



Shipston Forum

The community newsletter for Shipston-on-Stour

March 2012

Shipston Tapestry to be the 2012 Wool Fair Challenge

Following the successful creation of the Shipston Hat in 2011, Wool Fair organisers have decided to make a Shipston Tapestry, and are inviting the community to get involved.



The idea follows the tradition of the famous Sheldon Tapestries, woven in Barcheston in the sixteenth century, which specialised in large maps of different counties. The Shipston Tapestry will be a stylised map of the Shipston area, designed by the Stratford Guild of

Spinners, Weavers and Dyers, who will also help with the weaving.

The intention is to encourage as many residents, schools, organisations and retailers as possible to take part in producing the tapestry, so that the finished article is truly owned by the town.

Ann Howells, who is leading the project, is keen for everyone to get involved: "We are really excited about this tapestry project and hope residents will share our enthusiasm. We will be arranging dates when people can visit Clark House to add to the tapestry and also plan to take it to local schools and organisations."

If you would like to arrange for the tapestry to be brought to your group or organisation, please email annhowells@talktalk.net or phone 01789 450 417 to book a slot. The visits are expected to begin in mid-March. The dates for the Clark House sessions will begin in April and will be publicised at Clark House and on Shipstononline.org.

The Shipston Tapestry will be on display at the Wool Fair on the 27th May, so that residents and visitors can see what has been done and continue to weave it during the day.

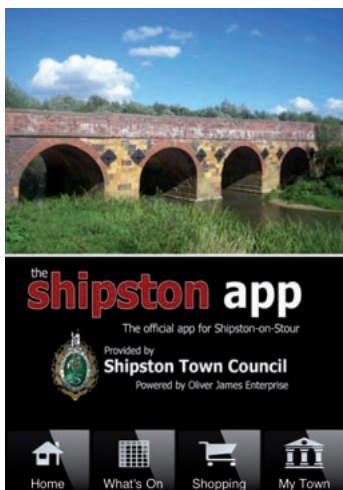
The River Avon, as depicted within a large tapestry designed and produced by the Stratford Guild to celebrate their 25th anniversary in 2000.

Town Council mobile app puts Shipston 'in your pocket'

Shipston Town Council has developed a free mobile app which residents, businesses and tourists can download to find out more about the town.

As the Forum went to press, final touches were being put to the app which is expected to be available to download from this month (March). The 'Shipston in your pocket' app will include information about the history of the town, what's on, and places of interest. There will be a dedicated section about shopping and the Shipston Loyalty Card, and users will also be able to follow the town council's twitter feed within the app.

Head of Communications for the town council, Ronnie Murphy, said: "Mobile apps are fast becoming essential in today's modern society. Shipston has had a strong online presence through our website for a number of years and this app is a natural next step. We recognise how important it is to ensure information is accessible to all residents. With apps growing in popularity,



particularly among younger people, we hope this new service will encourage more people to make the most of what Shipston has to offer."

The app is free to download and will be available via the App Store and Shipstononline.org

Nominations invited for new town councillors

Nominations for town councillors close during the first week of April, so if you would like to stand for election, now is the time to put your name forward.

Local elections in Shipston are due to take place on the 3rd May 2012, but will only take place if enough people (more than 13) stand for election. Being a town councillor offers people the opportunity to represent their community and have a say in local decisions. No formal qualifications are required.

If you would like to find out more about how to put your name forward, or what is involved in being a town councillor, please contact the Town Clerk on 01608 662180 or email clerk@shipstononline.org. Nomination forms will be available from the town council offices during March.

Mayor's column

There are currently six separate proposals – yes SIX – to build further houses and accommodation in Shipston. If all were to be approved, this would add over 300 new dwellings to the housing stock. This represents a possible increase in the town's population of some 20% within little more than a year. This is neither sensible nor sustainable.



An important document, Stratford District Council's Draft Core Strategy, is currently out to consultation. That document suggests Shipston should build 140-220 new units over the next seventeen years ie 8 to 13 a year not 300 a year! Large-scale developers do not have the interests of the town at heart. They will ruin it and then move on elsewhere.

The Town Council's position is both clear and consistent:

- We do not want to extend the five traditional entry points into the town.
- Developments should be contained within those existing boundaries.
- Small and modest developments, like the existing Angela's Meadow site and the planned Stratford Road development, will be supported.
- Large inappropriate developments, such as the two currently mooted on the Campden Road, will be opposed.
- There is a public meeting at the Townsend Hall on the evening of 6th March to debate one of the large-scale developments, the one with the superstore. I urge the public to attend.

Paul Rathkey
Town Mayor

Have your say on future development, town council urges

Public consultation has begun on Stratford-on-Avon District Council's Draft Core Strategy 2012 (which will replace the District Local Plan).

The document sets out how many homes are expected to be built in various parts of the district, including Shipston, as well as the amount of new employment land and where various types of development should take place over the next 20 years.



Photo by Phillip Vial

With Shipston currently facing the prospect of a number of small and large-scale developments, Shipston Town Council is urging residents to have their say. Mayor, Paul Rathkey, said "The town council is concerned about the amount of proposed development in Shipston and will be responding to the consultation to make our opinions known. Whatever your views, I would urge everyone to respond to the consultation so that we can feel confident the views of Shipston will be heard."

The final document will be used as the basis for future planning decisions in the district.

The consultation began in February and will run until Friday, 30th March 2012. Copies of the Draft Core Strategy 2012 are available online at www.stratford.gov.uk together with an online response form. Alternatively, CD versions and hard copies of the document can be obtained from the Policy Team, Elizabeth House, Church Street, Stratford-upon-Avon, CV37 6HX.

If you want faster broadband, WCC needs your views

Warwickshire County Council (WCC) has approved £3m to support the rollout of superfast broadband, to go with the £4.07m that is being made available to the area by the government body, Broadband Delivery UK. The private sector is also expected to invest to ensure all properties achieve speedier connections by the end of 2015.

