level

of commitment to the club. There is still work to do to secure enough funding to secure the group's future, but things are heading in the right direction.

Mayor, Philip Vial, said "I'm delighted a successful conclusion to this emotive issue has been reached, thanks to the hard work of parents led by Donna Hall, the Youth Club, and our district councillors. They ran a strong campaign securing extensive public support. I'd also like to thank our county councillor for facilitating meetings with the Chief Fire Officer."

## Special feature: Scouting in Shipston – An Everyday Adventure

Scouting is the UK's biggest mixed youth organisation and in Shipston, it offers around 80 young people – boys and girls – fun and challenging activities, unique experiences, everyday adventure and the chance to help others.

The Beavers (6-8 year olds), Cubs (8-10.5 year olds), Scout (10.5 to 14 year olds) and Explorer Scouts (14 to 18 year olds) develop age appropriate skills including teamwork, time management, leadership, initiative, planning, communication, self-motivation, cultural awareness and commitment. "I love being with my friends and having fun doing the activities", said Bethany, aged 6.

The older age group work towards the Duke of Edinburgh Award Scheme in addition to the Scout Awards. This is done at District level and we offer Bronze, Silver and Gold awards. "Watching the Explorers grow up between their Bronze, Silver and Gold Awards has been an eye-opening, but rewarding experience, sometimes hard work, sometimes testing our patience but always with lots of laughs!" Claire DofE co-ordinator.

### Making it happen

This everyday adventure is only possible thanks to adult volunteers, who support Scouts in a wide range of roles. In Shipston, the scouts are always looking to increase the number of adults within both the leadership and support roles. The variety of volunteering opportunities available means volunteers are rewarded with adventure, training, fun and friendship.

The Scouts' award-winning training scheme for volunteers means that adults get as much from Scouts as young people. "Our approach focuses on what you want to get out of volunteering with Scouts, while respecting how much time you can offer. It doesn't have to be a weekly commitment – the more people involved, the easier it is all round." Said Katrina Collie, Explorer Scout Leader.

The Scouts' training scheme was recognised with a National Training Award from UK Skills. Training in Scouting has also enabled volunteers to gain accreditation for Open College Network awards in Youth Work, and helped them to become

associate members of the Institute of Leadership and Management and the Institute for Training and Occupational Learning.

If you're interested in discussing the opportunities for flexible



*Scouting provides a variety of opportunities at home and overseas*

volunteering within Scouting in Shipston please contact Dave Wright d.wright61@btinternet.com 01608 662158. As reported in last month's Forum, Shipston's Girlguiding group is also looking for more volunteers. To find out more, please contact Judith Jackson on 661148.

## Shipston Scouts in action

Thirteen Scouts aged from 10 – 14 recently took part in a hike as part of their orienteering badge. The hike was 6 miles for the older Scouts and 4 miles for the younger ones. The hike took five hours with stops en route to work on our navigation skills: grid references, contours, map features, bearings and triangulation.

On the journey we found a geocache treasure box by accident. Eagle-eyed Rebecca Drew saw a lunch box buried at the bottom of a hollowed out tree. Geocaching is treasure-hunting game with containers hidden at locations across the country and the scouts were pleased to find this unexpected treasure on their route.





## Shipston Primary School

Shipston On Stour Primary School



### Snoozing with sharks

Shipston Primary are the first school to sleep in the tunnel overnight at the Sealife Centre in Birmingham. The Year 4 teachers came up with the idea during the summer holidays when planning their first topic "Blue Abyss".

After unloading sleeping bags the children had exclusive use of the centre! First was a VIP tour of all the sea creatures. Pupils demonstrated their learning by identifying guitar sharks, native rays and gentoo penguins in the pools and other sea creatures in the tropical tanks including jellyfish, seahorses and an octopus.

After supper, the children then experienced the 4D cinema, with a 3D film, bubbles, shaking seats and squirting water!

Finally it was time to get ready for bed and settle down in the 360° glass Ocean Tunnel. The children were able to lie on their backs and doze off to sleep while spotting the nurse sharks



and black tip reef sharks swimming gracefully overhead. Everywhere was quiet...until Molokai the Giant Green Turtle came swimming by with a shark hitching a ride on his back!

The talk on the bus was that this was "the most awesome trip ever" and an experience the children and staff will remember for the rest of their lives!

### Harvest for the Food Bank

St. Edmund's was packed to the rafters with pupils, teachers, parents and carers for our Harvest Festival. It is always a pleasure to see our smartly-dressed pupils walking down Church Street alongside family members and staff.

Children from the Flamingos class read harvest-themed poems, bible readings and prayers. Thank you to Rev. Andrew Coleby for leading the service, Mrs. Roberts for the recorder orchestra and Mrs. Childs and Sasha Turner accompanying the hymns on piano and cornet. Thank you for all the donations for the Shipston food bank.



## Shipston High School

### Your High School Needs Your Help, Please!!

Can you help? As the High School prepares for its annual Awards Evening in November it has been delving into the history of some of the school's older cups and trophies, some of which are extremely valuable and more than sixty years old. Unfortunately, not much is now known about the history behind some of the donors which is why the school is now asking for your help. In particular the school would be very keen to hear from anyone who knows anything at all about any of the following local people who in the past generously donated the many cups, salvers, trophies and shields that the school still awards to its outstanding students to this day:

<b>Jack Lucas</b>	(trophy awarded for English)
<b>Symons Bosley</b>	(trophy awarded for Engineering)
<b>Campbell Taggart</b>	(trophy awarded for Music)
<b>Philip Jewsbury</b>	(trophy awarded for PE)
<b>..... ? Cuthbert</b>	(trophy awarded for service to the community)

Head teacher, Jonathan Baker, said: 'The school is going through a huge period of change, not least with the start of our ambitious building project. While we spend much of



our time planning for the future, it is important we don't lose touch with our past. We must never forget all the generous, local benefactors who have supported the school over the years and who still continue to benefit the school to this day.'

If anyone does know anything at all about these donors, PLEASE do get in touch with the school either by telephone (01608 661833), e-mail (apunt@shipstonhigh.co.uk)

### It's Showtime!!

Shipston High School is delighted to announce that this year the school production will be 'Annie Junior'. Rehearsals are in full swing for the story of the little orphan who gets adopted by a millionaire only to have her good fortune nearly snatched away by the evil machinations of the orphanage owner Miss Hannigan and her brother.

Featuring show classics such as "Tomorrow" and "You're Never Fully Dressed Without a Smile", this is a real heart warming Christmas treat! There are in excess of fifty students involved, from cast to backstage to making props and costumes.

Performances take place in the school hall on 28th and 29th November at 7.30pm and tickets will be on sale from 4th November priced at £4 for adults and £2 for students under 16 and pensioners. There will also be a family ticket available at £10 - which allows entry for 2 adults and 2 children.



## Shops set for a friendly showdown in Christmas Window competition

Shipston's traders are busy planning their Christmas window showpieces ahead of the Rotary Victorian Evening on the 5th December.

The theme this year is 'Christmas in Shipston' with all shops invited to come up with displays which showcase what makes Shipston special this Christmas. Judging will take place on the morning of the 5th, with the winner announced during the evening event.

Now in its 17th year, the Victorian Evening is once again expecting to welcome thousands of residents and visitors. There will be over 40 stalls offering Christmas gift ideas and tasty treats, while the fabulous Town Band will be entertaining the crowds. The primary school will lead everyone in a series of festive carols and the evening will be rounded off by Stratford's Shout choir.

The event runs from 6-8pm in the town centre. Father Christmas has the date firmly in his diary. Have you?



*A particularly memorable previous prize-winning window display*

## Shipston Home Nursing has events to suit everyone in November

Hospice-at-home charity, Shipston Home Nursing, has an ambitious programme of events planned over the coming weeks to boost funds for the vital local charity.

For the fashion fans, the charity is holding a designer sale on 7th November from 9am to 8pm at Darlingscott Farm. For another fashion fix, head to the Bell at Alderminster on 13th November to enjoy a fashion show by Shipston-based Dice (and its sister shop, Domino in Stratford). Tickets cost £25 and include a champagne reception, canapés and two-course meal.

Christmas gift-hunters will be pleased to see the return of the SHN annual Gift Fair, taking place at

Longbourn Farm, Kineton on the 18th and 19th November.

Finally, a Christmas Wreath-making workshop is being held at Armscote Manor on the 27th November.

For more details on any of these events, please contact Rebecca Mawle on 01608 674929 or visit [www.shipstonhomenursing.co.uk](http://www.shipstonhomenursing.co.uk)

## Shipston artists to feature in ARTMIX Exhibition

A talented and versatile group of local artists from Shipston and surrounding villages, is returning to the Upper Town Hall in Chipping Campden for its 7th pre-Christmas ARTMIX Contemporary Exhibition, on Saturday 22nd and Sunday 23rd November.

The exhibiting artists are Jenny Edge, Tim and Hannah Porter, Heather Bailey, Penny Varley, Birdy Blacksmith, Jane and Alex Stevens, Shirley Cherry and Martin Damen.

The weekend will have a mix of Art, Music and a complimentary glass of Mulled Wine, which makes for a convivial and informal atmosphere to launch the festive season!

All work is for sale and entry is free of charge so if you are looking for a unique Christmas gift, why not pop along to Artmix for inspiration.

The exhibition will be open on Saturday 22nd November from 10am – 7pm and Sunday 23rd November, 11am – 4pm. For details, contact Heather Bailey at [heather@bramleyhouse.com](mailto:heather@bramleyhouse.com) or call 01608 663394.

## Start November off with a bang

If you're a firework fan, head to Shipston's Sports and Social Club on Friday 7th November for their Grand Bonfire Extravaganza.

With an impressive range of fireworks and an sizeable bonfire, there will be plenty to see during the evening. Alongside the explosive entertainment will be stalls and rides, hot food, a bar and a fundraising raffle.

No need to book tickets – simply turn up from 6:30 pm – see the ad on page 16 for full details.



**For the latest event news, visit [www.shipstononline.org](http://www.shipstononline.org)**



**Regular events:**

- Mon Citizens Advice Bureau:** Mornings, New Clark House. To book a free appointment, call 01789 200136
- Mon St John's Ambulance:** Badgers, 6-7pm. Cadets 7-8:30pm. Meet at Shipston Fire Station. Contact: Josie Bayliss, 684834
- Mon Shipston Duplicate Bridge Club:** 7pm for 7.15pm, Catholic Church Hall, Darlingscote Rd, Shipston-on-Stour. Call Penny Law 663871
- Tues Stroke Club:** Fortnightly (11, 25) 10am-12pm Scout Hut
- Tues Rhyme time for under 2s:** 10.45am Shipston Library. Free. Contact: 0300 555 8171
- Tues Age Concern Lunch Club at Stour Court.** Contact: Stella 686224
- Tues Silver Surfer Computer Lessons,** Shipston Library 2pm. Booking essential. Contact: 0300 558171 (also on Thurs)
- Tues Bingo:** Alternate Tuesdays. Doors open 6.30pm. Eyes down 7.30pm. Sheldon Bosley Hub. Contact: 661886
- Tues Shipston on Stour Rotarians:** Halford Bridge Hotel, 7.30pm. Contact Adrian Ramskill 0797 656 6525.
- Weds Coffee at St Edmunds Church.** 10.30am-12pm. All welcome.
- Weds U3A Chicago Bridge:** Social Bridge 2pm-4.30pm, Catholic Church Hall, Darlingscote Road. Contact Roger Smith on 01608 238400.
- Thur Shipston Stitchers:** 10am to 3pm, alternate Thursdays.
- Thur Story Stomp:** Shipston Library, 11.30am-12pm. Stories and rhymes for children aged 2 – 4. Free.
- Thur Age Concern Lunch Club at Rainbow Fields.** Contact: Diana 01789 740627
- Thur Safer Neighbourhood Team:** Fortnightly. Public surgery, 2.30pm to 3pm. New Clark House, West Street.
- Thur Stour Singers,** open to all, 7.40pm at Shipston Primary School. Contact Yvonne Ridley on 01789 269587.
- Fri Walks over fields** with friendly group. Leaves Old Mill car park at 10am. Contact: Marlene, 663616
- Fri Shipston Probus:** alternate Fridays
- There are lots of regular classes on at the Townsend Hall. Visit [www.townsendhall.com](http://www.townsendhall.com) or call Lisa Bryan on 07800 771368.**