WCC needs to demonstrate the service will be taken up and is calling on residents and businesses to help by completing its surveys about broadband demand and usage. The surveys can be found online at www.cswbroadband.org.uk

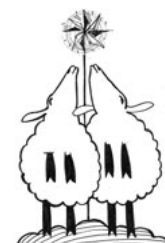
WCC is also looking to recruit local 'champions' who will be able to promote the project within their own villages. If you would be interested in helping or have any queries, please email broadband@warwickshire.gov.uk

Transition Shipston launches campaign to protect Shipston town centre

A campaign to fight developers' plans to build a superstore in the Campden Road will be launched at a public meeting arranged by environmental group Transition Shipston, which will be held in the Townsend Hall at 7.30pm on Tuesday, 6th March. Everyone is welcome to attend.

Helen Winnifrith of Transition Shipston said: "Lancashire based developers Ainscough Strategic Land, are pressing ahead with their plans for a 2,500sq metre supermarket, despite widespread opposition from local residents who fear that its development will sound the death-knell for our town centre shops and businesses. I urge everyone who values Shipston's town centre to come along to the meeting and help plan how we deal with the threat of this superstore – which would be 25 per cent larger than the Tesco at Stow."

The meeting will be chaired by Town Mayor, Councillor Paul Rathkey. After a short presentation by local speakers, people will have the opportunity to contribute their ideas to help plan the campaign, or simply pledge their support.



February's hot topics

London Road proposed development: Orbit Homes has secured an option to purchase land adjacent to Angela's Meadow for a potential new development of up to 70-80 homes (maximum). Plans are in the very early stages but it is expected the development will be private ownership-led, with a third of homes being affordable. The number and type of homes is yet to be decided and further details will be provided as the work progresses.

In response to the Orbit presentation, three local residents raised concerns about the scale of development in the town and the lack of jobs available for new and existing residents, particularly young people.

Willet's Piece: The town council confirmed it will not be selling the land at Willet's Piece.

Dolly's delicious lunch: Fay Ivens congratulated the Diamond Jubilee Crew on an excellent Sunday Lunch event to raise funds for the Jubilee celebrations.

Lacklustre lines: Jackie Warner has asked that the markings for the disabled parking space outside Co-op be repainted, ideally in the correct colour.

Drains again: There were continued complaints about blocked drains throughout the town. Warwickshire County Council's (WCC) highways department is now looking into why work has not yet been carried out.

Dropped kerbs: Ronnie Murphy highlighted the dangers of motorised scooters being forced onto the roads because of a lack of dropped kerbs.

Campaigning for Shipston

Snow Wardens: Fay Ivens led the thanks to the town's volunteer Snow Wardens for their hard work in clearing snow and ice at Shipston Medical Centre, Stour Court and other locations around the town. Thanks were also passed on from Shipston Medical Centre's practice manager, Rachel Vial.

New bus shelter: All councillors recognised the need for a bus shelter at the end of Telegraph St but it would have to be funded by the town council. This will be reviewed once the outcome of the Pettiphers planning application is known as there may be an opportunity to source funding from the developer.

Future speed changes: Chris Saint confirmed that changes are likely to be made to the current 40mph limit on London Road within the next 12 months.

Lights out?: Fay Ivens queried news that WCC is considering switching some streetlights off between midnight and 5am. Chris Saint confirmed that this was being looked into. In the meantime, concerns were expressed about the number of streetlights not working around the town. The General Purposes Group will divide the town up among the councillors so that an audit can be carried out.

Town Council business

Balancing the beds: The town council supported Shipston in Bloom's request to establish a flowerbed on the right hand side of Campden Road as you enter the town, to match the one on the left. Shipston in Bloom will carry out the necessary work and will maintain the bed.

Cemetery records: Shipston Town Council (STC) is considering software which will move all cemetery records to an online database, to help maintain the town's history and aid people when researching family history.

Housing needs survey: Following discussions about the amount of development facing the town, STC will consider whether a new housing needs assessment should be done.

Play equipment survey: STC will enquire about the costs of commissioning its own play equipment survey from specialists used by WCC, rather than paying the insurance company to complete it. All play areas must be inspected annually for safety reasons.

Communications: Catherine Martin Communications Ltd and KMS Litho have been appointed for a second year to produce The Forum on behalf of the council, and Oliver James Enterprise will continue to manage the council's website and email system.

For full details of the items discussed at the Town Council's meeting in February, download the minutes at www.shipstononline.org

Clark House news

The start of 2012 has been an incredibly busy one. Alongside our normal activities, we have begun working on preparations for the local elections in May and have spent much time finalising the details of our move to the Police Station.



The Town Council will officially take ownership of the former police station at the beginning of March. The exact date of our move is yet to be decided but we anticipate moving across to the new building by April.

Following further negotiations with the police station, we have been able to retain the CCTV system and the flagpole, both of which will contribute to Shipston having a safe and smart council premises, of which we can be proud.

The Safer Neighbourhood Team will continue to be based at the police station and the town gardeners' store will move from the riverside site to the new building.

The Town Council's opening hours will remain the same. Please do keep an eye on the website for details of our move dates.

Snow Wardens

Thank you to all our Snow Wardens who volunteered to clear pavements and entrances following the recent snowfall. We still need more volunteers so that should we get a significant amount of snow, we have enough people to start clearing some of the pavements around the town centre. Please contact Clark House if you would like to volunteer.

Georgina Beaumont
Town Clerk
t: 01608 662180
e: clerk@shipstononline.org

ToughGuy challenge in honour of fallen Royal Marine

Twenty-four year old Shipston resident, Ben Fry, recently took on the ToughGuy 2012 challenge, in honour of his best friend, Marine David Fairbrother, who was killed in Afghanistan in September 2011.

Renowned for being 'the safest most dangerous event in the World', ToughGuy comprises of an eight mile cross country run through a 'Killing Fields assault course' with over 75 obstacles, where contenders face barbed wire, burns, electric shocks, claustrophobia, acrophobia (fear of heights) and dehydration. Freezing weather conditions also bring with it the severe risk and fear of hypothermia, making the finish line even harder to reach.

Dressed as fairies, Ben and his university friends completed the course in three hours, 17 minutes and have so far raised over £4,600 for the Royal Marines Charitable Trust Fund (RMCTF).

Ben said, "I've never been one for sports or athletics and the idea of ever taking part in ToughGuy was always laughable. Dave completed ToughGuy on three occasions and I thought he was mad. Knowing that I was doing this for such a good cause and in honour of my best friend and

soul mate, I was determined to finish it! I'm so grateful for all the support and sponsorship I've received. Thank you again, to all those who donated."



Ben Fry, far right, with his friends at ToughGuy 2012

Happy Birthday to Shipston Pre School

Staff at Shipston Pre School held a birthday party on 10th February to celebrate the first year in their new building. Children and parents enjoyed singing, playing musical instruments with Calypso, decorating cakes and making party hats. Of course, no party would be complete without a birthday cake and candle to blow out!

"The children really enjoyed the party and it was lovely to see some old friends from big school as well as some new faces" said manager, Rachel English. "The next event on our calendar will be an Easter Fayre to be held on Saturday, 31st March. We will have stalls, tombola, face painting, an Easter egg hunt and much more. It should be a great start to the Easter Holidays!"



Calypso Kids is nominated for national award

Shipston based, Calypso Kids, an independent musical class for children over six months old, has been nominated for the Best Local Activity for Under 5s award. The "What's On 4 Little One's 6th National Annual Awards" reward and recognise those companies, organisations and individuals providing the very best activities for children across the UK.

Emmajane Roberts, who runs the Calypso sessions, said "I'm very proud and honoured that my groups took the time to nominate Calypso Kids and it's great to see that activities for children in Shipston are getting noticed."

Voting opens online on 7th March at <http://www.whatson4littleones.co.uk/awards.asp>, with the winners being announced on 15th June.



Emmajane with Calypso the frog

Your Football Club Needs You!

Shipston Excelsior Football Club is calling on all young football fans to consider playing for their local team.

Although the football club coaches children of all ages, its Under 7s team is desperately searching for new players to start training ahead of the next football season in the autumn. The club is particularly keen to hear from any budding goalies who fancy becoming the next Joe Hart.

Bruce Verralls, one of the volunteer coaches at the club, is encouraging

both boys and girls to join in the training: "If you will be 7 years of age before August 2012 and you fancy giving football a try, come and join us next Saturday morning and there's a good chance you could play in next season's team".

Training takes place on Saturdays from 10-11:30am at the London Road Sports Club from September until May (excluding school holidays) and costs just £1.50 per session. For further information, please contact bruceverralls@msn.com

Shipston Primary School

Shipston On Stour Primary School



Children embark upon forest of learning

The arrival of an outdoor forest school has been a breath of fresh air for the children at Shipston Primary. Pupils from Year 1 have been the first to get into their wellies and waterproofs in order to explore the new forest school area, located at the top of the infant playground.

"The forest school offers an exciting opportunity for us to take the curriculum out of the classroom and into the natural environment," explained Head of Federation, Christian Hilton.

Forest Schools are about learning through experience and observation and were first established in Scandinavia in the 1950s, before being exported to the UK in more recent years. Research has shown that this form of learning helps to boost children's confidence, self-esteem and independence, as well as nurturing respect for the natural world.

Teaching Assistant, Ms Westwood, has been leading sessions as part of her training to be a Forest School leader. She said, "It is lovely to see the children so absorbed in their learning and to see them working collaboratively.

"They all know the three forest school rules now too, which are not to run across the fire circle, not to pick living things

and not to put anything in your mouth, unless it has been cooked on the forest school fire!"



Performance in a pack

Shipston Primary is involving students, staff, parents and governors in an innovative new way of measuring and improving the school's effectiveness. Packtypes is a simple, card-based system that develops emotional intelligence to help enhance performance.

Parents and governors were recently invited to a session run by Packtypes to contribute to an emotional intelligence audit of the school and staff will be using the scheme in the future to help improve teaching and learning.

Shipston High School

Shipston High School sees in the Year of the Dragon!



In a whole school assembly which coincided with the start of the Chinese New Year of the Dragon, students learned about the Chinese New Year traditions and customs which date back over three thousand years. They heard how every year is named after an animal in a twelve year cycle and that the incoming year is the Year of the Dragon, symbolising excitement and danger!

The following week, the schools had a special Chinese New Year menu which proved to be incredibly popular. Martial arts experts from the International Taijiquan and Shaolin Wushu Association (ITSWA) also went into the school to perform the traditional Lion Dance. The dance is traditionally enacted by martial arts experts because it requires exceptional agility, strength and endurance. The purpose of the dance is to scare away any evil spirits lurking from the

old year and to bring good fortune to those in the New Year.

The concept of celebrating the Chinese New Year was the idea of the school's business manager, Mrs



Pictured: Miss Angulo and Year 7 students Alice, Olivia and Rebecca come face-to-face with the Lion!

Yuhong Meads. She was delighted with the success of the celebrations and particularly with the students' response to the Chinese food in the canteen and the Lion Dance.

Warwickshire Cross Country Championships

On Saturday, 14th January, Shipston High School took 46 runners to Hatton Country World, Warwick for the Warwickshire Cross Country Championships. Even on a cold frosty morning, 'Shipston Spirit' was evident and all athletes battled in competitive races. The results were as follows:

Minor Boys – 1st	Minor Girls – 1st	Junior Boys – 6th
Junior Girls – 4th	Inter Boys – 4th	Inter Girls – 3rd

It was a particularly excellent result for the 'Minors' to achieve, being the smallest secondary school in the area. Much of the students' success was as a result of their commitment to training twice a week. On average there have been fifty runners at each session working to improve their fitness levels.

Some of the athletes are a waiting confirmation that they have been selected to represent Warwickshire, which is an excellent achievement.



Team members: Left to right - Harvey Simpson, James Roles, Oliver Thorn, Olivia Parker, Ysabelle Caswell, Lauren Powdrell, Kirstin Winter

Treasure Island panto proves a big hit

Ahoy Mateys! Shipston Dramatic Society's pantomime 'Treasure Island', performed at the end of January, at the Townsend Hall, lifted the roof with laughter and applause. Winter gloom was swept away by the colourful costumes and even more colourful characters.

Audiences at each performance were captivated with comedy, song and dance, as they participated in Jim Hawkins journey from the Benbow Inn, and met up with the evil pirate Long John Silver, his cutthroat band and oversized parrot. They endured a shipwreck, encountered a scary ghost and finally Robinson Crusoe and his girls on a tropical island.

Congratulations to the creative director, Helen Morgan, as well as the talented cast and crew for putting on such a great performance.

The group's next production will be in May 2012. If you fancy joining the group to tread the boards at the Townsend Hall in the future, take a look at their website www.shipstondramagroup.org for more information.