**November Diary**

- 1 Stour Valley Lions Book Sale:** see ad on page 8
- Shipston Town Council Monthly Litter Pick:** All welcome. Meet at New Clark House, West Street at 10am. Equipment & refreshments provided. Contact: Fay Ivens 662133 or [fayivens@aol.com](mailto:fayivens@aol.com)
- Shipston and Stour Valley WI Coffee Morning.** See ad on pg 8
- Caramba Theatre Company presents Blithe Spirit:** See ad on page 16
- 3 - 7 Shipston Primary School - Open Mornings:** See ad on page 9
- 5 Shipston Widows:** Local lunch. 12pm. Contact: Barbara Bean 663230
- Shipston-on-Stour Women's Institute:** AGM and Quiz. No Competition. 7pm, Catholic Church Hall, Darlingscote Road. Contact: Jane Hanks 664519
- 7 Designer Clothes Sale - Shipston Home Nursing:** 9.00am-8.00pm. Darlingscott Farm, Darlingscott, CV36 4PN.
- Shipston Dementia Cafe:** Gentle Chair-based exercise and relaxation by Lee Figures. 2pm-3.30pm, Community Lounge, Stour Court, Old Road. Contact: Barbara Smith 662433
- Shipston Sports Club Bonfire & Firework Display:** See pg 16
- 8 Mayor's Surgery:** 10am, High Street

- 9 Remembrance Sunday** (see article on page 2)
- 10 Shipston Town Council Monthly Meeting:** 7pm, New Clark House. All welcome. Contact: Georgina Beaumont 662180
- 11 Armistice Day:** See article on page 2
- Senior Citizens Action Network meeting (SCAN):** 10am-11.30am, Townsend Hall, Sheep Street. Free admission, all young-at-heart over 50s welcome. Contact: Jane Pearce 663491
- Stour Valley Lions Monthly Business Meeting:** 7.30pm, The George Hotel, Shipston. Visitors welcome. Contact: John Cavana 01295 722287
- Shipston Flower Club:** See ad on page 8
- 12 Stour Valley Lions Book Sale:** 10am-4pm. Details as above
- Royal British Legion – Shipston Branch:** Committee Meeting. 7.30pm, New Clark House, West Street. Contact: Mike Dobbin 664636
- Shipston and District Gardening Club:** Cactus or Succulent by Trevor Wray. 7.30pm, Catholic Church, Darlingscote Road. Contact: Tony Mitchell 666933
- 13 Christmas Fashion Show:** see article on page 6. Contact Rebecca 01608 674929 to book.
- 14 Stour Valley Lions Book Sale: 9.30am-4pm.** See ad on page 8
- Rural Cinema: Belle.** See ad on page 8
- Townsend Hall Concert: A J Brown.** See ad on page 16
- 15 Stour Valley Lions Book Sale:** See ad on page 8
- Ellen Badger Open Morning:** See ad on page 8
- 18 Shipston Arts and Crafts Society:** Canal History and Heritage with Roger Butler. 7.30pm, Catholic Church Hall. Visitors most welcome. Contact: Penny Law 663871
- 18-19 Christmas Gift Fair - Shipston Home Nursing:** Longbourn Farm Kineton CV35 0JF. Tuesday 6.00pm - 9.30pm and Wednesday 9.30am - 4.30pm.
- 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
- 21 Stour Valley Carers Group - Supporting Dementia Carers:** 10.30am-12pm, Ellen Badger Hospital (using Day Unit entrance). Visitors Welcome Contact: Carl Watkins 663808 or Lizzy Feather 686013
- Dementia Friendly Singing Group:** Singing Down Memory Lane. 2pm-3.30pm. Community Lounge Stour Court, Old Road. Contact Dave Hollingworth 654444 or Barbara Smith 662433
- Music Society:** See ad on page x
- 22-23 Artmix Exhibition:** Free entry. Upper Town Hall, Chipping Campden High Street, GL55 6HB. Sat 10am – 7pm and Sun 23rd 11am – 4pm. Contact Heather Bailey: 01608 663394, [heather@bramleyhouse.com](mailto:heather@bramleyhouse.com) [www.heatherbaileyart.co.uk](http://www.heatherbaileyart.co.uk)
- 23 Civic Service:** See ad on page 9.
- 25 Multiple Sclerosis Society:** 'Drop in' meeting. 10.30am at the George Hotel. Contact: Ann Bartlett 666161
- U3A Meeting:** 2pm, Townsend Hall. See ad on page 9
- 26 Stour Valley Lions Book Sale:** 10am – 4pm. Details as above
- Shipston and District Literary Society:** William Trevethick on "1st World War Poets". 7.30pm, The George Hotel. Contact: Helen Marshall 01789 740773
- 27 Armscote Manor Workshop - Christmas Wreaths:** 10am- 4pm in aid of Shipston Home Nursing. To book call 01608 682375
- 28/29 Stour Valley Lions Book Sale:** see ad on page 8

**STOUR VALLEY LION'S CINEMA**


GUGU MBATHA-RAW TOM WILKINSON MIRANDA RICHARDSON PENELOPE WILTON MATTHEW GOODE EMILY WATSON




**BELLE**  
BASED ON THE INSPIRING TRUE STORY

**SHIPSTON HIGH SCHOOL**  
Friday 14<sup>th</sup> November at 7:00 pm  
Advance Tickets £3.50 (£4 on door)

From: R. Clarke Electrical, 27 High Street, Shipston On Stour.  
: Lion Judith Jackson. Tel: 01608-661148  
Interval for Raffle, Refreshments and snacks.  
Disabled parking, wheelchair access and toilets



**Shipston Music Society**  
[www.shipstonmusic.org.uk](http://www.shipstonmusic.org.uk)



**Ralph Vaughan Williams & The First World War**  
a talk  
illustrated with music

**In the Methodist Church**  
**New Street, Shipston-on-Stour**  
**@ 7.30pm Friday 21st November 2014**

Guests £6.00 - Students & Under 16 £2.50  
New Members are always welcome

**STOUR VALLEY LIONS**

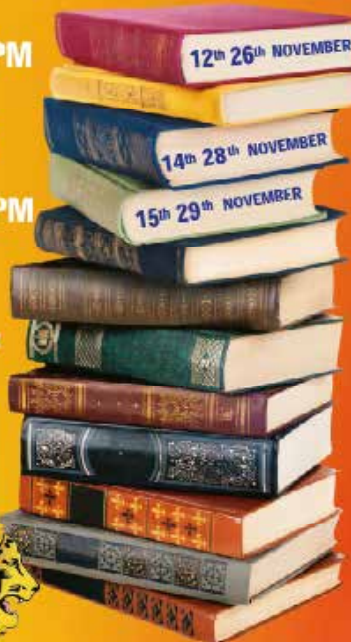
**BOOKSHOP**

**WEDNESDAY 10AM-4PM**  
**FRIDAY 9.30AM-4PM**  
**SATURDAY 9.30AM-2PM**

COACH HOUSE  
CHURCH STREET  
SHIPSTON-ON-STOUR

**NOVEMBER PROMOTION**  
Biographies

**LIONS INTERNATIONAL**



**12<sup>th</sup> 26<sup>th</sup> NOVEMBER**  
**14<sup>th</sup> 28<sup>th</sup> NOVEMBER**  
**15<sup>th</sup> 29<sup>th</sup> NOVEMBER**

**12<sup>th</sup> 26<sup>th</sup> NOVEMBER**  
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**15<sup>th</sup> 29<sup>th</sup> NOVEMBER**

### Ellen Badger Hospital Open Morning

Come and find out about the services provided by your community hospital

Talk to us about job opportunities at the EBH

Meet our team between 10:30 and 12:30 on Saturday 15th November

All welcome - Refreshments available

South Warwickshire **NHS**  
NHS Foundation Trust

### SHIPSTON & STOUR VALLEY WOMENS' INSTITUTES

**CRAFT SALE & COFFEE MORNING**  
**SATURDAY 1<sup>ST</sup> NOVEMBER**  
**THE SCOUT HUT, NEW STREET**  
**10.00 - 12.30**

**RAFFLE & CAKE STALL**





Shipston Flower Club presents

## SEASONAL ANTICIPATION



**A flower demonstration by Nick Grounds**

**NEW VENUE**, Townsend Hall, Shipston, CV36 4AE

Tuesday 11<sup>th</sup> November 7.30pm – doors open 6.30pm

Tickets £8 – includes glass of mulled wine and nibbles

Raffle prizes and sales table – contact Elaine 01608 238255



THE UNIVERSITY OF THE THIRD AGE

**Shipston-on-Stour Area U3A**

**Open Meeting.**

**Townsend Hall, Shipston-on-Stour.**

**Tuesday 25<sup>th</sup> November at 2 p.m.**

**Shipston.**

**As seen from your Medical Centre.**

**The Present and the Future.**

**An overview presented by**

**Dr Jane Gilder**

**All are welcome.**

**Entry and refreshments £2.**

**The Third Age: a time of creativity and fulfilment.**

\*\*\*\*\*

Shipston-on-Stour Primary School

## Open Mornings

3rd-7th November 2014, 9.30am

[www.shipston.warwickshire.sch.uk](http://www.shipston.warwickshire.sch.uk)





**Starting School in September 2015?**

- Take a tour of the school
- Meet pupils, staff and the Head of Federation
- Get advice on the admissions procedure

Please contact the school office for more information and to arrange your visit.

Email: [primary@shipston.warwickshire.sch.uk](mailto:primary@shipston.warwickshire.sch.uk)  
 Tel: 01608 661266  
 Twitter: <http://twitter.com/shipstonhead>





*The Parish Church and Town Council*

## Civic Service

*St. Edmund's Church and Town Council  
of Shipston on Stour*

*Please join us for the  
celebration of the Town  
at the Civic Service and Patronal Festival  
on*

*Sunday 23<sup>rd</sup> November at 10.00 am  
St. Edmund's Church, Shipston on Stour*

## 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 are no longer with us.

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

All contributions will be donated to the Children's Air Ambulance and other Rotary Charities.