Above: Shipston Dramatic Society in action at the Townsend Hall.
Photo courtesy of Fosseway Photography

An evening of fashion, flowers and food

Next month, Shipston Flower Club and Niche, will be presenting an evening of Fashion, Flowers and Food at the Townsend Hall. The event, on Friday, 27th April, will include a fashion show hosted by Niche of Shipston, featuring their exciting new range of spring and summer styles.

On show will also be flower exhibits designed on a theme of fashion, and to commemorate the Flower Club's 20th Anniversary. A selection of stallholders will be displaying giftware and products for sale, ranging from jewellery to homeware.

Canapés will be served together with a glass of Pimm's and each ticket holder will receive a goody bag with free gifts, discount vouchers and special offers, all included in the £12.00 ticket price. A raffle will be held with the chance to win some of the beautiful flowers or one of the many superb prizes donated by local businesses.

Proceeds are to be shared between the Shipston Flower Club and the League of Friends of Shipston Hospitals. "There has been a very positive response to the event from local businesses", said Sue Watts of Shipston Flower Club, "and we anticipate it being a fantastic evening."

For tickets visit Niche, 18 High Street, Shipston or call Sue Watts on 01789 450848.



Exhibition to share the secrets to becoming energy efficient

Thanks to a successful application through the Local Energy Assessment Fund, Act on Energy, working with Stratford on Avon District Council and Transition Shipston, will be carrying out some energy conservation activities and promotions in the Stratford district, beginning with an exhibition at the Townsend Hall in Shipston.

Local organisations will be there to demonstrate different types of insulation, heating, lighting and renewable energy technologies, to help improve energy efficiency in the home. There will also be a presentation from a local community project, as well as the chance to book free training sessions on becoming a community energy champion. The exhibition will be open from 4pm to 9pm on 21st March 2012.

Energy costs have doubled in the past 5 years and are likely to continue to rise in the future, making energy efficiency increasingly important, both environmentally and financially.

For more information contact David Jullien at Act on Energy 01789 842898 or David Passingham at Transition Shipston 07973 846605.

Rachel Jones snuggles up inside loft insulation made from recycled plastic bottles!



Regular events:

- Mon Badminton Club:** Turn up and play from 7pm. Townsend Hall.
- Mon Zumba:** 7:45pm Shipston High School. £5. Other weekly classes also available. For details, contact Debbie, 07966 746794.
- Tues Dance with Dash:** Melody Bear classes for pre-schoolers. 10am and 10:30am. £3.30. Contact: Sarah, 641253
- Tues Stroke Club:** Alternate Tuesdays (6 and 20). 10am-12pm Roman Catholic Hall. Contact Adrian Collins, 661576
- Tues Rhyme time for under 2s:** Alternate Tuesdays (13 and 27). 10:45am Shipston Library. Free. Contact: 661255
- Tues Age Concern Lunch Club** at Stour Court (pre-order with Stella on 686224)
- Tues Bingo:** Alternate Tuesdays (6 and 20). Doors open at 6:30pm. Eyes down at 7:30. Sheldon Bosley Hub. Contact: 661886
- Weds Calypso Kids Music Classes:** Instrumental fun for accompanied children 6 months+. 9.20am or 11am, Townsend Hall, £4.50. Contact Emmajane Roberts 07890399162
- Weds Citizens Advice Bureau:** Mornings, Clark House. To book a free appointment, call 01789 200136.
- Weds St John's Ambulance:** Adults division. Meet at Shipston Fire Station, 7pm. Contact: Josie Bayliss, 684834
- Thur Age Concern Lunch Club** at Rainbow Fields (pre-order with Diana on 01789 740627)
- Thur Badminton Club:** Turn up and play from 7pm. Townsend Hall.
- Thur Yoga:** Beginners. 7-8:30pm, Townsend Hall. £8. Contact: 07717 221 756 or www.yoga-in-brailles.co.uk
- Fri Walks over fields with friendly group.** Leaves Old Mill car park at 10am. Contact: Marlene, 663616
- Fri Age Concern Lunch Club** at Stour Court (pre-order with Linda on 662290)

March Diary

- 1 Story Stomp:** Storytelling for 2-5 year olds. 10:30am, Shipston Library. Free. Contact: 661255
Neighbourhood Watch meeting: 8pm, the Scout Hut. Contact: George Houghton georgensheila@tiscali.co.uk
- 2 Shipston Dementia Resource and Support Cafe:** Community Fire Safety Officer Tony Harris talking about fire safety in the home. 2-3:30pm, Stour Court. Contact: Barbara Smith 662433
- 3 Shipston Home Nursing:** Second-Hand and Vintage Clothes Sale. 10am-1pm, Sheldon Bosley Hub. Contact Rebecca 674929
Shipston Town Council Monthly Litter Pick: All welcome. Meet at Clark House, West Street at 10am. Equipment and refreshments provided. Contact: Fay Ivens 662133 or fayivens@aol.com
Royal British Legion concert: see ad on page 8
- 4 Cantamus Afternoon Concert:** see ad on page 16
- 5 Stour Valley Visually Impaired Group:** 'Work of the Rural Dean' by Jill Tucker. 2pm Stour Court. Contact: Shirley Pilkington 662684
- 6 Multiple Sclerosis Society 'Drop in' meeting:** 10:30am at the George Hotel. Contact: Ann Bartlett 666161
Transition Shipston Public Meeting: See ad on page 8
SWIB (Supporting Women in Business): Networking event. 6-8:30pm, The George Hotel. Contact: Simone Ryder 07749 298253
- 7 National Organisation of the Widowed:** Lunch. 12pm. Contact: Barbara Bean 663230

Shipston-on-Stour Women's Institute (Evening Group): 'Shakespeare's scenery through the county and Cotswold borders' by James Kerr. 7pm, Roman Catholic Church Hall, Darlingscote Road. Contact: Mal Lawrence 662122

Stour Valley Lions Book Shop: See ad on page 8 for details.