The illumination of the **Rotary Tree of Life** will take place at the opening of the Rotary Victorian Evening on **Friday 5th December at 6pm**

Rotary Club of Shipston-on-Stour Tree of Life

Please find enclosed donation £..... (minimum £5) cheques payable to Rotary Club of Shipston on Stour

In Memory of: (Name) \_\_\_\_\_

From: (Name) \_\_\_\_\_

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

Forms are also available in local shops, banks, library, post office and other locations or contact Avryl

**Please return to:** Rotarian Avryl Thompson, Willow Bank, Pillerton Priors, Warwickshire CV35 0PS. Tel 01789 740 047



## Could you do more for Shipston?

If you would like to get more involved in supporting Shipston, now is your chance.

Shipston Town Council has a vacancy and is keen to co-opt a new councillor as soon as possible. If you think you've got what it takes to be a strong voice for the town, contact the Town Clerk by Monday 1st December to register your interest.

Applicants will be interviewed at the Town Council meeting on the 8th December 2014. Members of the public will be invited to ask questions.

**T: 01608 662180**

**E: [clerk@shipstononline.org](mailto:clerk@shipstononline.org)**

## Read Easy

はい私たちが読むことができます。



### Can you read this?\*

We're so used to reading road signs, books, newspapers, birthday cards, emails, labels in supermarkets, that most of us never give it a second thought. But what if we couldn't make out any of the hundreds of messages that appear in front of us every day? It would be like being outsiders in an alien world.

But the shocking truth is that one in twenty adults in this country have exactly that problem. They've never learned to read. Usually it's because for one reason or another in their childhood, they couldn't get on at school.

As adults, they often feel ashamed, and go to great lengths to hide their lack of understanding.

Read Easy teaches adults to read, not in a class, but one-to-one. Everyone who wants to learn has their own individual teacher. This means that learning progresses at the reader's own pace, and most important, the whole process remains private.

Read Easy is now looking for adults in Shipston-on-Stour who'd like to meet one of our reading coaches, find out more and perhaps start to learn.

Of course, as you'll now have realised, it's not easy to get in touch with those who might benefit from our scheme. For

a start, this article is just a jumble of squiggles to them. So that's where we need your help.

If you know someone who might like to learn to read, please talk to them, and put them in touch with Sue Brereton on 0844 493 0686, or send an email on their behalf to [suebrereton@readeasy.org.uk](mailto:suebrereton@readeasy.org.uk) You'll have helped transform someone's life.

\*By the way, the headline is Japanese for 'Yes We Can Read', the title of the book our students use to learn.

## Stour Valley Baptist Church



Stour Valley Baptist Church continues to deliver on its commitment to reach out into the local community with the imminent appointment of a Children's Worker.

This marks another impressive milestone in SVBC's growth in Shipston and the surrounding villages. Made possible following the financial pledges made by the members of the Church, the post of Children's Worker has been created to help develop and work with local children and families.

With recruitment in full swing and an appointment expected to be announced shortly after half term, the successful applicant will be focused on supporting pre-school and primary school aged children and their families. The role has been structured so that the worker can spend half their time in Shipston Primary School supporting the children



there; resourcing assemblies and supporting the school's pastoral agenda; with the balance of the time dedicated to developing SVBC's comprehensive children's programmes.

SVBC is thriving in 2014, with another full schedule of events over the year. Already under its' belt this year is the ever popular Holiday Club for under 11's during the summer holidays and Holiday At Home for the older members of the local community.

Not forgetting, weekly community events like 'Little Fishes', where local parents and toddlers meet for tea, cake and a chat, which has seen the numbers growing apace. The appointment of SVBC's Children's Worker is an exciting next step in this growth.

If you are interested to see what SVBC can offer to you and your family, go to [www.stourvalleybaptist.co.uk](http://www.stourvalleybaptist.co.uk)

## Music Society

Shipston Music Society's concert season got off to a flying start with the Young Musician's concert performed by violinist, eleven year old Hannah Brooks-Hughes and cellist George Wilkes, aged thirteen. They were accompanied by Lyn Carter on the piano.



It was a return visit by both Hannah and George who amongst others in previous concerts have impressed the membership with their incredibly high standards. Having started learning both violin and piano at a young age, Hannah performed her first concerto at the age of eight with the Glevum Symphony Orchestra, and has given many solo recitals. She enjoyed a successful time at this year's 'Cheltenham Festival of Performing Arts', collecting six trophies and numerous medals, and was the youngest ever winner of the Two Moors International Festival.

George was six years old when he discovered his passion for the cello. A music scholar at Warwick School, he is part of many ensembles and orchestras. He was a member of the National Children's Orchestra for 3 years, performing at both the Symphony Hall and Town Hall in Birmingham. He especially enjoys the music of Brahms and Wagner. He hopes to go on to study at a Music College in London and his ambition is to become a professional cellist.

The performance started with the Brahms's sonata for piano and cello followed by Rachmaninov's Vocalise and the Bach Cello suite. Then followed "The Swan" from carnival of the animals and the lark ascending concluding the first half with a Brahms's Hungarian Dance. The second half of the programme included Faure's Elégie and amongst other popular pieces compositions by Janyani, Goltermann, Sarasate, Monti concluding with Piazzolla's "Oblivion".

Richard Baldwin, society chairman, concluded the evening with a vote of thanks to these two young musicians and wished them success in their future together a thank you to Lyn who had worked hard to produce the programme.

The next meeting of the society will be on November 21st when Graham Muncy of the Vaughan Williams Society will give a talk illustrated with music.

## Dementia Café



You only have to 'Google' the word and you will find that there are many charities which deal with the health issue of dementia. We have been extremely fortunate here in Shipston and the surrounding communities that the Alzheimer's Society has been able to provide residents with a practical, face-to-face advice and support service in the form of the Dementia Café on the first Friday in every month from 2pm to 3.30pm at Stour Court Community Lounge, Old Road, Shipston.