- 8 Royal British Legion – Shipston Branch:** Committee Meeting. 7:30pm, Clark House, West Street. Contact: Mike Dobbin 664636
- 9 Stour Valley Lions Book Shop:** 9am-4pm. Details as above.
- 10 Stour Valley Lions Book Shop:** 9am-2pm. Details as above.
Lions' Senior Citizen's Annual Party: To request an invitation, contact Roy Arkell, 01789 773966
- 12 Shipston Town Council Monthly Meeting:** 7pm, Clark House. All welcome. Contact: Georgina Beaumont 662180
- 13 Senior Citizens Action Network (SCAN):** 10-11:30am, Townsend Hall, Sheep Street. Contact: Brian Fletcher 661308
Shipston Flower Club: 'Angles on design' by Ninon Linnell. 7:30pm, Shipston Primary School, Station Road. Non-members welcome. Contact: 01295 788099
- Stour Valley Lions monthly meeting:** 8pm, The George Hotel, All welcome. Contact: David Squires, 664065
- 14 Shipston and District Gardening Club:** 'Natural remedies from your kitchen' by Sharyn Singer. 7:30pm, Catholic Church Hall. Contact: Tony Mitchell, 666933
- 15 Shipston Home Nursing:** Exclusive Private Viewing at Compton Verney - Gainsborough's Landscapes. Tickets £40 including full afternoon tea. Contact: Di Yeoman on 674929
- 16 Shipston Music Society:** 'Children and Animals' music and readings by Kipper Chipperfield. 7.30-9pm Methodist Hall, Shipston. Visitors welcome £5.00. Contact 01608 663207
- Stour Valley Lions Cinema presents "Tinker, Tailor, Soldier, Spy":** For details, see ad on page 9
- 17 Shipston Tennis Quiz Night:** For details, see ad on page 8
- 19 Stour Valley Visually Impaired Group:** 'Peter and the Wolf' by John Beany. 2pm Stour Court. Contact: Shirley Pilkington 662684
- 19 Royal British Legion – Shipston Branch:** Monthly Social. 12:30pm, Horseshoe Inn. Contact: Mike Dobbin 664636
- 20 Shipston Arts and Crafts Society:** AGM. 7:30pm, Catholic Church Hall. Contact: Penny Law 663971
- 21 National Organisation of the Widowed:** Meeting. 10:30am - 12pm, Coach and Horses. Contact: Barbara Bean 663230
Shipston Home Nursing Workshop and Lecture: For details contact 682375 or visit www.shipstonhomenursing.co.uk
Energy Efficiency exhibition: See ad on page 9
- Stour Valley Lions Book Shop:** 10am-4pm. Details as above.
- 23 Stour Valley Lions Book Shop:** 9am-4pm. Details as above.
- 24 Stour Valley Lions Book Shop:** 9am-2pm. Details as above.
Diamond Jubilee Race Night: See ad on page 9
- 30 Chamber of Commerce Business Advice Surgeries:** Free advice sessions by appointment at Stour Enterprise Centre, Astech Mill, Stratford Road. To book, call (01608) 629693
- 31 Shipston Pre-School Easter Fayre:** Egg hunt, face painting, tombola, Stalls and more. For details, call 666029.
Winchcombe Farm Day Nursery Easter Fayre: Bouncy castle, craft workshops, pets corner and egg hunt. 10.30am – 1pm, Contact: 01295 680363



STOUR VALLEY LIONS BOOK SHOP



**Now open on Wednesdays,
10am-4pm**

For full details of opening hours, see the What's On diary.

March focus: Cookery books

From country fare to party food, Italian to Chinese and French to Indian, there are inspiring recipe cookbooks to suit all tastes.

**Venue: The Coach House, Church Street,
Shipston on Stour**

(opposite the Shipston Library, adjacent to the White Bear Car Park)

**Huge selection of fiction, non-fiction and children's books.
All proceeds to local charities.**

Books in GOOD condition are always gratefully accepted, contact as below, we regret we can't accept books at the Coach House.

New Members always welcome, contact Lion David Squires,
e.mail pinnegards@tiscali.co.uk

Public Meeting

"Save Our Town Centre Stop the Supermarket"

Townsend Hall

Sheep Street

Tuesday 6th March

7.30pm

**Chair: Town Mayor
Cllr Paul Rathkey**

with Local Speakers

Organised by Transition Shipston



**SHIPSTON ON STOUR BRANCH
THE ROYAL BRITISH LEGION**



Presents

A CONCERT

By Shipston Town Band

To celebrate

**THE 90th ANNIVERSARY OF
THE ROYAL BRITISH LEGION**

SATURDAY 3rd MARCH 2012

Commencing 7.30pm in the Townsend Hall

Refreshments

Bar

**Admission by ticket
Price £7.00**

All proceeds to the Poppy Appeal

Tickets available from:

R Clarke Electricals (next to Lloyd's Bank)

Richard Adams – 01608 662328

Tim Walker – 01608 663759

Mike Dobbin – 01608 664636

Quiz Night



Come and join us for a fun evening

at **Shipston Sports Club** on **Saturday
March 17th** at 7.30pm
for our

QUIZ NIGHT

All ages are welcome!

Please enter your team (max 4) in advance to Angela Holmes
(angela@shipstontennis.org.uk 07746819772) or Andrew Botting
(bottingandrew@aol.com 07900055353) and pay your entry fee
on the night.

Entry fee is £5/person to include light supper.

In addition to 4 members, up to 2 primary school children may be
included in a team at a cost of £3 each

Proceeds for Shipston Sports Club – Tennis Section

STOUR VALLEY LIONS - RURAL CINEMA
'TINKER, TAILOR, SOLDIER, SPY' (15)

SHIPSTON HIGH SCHOOL
Friday 16th March, 2012 at 7:00 pm
Advance Tickets £3.50 (£4 on door)
 From: R. Clarke Electrical, 27 High Street, Shipston

Energy Efficiency in Your Home

Exhibition and Presentation
4pm to 9pm on 21 March 2012
Townsend Hall, Sheep Street
All Welcome
Organised by Act on Energy
and Transition Shipston



An Evening Extravaganza of

FABULOUS FASHION FLOWERS & FOOD

NICHE

SHIPSTON
FLOWER CLUB

A fun evening of amazing floral displays and delicious food produced by Shipston Flower Club plus stalls and a fashion show featuring the new Spring collections hosted by Niche of Shipston