The Dementia Café - deliberately titled so as to (1) make no mistake in who the service is for and (2) further the abolition of the stigma previously associated with the disease of dementia - is provided for those who have recently had a diagnosis of dementia together with their 'carers'. As well as information leaflets and books to borrow, there are occasional talks from visiting professionals who will answer any questions relevant to their field of expertise. The Café Co-ordinator, Charmaine Bird, is able to advise on possible courses of action or refer visitors to Dementia Support Workers. All conversations at the Café are in strict confidence.

With a newsletter and quiz to stimulate conversation over a cup of tea and cake, or an activity such as reminiscence or singing to promote feelings of wellbeing, the Café is a place to relax for a short time with people who really understand the experience of dementia. Contact Charmaine Bird (07720 947938) or local volunteer Barbara Smith (01608 662433).

## Shipston Home Nursing



### The Cookery Book – second edition

Calling all cooking and baking enthusiasts. Shipston Home Nursing needs your recipes for its new fundraising cookbook. If you have a favourite recipe which isn't too complicated, the SHN Cookbook team would love to hear from you.

The book is being compiled by Pam Haworth from Barcheston. Pam will be co-ordinating all the recipes so please send as many recipes as you like to her by email - [tphaworth@gmail.com](mailto:tphaworth@gmail.com). Please make the subject of your email: 'SHN recipe' and include:

Your name  
Recipe title  
List of ingredients  
Oven temperature  
Method + cooking time and any tips you want to include.

Then please check it carefully as there will not be time to test them all!

The Book will cover Starters & Soups / Main courses / Puddings / Cakes / Canapes / Lunches and possibly 'Other things'.

Depending on the response, Pam is hoping to include all the recipes, probably on a first come first served basis. If your recipe doesn't make the book this time, please do not be disappointed or offended as it may just be down to lack

of space or duplication with other entries. If there are too many left over, Pam might even put together another book!

If you are a food supplier or can recommend anyone locally who might like to advertise at the back of the book please email [tphaworth@gmail.com](mailto:tphaworth@gmail.com)

## Stour Valley Lions

### Lion's Cinema

The film show on the 14th November is "Belle" certificate PG, a historical drama. The film stars Gugu Mbatha-Raw, Matthew Goode, Emily Watson, Tom Wilkinson, Miranda Richardson, Alan McKenna and Penelope Wilton.



Based on a true story from the 1700s, a romantic and mesmerising story about a beautiful, intelligent, mixed race daughter of an admiral, who was raised in Georgian England by her aristocratic great-uncle and his wife. Belle struggles to find her place in a society that doesn't quite accept her and with the help of an idealistic young vicar's son influences an important anti-slavery case.

### We need New Lions

Our ability to hold fund raising events and carry out physical projects across the community is restricted by the number of members we have. Our membership numbers ebb and flow and currently we are at a low ebb. We are appealing for any residents prepared to help us with specific events or tasks to contact any Lion member (see Lion's notice board in The Bury). Your reward is the joy and pleasure you feel in helping your community and its residents. You never know, that feeling may even tempt you to consider joining Lions.

### Shipston Food Festival

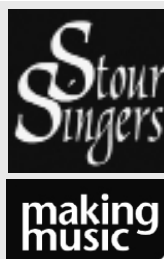
The sun came out to make this a warm, happy and successful day's event. The Lion members, partners, buddies and friends all worked hard to produce various cakes, buns, crumbles, jam and a few selected bottles, to be won on our tombola stall. A big thank you to everyone who bought raffle tickets to win the goodies displayed and helped us to raise valuable funds.

### Spectacles. Mobile Phones, Hearing Aids and Used Stamps

Every October Lion members across the UK collect unwanted spectacles, mobile phones, hearing aids and used stamps from shops and residents. These are collated, packed and dispatched via the Lion's International network of clubs to third world countries. Please hand any unwanted items you may have into the Lions bookshop on Church Street or to any Lion member.

## Christmas Music in St. Edmund's

Stour Singers, under the direction of their founding conductor Richard Emms, will be singing a lovely combination of Christmas music in St. Edmund's Church at 7.30pm on Saturday evening 13th December, with soprano Sarah Power (returning for her



third performance with the Singers), and the Cherwell Orchestra.

The programme features works by the brothers Haydn – Josef Haydn's "Little Organ Mass", and Michael Haydn's "Run Ye Shepherds" – Buxtehude, and Mozart (Laudate Dominum from the Vespers K 339), together with carols for all.

Tickets cost £12.50, and are free to accompanied children, and to school students. R. Clarke Electricals in Shipston's Town Square will be selling tickets, which are also available by contacting Yvonne Ridley at 01789 269587.

The choir is always open to new singers – just come and try out singing with us in January 2015, especially as this is the choir's 40th anniversary year, with many special events planned. Rehearsals take place on Thursday evenings. If you would like to know more – please contact Yvonne on the telephone number above.

The May anniversary concert performance will be something very special – Beethoven's Mass in C, and Mendelssohn's Lauda Zion.

## Probus

Some years ago a British Midland flight to East Midlands overshot the runway and crashed onto the M1, killing 39 people. Many survived but were badly injured. Chris Polton was the surgeon at the Nottingham Hospital where most of the injured were taken.



He described how such a large number of casualties were dealt with. From the seating plan in the plane, he was able to schedule how the passengers suffered in the crash. He then started a lengthy research programme. Helped with a gift from Prince Charles, he finally produced realistic recommendations for the crash position to be adopted by passengers in a plane crash. They have since been taken up by some airlines.

Bob Price is much travelled and prepares beautifully illustrated talks on the countries he visits. His seventh talk to the club was on Peru. It included not only well known places such as Lima, Lake Titicaca and the Incas, but barren deserts, a village built on reeds, features dating back to B.C., wildlife, handicrafts and deep canyons.

## Shipston Safer Neighbourhood Team

### Catalytic Converter Security

If you missed out on the successful and well responded to Catalytic Converter security marking day held at Ettington Garage there is still the opportunity to have your vehicle marked on an individual basis. Call Shipston SNT on 01789 444 670 to book an appointment.

### Identity Theft

Finding out you are a victim of personal identity fraud can be quite a shock. And while there's no doubt that the risks for children and teenagers of cybercrime are well known



around the issue, what seems less of a focus for families is the risk of ID fraud to the whole family – older generations – such as parents and grandparents and particularly 18-24 year olds.

Every family is at risk of identity fraud and it's important to take action to protect your wider family from attack, be it your partner, spouse, children and parents and grandparents too.

For excellent advice on how to reduce your risks and what to do if you are a victim of ID fraud, visit [www.stop-idfraud.co.uk](http://www.stop-idfraud.co.uk)

### Shipston Educational Charity

The Shipston Educational Charity has awarded grants totalling £1920 to 14 applicants for the 2014/15 academic year. The grants were awarded to support costs of further education and apprenticeships. Students under 25 who live or have parent living in the parish of Shipston were eligible.

### Neighbourhood Plan update



Thank you to those home-based businesses that responded to the online survey on economic activity in the Summer, as well as those traders completing our postal survey now. If you missed out on either of these, please contact Erry Lilley on the number below.

This evidence is adding to and informing the options that might exist for supporting Shipston's economy and business community through the Neighbourhood Plan.

Through previous public consultation we know that the mix of retail shops and local businesses is something that is valued in Shipston, and that you want more of. Getting the business views on what enables or restricts them now or in the future is important.

You perhaps do not need our data to visibly see the upward trajectory that population and dwellings in Shipston has seen over the last 30+ years. However, when you do consider the actual figures it is startling, and you will see from the report elsewhere that there is an increasing proportion of the town's population aged over 65.

This looks set to continue and implications for the growth and development of the town in this context are important considerations.

For further information contact the Neighbourhood Plan Project Coordinator: Erry Lilley on 07775 765572 or [np@shipstononline.org](mailto:np@shipstononline.org)

### Proud of my town

#### Farewell to a Shipston Legend

We are sad to report the loss of Roy Munden who died last month. Roy joined the town council in 2011 and was an active member of the community throughout his life, perhaps best known for his long-standing commitment to football.



A regular at Shipston Football Club, Roy was a referee at matches for 33 years, receiving a long service award from the Football Association in 2011. Roy was equally committed off the pitch, regularly promoting the club.

Roy lived in Shipston for 45 years with his wife Christine, his children Andrew and Alison, and grandson, Josh. In his role as councillor, Roy regularly challenged the county council to resolve highways issues, including drainage problems and speeding concerns on the Stratford Road.

Mayor, Philip Vial, said: "On behalf of all my colleagues at Shipston Town Council, I would like to extend our sincere condolences to Roy's family. Roy was incredibly passionate about Shipston and contributed a great deal to his local community, particularly through the football club. He will be missed."

Roy stepped down from the council in early September due to ill health. A minute's silence was held in memory of Roy at the October council meeting.

#### Blooming fundraiser supports Brain Tumour Charity

Local florist, Lucy Walker Flowers, celebrated its 4th birthday on the 13th October by donating 10% of the day's takings to the Brain Tumour Charity.

Despite the worst of the autumn weather doing its best to keep people indoors, the team managed to raise just over £50 to support the charity's work.

Lucy Walker said: "This year we wanted to give something back on our birthday by raising money for a good cause. The Brain Tumour Charity does amazing work and is close to my heart so I was delighted to be able to support them as part of our birthday celebrations."



## District Council update

### Shipston Young Firefighters

It is good to begin with positive news that about the future of Shipston Young Firefighters. I convened a meeting with the Fire Service and parents to hammer out an agreement to transfer the operation to a local group of parents and volunteers. The group and the young firefighters are determined to make this succeed.



### Roy Munden

I would like to pay tribute to Roy Munden who has sadly passed away. Roy made a huge contribution not just on the Town Council but in the community, caring for people, and as a football referee working with young people. His infectious humour and kindness will be greatly missed.

### Planning issues

I oppose a pending application to build 93 homes on Shoulderway Lane. I am concerned about environmental issues, road access and the proximity of the proposed homes to Hawthorn Way. In my opinion it is regrettable that this site was identified for potential development by the district. As one site had to be identified, it would have been better to choose the proposed supermarket site instead, bearing in mind the level of local support for that development.

A staggering £141,000 has already been spent by the Council on the supermarket appeal. Now the Inspector is reopening the inquiry next March to hear "new evidence" on the District's housing supply. In my opinion this is unnecessary as 70% of the housing would be extra-care housing which is needed according to the recent Shipston Housing Needs Survey because of the ageing of the population.

### Councillor Jeff Kenner

t: 07790 725415

e: jeff.kenner@stratford-dc.gov.uk

*Jeff Kenner and Richard Cheney take it in turns to provide the content for this column.*

## County Council update

### Development in Shoulderway Lane

I can see little justification for this development. It will urbanise a country lane, cause traffic issues and there will be even less space for us all to park in the town centre. Sadly, the developers seem determined to press ahead with their potential planning application.



Amazingly, the developers say they want to follow the needs of the Localism Act. If so, why are they not fitting in with Shipston's Neighbourhood Plan?

### SEND consultation

Consultation is underway on the offer to children with special educational needs and difficulties (SEND). How will the education, health and social care needs of youngsters be met by the Council and key partner organisations?

An all day consultation event will be held at Warwick racecourse on 12th November from 10.00 a.m. to 5.00 p.m. We have a service that brings together information and advice about how to access services for education, health and social care.

Call 0845 0908044 or email [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk) for details. The consultation continues up to 23 November.