THE TOWNSEND HALL

Friday 27th April 2012

Doors open 6pm for 7pm start

Tickets £12.00 to include a glass of Pimm's,
Canapés and a Goody Bag

Phone Sue Watts on 01789 450848
or visit Niche, 18 Sheep Street for tickets

Proceeds to be shared between Shipston Flower Club
and The Friends of the Ellen Badger Hospital

Shipston Jubilee Crew
Presents
A Race Night
& Ploughmans Dinner
In conjunction with The Lions
24th March 2012
The Townsend Hall
Doors open 7.00pm
Adults - £7.50
Children - £5.00
Price includes entry and dinner
Licensed Bar
 For more information, please contact us at: shipstonjubilee@btinternet.com
 Or visit our website at: www.shipstonjubileecrew.com

Shipston Arts and Crafts Society

The talk by Andrew Wilson-Jenner on Costumes in Theatre on Tuesday, 17th January, was split into two halves. The first was a detailed, hilarious, account of "behind the scenes" at Covent Garden Opera House. Mr. Wilson-Jenner was a tailor in the wardrobe department, working for a designer, making everything from hats to shoes (seven pairs per ballerina per performance!) There are usually four to five leading singers per character and they have to be costumed individually. When Covent Garden was closed for refurbishment, Mr. Wilson-Jenner got a team together and began making and supplying costumes for the theatre, film and TV.

Mr Wilson-Jenner's talk then turned to the costumes he had on display with him, including how they were constructed. Each costume is made in complete sections, which can be removed and replaced should repairs or alterations be needed

The evening ended with three ladies modeling, first a long cloak designed by Cecil Beaton. This was followed by a wedding gown for a private medieval wedding, which had cream and purple heavy brocade with purple lace and bead embroidery, crowned with a simple coronet of flowers. It looked fabulous! Lastly came the farthingale, petticoats, bodice, ruffle, collar and cloak of Queen Elizabeth I, each piece cleverly fastened together. A beautiful finish to a most entertaining talk by an expert speaker.

The AGM is on 20th March when Simon Trapnell will be "Looking at Pictures" of Nature in Art. The society meets at the Catholic Church Hall at 7.30pm on the third Tuesday.

Probus

On 20th January, Ian Shapter described the battle of Agincourt with his usual clarity and humour. He has researched all the battles of the 100 years war in considerable detail, and included in his slides pictures of the actual battlegrounds, some appearing to have changed very little.

In summary, Henry V landed at Harfleur with 2000 men at arms and 10,000 archers but numbers became reduced due to dysentery. They set off for Calais with 8 days food, but were diverted on their journey and it took 16 days to reach Agincourt, nevertheless they beat 25,000 Frenchmen. The casualties were astonishing - only 100 Englishmen but 10,000 Frenchmen were killed.

Sir Andrew Hamilton was the speaker on 3rd February. He has written a much-acclaimed book titled "Meet at Dawn - unarmed" which describes the well-known Christmas Truce at the beginning of the First World War. The book is based on the diaries of his Grandfather who was a much-respected Captain in the Royal Warwickshire Regiment. Sir Andrew has carried out extensive research and has put together a fascinating story, including some family history and First World War photographs. There are also cartoons by his grandfather's famous friend, Bruce Bairnsfather.



Shipston Beekeeping Association

Would you like to keep bees?

A lot of people keep bees because they produce honey, one of the healthiest and most natural foods. Others keep bees because they are interested in studying them; bees are fascinating creatures and there is always something new to learn about them.

With no means of dealing with the varroa mite that is now present in all UK honey bee colonies, a feral honey bee nest is unlikely to remain viable for more than a couple of seasons. With the help of beekeepers, it is only managed colonies that can survive to carry out the essential pollination of our food crops. Bees can be kept by almost everyone except a very small minority who are allergic to bee stings.

Shipston Beekeepers are holding an "Introduction to Beekeeping" day on Saturday, 14th April at the Old Free School, Brailes OX15 5HT. The day will deal with the basics of beekeeping for beginners or those with very limited experience of this craft.

Arrive at 09:30am for coffee prior to a prompt 10am start. Refreshments and a light lunch are included in the day's price of £30. The event is scheduled to finish at 3:30pm approx.

Contact Douglas Nethercleft on 01295 680041 or djn0001@aol.com to book your place. Numbers are limited.

Shipston Music Society January Concert

January's concert, "Czech Mate", introduced the audience to two splendid musicians, Helen Leek, piano, and Clare Duckworth, violin. Both performers have very impressive CVs, listing numerous solo and orchestral achievements around the world, made all the more impressive by their youth.

The concert opened with Sonatina by the Czech composer Dvorak, an evocative piece which demonstrated the duo's remarkable musical talents. The next piece, Sonata by another Czech composer, Janacek, was largely unknown territory to many of us, and what a revelation! This exciting piece demands exceptional musicianship and energy which the musicians had in abundance! We were then brought down to earth with the slow movement from Dvorak's New World Symphony as arranged by Fritz Kreisler, followed by Aus der Heimat by Smetana.

The second half opened quietly with Romance by Dvorak, followed by Etudes Rythmiques by Martinu. These etudes were described as quirky and so they proved, but delightfully so. The evening ended in a fast and furious manner with 4 Pieces Op.17 by Suk. The whole evening was a quite marvellous display of musicianship.

The next meeting will be on 16th March at 7.30pm (see what's on calendar for details). For further information contact Clare Faulkes 01608 663207

Shipston League of Friends goes online



The League of Friends of Shipston Hospitals has launched a new website www.shipstonlof.co.uk. The site provides information about the latest campaigns and fundraising initiatives the League is involved in, as well as the history of the organisation and the recent purchases it has made for both the Ellen Badger Hospital and Low Furlong.

The League of Friends was originally formed to provide assistance to the hospitals of Shipston (Ellen Badger and Low Furlong). The League is run by an enthusiastic committee and is well supported in the community. Funds are raised through subscriptions to the League, the sale of roses on Alexandra Rose Day and through the grateful receipt of legacies and donations.

Important information about how you can join the League of Friends and support their work – for as little as £1 a year – can now be found on the site. The League is also now on Twitter and can be followed using @shipstonlof for the latest news.

Senior Citizens Action Network



The next meeting of Shipston SCAN will take place on Tuesday, 13th March 2012 at the Townsend Hall, Sheep Street, Shipston from 10-11:30am. Admission is free and all young-at-heart over 50s are welcome.

Free refreshments will be served from 10am and the meeting will open formally at 10:30am by our guest speaker, Henry Skinner, Regional Information Officer from Action on Hearing Loss (formerly RNID) who will talk about "Coping with Hearing Loss". We have a PA system in place for those who are hard of hearing and you will have an opportunity to 'Have your Say' at the end of the talk.

The second part of the meeting will be devoted to an open discussion about the future aims of the SCAN group, looking particularly at how the network can become more active in the local community.

If you would like to attend SCAN meetings but have any difficulties such as personal mobility or lack of transport please contact the Chairman, Brian Fletcher on 01608 661308 to discuss possible ways in which we can help.

Shipston Neighbourhood Watch



Shipston Neighbourhood Watch represents Shipston and the surrounding villages, and meets three or four times a year at the Shipston Scout Hut. The next meeting is on Thursday, 1st March at 8.00 pm. The police, who always attend, give updates on items of interest affecting the area.

At the last meeting the police reported on the Neighbourhood Watch request for speed checks to be carried out on the gyratory system and Darlingscott Road. They asked for help in connection with thefts of cigarettes and cash from the Sports Club and of metal thefts from BPS. They also reported requests from farmers to ask dog owners not to let their dogs off leads in fields containing farm animals. In addition they updated on issues of rural theft, the working of the CCTV cameras and demand for drug support services.

The police also hold fortnightly surgeries at the Library at 2.30pm, (8th and 22nd March). If the police cannot attend the librarian will take a message and you will be contacted. There is also the 24-hour phone direct line outside the Police Station.

Shipston & District Gardening Club

New members welcome.

Whether you have an allotment, a large garden with shrubs, flowers and vegetables, or a small patio with a few planted pots, why not join the Shipston Gardening Club.

The club currently has about 45 members who meet regularly on the second Wednesday of every month at the Catholic Church Hall, Darlingscote Road (7.30pm – 9.00pm). The meetings are friendly, informal, and very sociable. At most meetings there is an invited speaker (titles of talks this year include; 'The Kitchen Garden Today', 'Sulgrave Manor - a hidden gem', 'Natural Remedies from your kitchen and garden', and 'Alpines in the wild'.) Membership is only £8 per year and this includes refreshments at meetings, and gives members a 10% discount at certain local garden centres. In the summer, one or two of the meetings involve a visit to a local garden, opened especially for the club.

The next meeting is on March 14th and visitors are welcome. If you have any questions, please contact either the Chairman – Simon (663596) or the Secretary – Tony (666933).

National Organisation of the Widowed

There have been recent reports about the detrimental effects to health of loneliness. The National Organisation of the Widowed (NOW), which provides support and friendship to men and women of all ages who have lost a life partner through bereavement, can help to reduce loneliness.

NOW is a charity that exists to support all those who have lost a partner. They are not a counselling service but an organisation run by the widowed for the widowed, which offers support and friendship from people who have experienced a similar loss and understand the problems. The major benefit of the organisation is the friendship and social life it can provide for its members.

For more information on the active Shipston branch, please contact Barbara Bean on 01628 663230

Stour Valley Lions

National Arboretum Memorial

Lion's International First Vice President, Wayne Madden made a private visit to the Stour Valley district during February. He visited the National Arboretum Memorial where last year the district funded and built a rest room for the visiting public and to provide cover during inclement weather.



Lions Rural Cinema

Did you know that each month (excluding the summer) Lions show the latest blockbuster films to Shipston and district citizens? The films are shown at Shipston High School on Friday nights using state of the art equipment funded by the Orbit Housing Association and the Lions, and presented to the High School for the benefit of the teachers and students. The evening is a social occasion, with a mid film break for refreshments, a raffle and a chat. The March film is "Tinker, Taylor, Soldier, Spy", with "The Artist", "Marilyn", "The Iron Lady", "War Horse" and "Hugo" just some of the possible choices coming soon. If you have not yet attended the cinema, check the notice boards and come along.

Senior Citizens Party

The date of this year's annual party will be Saturday, 10th March at Shipston High School. Planning for the meal, music, first class entertainment and transport is complete and invitations to more than one hundred senior citizens on the Lions' mailing list is under way.

If you have recently become a senior citizen, and would like to be included, please contact Roy Arkell on 01789 773966 or any member of the Stour Valley Lions.

Coventry Diocesan Pilgrimage

A Coventry Pilgrimage is taking place at the end of March, in the week leading up to Palm Sunday. A 40 mile route encircling Coventry will call at many churches.

During the week, Bishop Christopher is walking his own complementary pilgrimage from Shipston to Kenilworth, going along the Centenary Way footpaths, and welcomes anyone to walk part of the way with him. His route each day will be:

Sunday, 25th March
Shipston via Whatcote to Middle Tysoe

Monday, 26th March
Middle Tysoe via Ratley to Burton Dassett

Tuesday, 27th March
Burton Dassett via Harbury to Radford Semele

Wednesday, 28th March
Radford Semele via Leamington/ Warwick to Kenilworth

Please contact Helen Winniffrith, helenwin@tiscali.co.uk if you would like more details. Or visit <http://www.divine-inspiration.org.uk/news/45-bishops-pilgrimage>

Diamond Jubilee Crew

The first postal quiz was won by Mr & Mrs Withers of Darlingscote Road. They were absolutely delighted to win, especially as they did it without the aid of the internet and only missed two answers to get 100%. Mr. and Mrs. Withers have very kindly donated their winnings to The Jubilee Crew Fund. The Dine with Dolly event raised £300, with a further £181 being raised at the recent coffee morning.



Further events being organised include a race night on 24th March at the Townsend Hall and prize bingo at the Sheldon Bosley on 14th April.

Shipston Stroke Support Group

On 28th January the Stroke Group was delighted to be visited by Dr. Sue Pritchard who spoke about all the services and medical facilities available to all the community. Dr. Pritchard was very patient and answered everyone's questions and concerns and impressed all.

The National publication of Stroke Support highlighted a half page article with photos on Shipston's 1st year of stroke support. It heralded "Shipston on Stour Now On The National Map". Everyone is very excited about this and would like to praise the support given to us by the Town Council, The Rotary Club and the Lions.