### Highway adoption

One of the issues that has troubled us for far too long are the difficulties in getting roads adopted on what was once known as the railway station estate. Especially frustrating for the residents concerned.

Ring out the bells on the 15th October when I received the news that part of Railway Crescent and Signal Road had finally been adopted. Let's hope the rest of the estate follows soon.

### Councillor Chris Saint

t: 01608 664048

e: [christophersaint@warwickshire.gov.uk](mailto:christophersaint@warwickshire.gov.uk)

## Shipston Medical Centre

### Top Winter Health Tips

There always seems to be more illness around during winter, so take precautions to keep well. Wash your hands regularly to help prevent colds, as this kills any bugs you might have picked up. Sore throats are common in winter and are almost always caused by viral infections. Gargling with warm salty water will help soothe a sore throat as it has anti-inflammatory properties.

Asthmatics can experience worsened symptoms as the weather gets colder, so try and stay indoors on cold windy days. Use a scarf to cover your nose and mouth if you do need to go out. Make sure you take your regular inhalers and have your rescue inhaler nearby, in case it is needed.

### Flu – symptoms and management

Flu starts with a raised temperature, fever, headache, muscle aches and chestiness. There is no cure. The virus has to run its course. To help relieve symptoms in adults:

Stay somewhere where the temperature is even and drink plenty of fluids

Taking regular doses of paracetamol, according to guidelines on

the packet, will relieve headaches and help reduce the fever.

Ibuprofen 200mg x 1 or 2 every 4-6 hours will help relieve muscular pain

It is safe to take both paracetamol and ibuprofen at the same time, but please do not exceed the dosage on the packet. Do be careful when taking cold and flu remedies, as these often have paracetamol in them.

The symptoms of flu can continue for up to two weeks, although the fever should resolve in 3 to 5 days. If you think you have flu, please avoid infecting other people by covering your nose when you sneeze and by washing your hands regularly.

Contact your GP if your symptoms have got much worse, or you have developed other symptoms that are not typical of seasonal flu, such as a rash, your symptoms have lasted for longer than a week or you have a medical condition that is making your flu worse.

**Medical Centre – t: 01608 661845**

**Website: [www.shipstonmc.warwickshire.nhs.uk](http://www.shipstonmc.warwickshire.nhs.uk)**



Shipston Medical Centre



## Your Town Councillors



**Philip Vial, Town Mayor**  
*Chair of Communications & Planning Groups*  
 t: 07814 192161  
 e: ppjvial@gmail.com



**Jackie Warner, Deputy Mayor**  
 t: 07717 391234



**Ian Cooper**  
*Finance Group Chair*  
 t: 01608 663785  
 e: ian@piruk.com



**Martin Ferrier**  
*Sustainability Group Chair*  
 t: 07814 092134  
 e: martinferrier4shipston@gmail.com



**Arthur Ivens**  
 t: 01608 662133  
 e: fayivens@aol.com



**Fay Ivens**  
*General Purposes Group Chair*  
 t: 01608 662133  
 e: fayivens@aol.com



**Vacant**

### 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

### 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

### Copy deadline: First Wednesday of every month

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

Copies of the Talking Shipston Forum can be requested via New Clark House.

Large print 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 does 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.



**Veronica Murphy**  
 t: 01608 664518  
 e: veronica.murphy123@btinternet.com



**Paul Rathkey**  
*Staffing Group Chair*  
 t: 01608 664141  
 e: rathersandco@tiscali.co.uk



**Sheelagh Saunders**  
 t: 01608 662190/07800 889947  
 e: sheelaghsaunders@gmail.com



**Dan Scobie**  
 t: 07771 772511  
 e: dan@danscobie.net



**Peter White**  
 t: 07792 507168



**Vacant** – for details on how to become a town councillor, 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 Post Office	01608 661465
Shipston Forum	01608 495955
Shipston Recycling Centre	01926 412593
Stratford District Council	01789 267575
Warwickshire County Council	01926 410410
UCHW Hospital	024 7696 4000
Warwick Hospital	01926 495321
<b>Local police (non emergency)</b>	<b>101</b>
PC Craig Purcell	07977 456585
PCSO Hayley Ditchburn	07879 608696
PCSO Andy Steventon	07966 626908
<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

**YOUTH JAZZ**  
**Midland Youth Jazz Orchestra**

The award winning  
Midland Youth Jazz Orchestra  
in concert for an unforgettable  
night out...

**AJ BROWN**

★★★★★  
"A shiny new star - great voice,  
great guy - catch him while  
you can" Clare Teal, BBC Radio 2

**Friday November 14<sup>th</sup>**

Townsend Hall, Sheep Street  
Shipston-on-Stour CV36 4AE  
Doors and bar open at 7pm

**TH PROMOTION**

£15 or £17  
on the door

Available from  
Ivy Heart,  
3 Market Place

Call  
01608 662779

ds@pinnegards.com

Buy Tickets Online:  
www.townsendhall.com

**PayPal**

Shipston Rotary's  
**Victorian Evening**

Friday December 5<sup>th</sup>  
6pm to 8pm

**ROTARY INTERNATIONAL**

Shipston Sports Club Ltd

**Grand Bonfire Extravaganza**

**Friday 7<sup>th</sup> November**  
**Shipston Sports Club, London Rd**

Gates open 6.30pm – Bonfire lit 7pm  
Fireworks from 7.30pm

Raffle / Bar / Hot Food / Stalls & rides  
Parking available

**Adults £5 Children £2.50**

**CARAMBA**  
THEATRE COMPANY  
PRESENTS

**Blithe Spirit**

BY NOEL COWARD

SATURDAY NOVEMBER 1<sup>ST</sup> 2014  
THE TOWNSEND HALL, SHIPSTON  
7.30PM

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