Shipston Rotary

Shipston Rotarians and partners were recently entertained and well informed by an enthusiastic talk from Nicky Cox, the Events Manager from the Royal Shakespeare Company (RSC). Nicky talked about the exciting ventures the RSC are undertaking within the new building to open up a programme of events for audiences of all ages and levels.



In 2012, when the eyes of the world are on the UK Olympic and Paralympic Games, the RSC will celebrate with the World Shakespeare Festival. The RSC is contributing twelve new productions of its own, together with international contributions from the USA, Brazil, Mexico, Russia and Iraq.

With a rich programme of exhibitions, events, education projects and a major celebration of amateur theatre, the message is "The world is coming to Stratford-upon-Avon so come and join us."

Rotary Cotswold Walk

Don't forget to block out the 6th May in your diary for the annual Rotary Cotswold Walk. The 7 mile walk takes place along footpaths and bridleways through very attractive North Cotswold countryside. It costs just £5 per adult and £2 per child. For further information, visit www.cotswoldwalk.org.uk

Stour Valley Women's Institute



The February meeting was quite a lengthy one as members elected not to have a January meeting from henceforth. Future meetings will be at Rainbow Fields.

The speaker in February was Mr Chris Dobson from Stratford upon Avon Council. He said he was going to talk a "lot of rubbish" and this he literally did!

Mr Dobson explained the council had to meet a high percentage of waste recycling or they are penalised. Currently 60% of household waste in the district is recycled or composted, which puts Stratford District Council in the top 10 performing councils in the country.

Some of the members were amazed at the dos and don'ts of recycling. Mr Dobson was most helpful and issued useful leaflets as well as small lidded buckets for food waste.

The afternoon ended with a competition "Beetle Drive".

Shipston Women's Institute



Icy weather didn't deter members from attending the February meeting when Jill Fraser, from Aston Canlow, talked about the organisation she set up called "Kissing it better – simple ideas that make the world of difference".

Using a combination of her nursing and media experience, Jill explained how 'Kissing it Better' makes the patient central in their medical treatment - too often, the person gets forgotten in the complexities of treating their illness. Simple measure such as a brief history of an elderly or frail person will tell carers that this person, who may be unable to communicate now, was once a vibrant and active individual and had a career and/or family. This helps the person be seen as more than simply a patient.

Services such as manicures and massage are also offered to raise self-esteem and morale among patients.

See the What's On calendar for details of the next meeting.

Readers' letters

Letter from Helen Winnifrith

How right David Gunn was (January letters page) in his concern that Ainscough's proposed supermarket would rip the heart out of Shipston town centre. That has happened all over the country where a large supermarket has been plonked on the outskirts of a little market town with its own character and independent shops, and many of us want to save Shipston from going that way.

Ainscough continue not to keep their word (non-delivery of thousands of leaflets they said they would send out to let people know their intentions) and to give false information. I've still not met anybody who actually received this leaflet, but it states that both Shipston's Co-ops are "small convenience stores". The Midshires Co-op is classed as a convenience store and accordingly open for longer hours on Sunday. The Manchester Co-op (previously Somerfield's) is too large to be classed as a convenience store, which is why it has limited opening times on Sundays. Why do Ainscough not get facts right or at least publicly correct their mistakes?

I hope the meeting on March 6th in the Townsend Hall will help all of us opposed to Ainscough's supermarket on the green field site work together to keep Shipston's town centre special.

Proud of my town

Stratford-on-Avon District Sports Awards 2012

Two people from Shipston have been nominated for the Service to Sport Award, one of the categories in the Stratford-on-Avon District Sports Awards. Peter Betteridge, Chairman of Shipston Bowls Club, and Tony Meeking, former Head of PE from Shipston High School have both been shortlisted for the award.

The Service to Sport category is for an individual who has made a notable contribution to sport within the Stratford-on-Avon District over many years, with one or more clubs or sports. This is an award to that special someone who has enriched many sporting lives along the way.

Peter Betteridge has been Chairman of Shipston Sports and Social Club for 22 years and was nominated by his colleagues because of his outstanding commitment to the club. He regularly goes above and beyond the call of duty to ensure the club is well run and able to fully support all the sports it hosts.

Until his retirement in December 2011, Tony Meeking was Head of PE at Shipston High for ten years. Tony was responsible for huge changes and successes at the High School, with notable improvements in both basketball and cross country. As evidenced in the story on page 5, his influence has helped ensure the High School continues to succeed in county competitions despite being one of the smaller secondary schools in Warwickshire.

We wish them both well at the award ceremony and thank them for their contributions to sport in Shipston.



Want to share a good experience, share your views on a topical subject or write a review of a Shipston event?

Email your contributions to forum@shipstononline.org and we'll do our best to print them.

District Council update

Firstly, I want to thank my colleagues in the Cabinet for taking the correct decision of charging for the use of three toilets in Stratford. This has enabled public toilets in Shipston and other areas to remain open and free of charge. After much discussion with my group about the importance of maintaining Shipston's toilets to the local community, raising enough funds via three of Stratford's toilets was something I was very happy to support.

You may be aware, that Stratford District Council has put the Draft Core Strategy out for consultation. I urge members of the public to make sure they read it and make comments. There is a section called "Spatial Strategy" and is something which I worry about as it means housing will be distributed around the District, away from Stratford, and could mean Shipston is landed with more homes. At the moment the consultation has 8 plots for "potential locations for development". We do not want more building in Shipston so please make sure you have your voice heard and comment.

We seem to still be waiting to find out when the Norgren application will come to Planning Committee East. I ask everyone to keep a look out for this! It could mean up to 130 new homes in Shipston, and the more people we can get to the committee to say no the better as it will only help in our attempts for it to be voted against.

Lastly, I am interested in the idea of having the meeting times of all major committees and Full Council meetings at the District Council in the evening (no earlier than 6pm). I hope it will increase the public attendance at meetings and be fairer, as you have the right to know what is going on. Please let me know whether you like this idea.

Jonathan Gullis
T: 07870 829038
E: jonathan.gullis@stratford-dc.gov.uk
Twitter: @JonathanEGullis

Richard Cheney and Jonathan Gullis take it in turns to provide the content for this column.



County Council update

Council Tax

Warwickshire County Council has now set its Council Tax for 2012/13. It is unchanged for the second year running at £1155.25 for a Band D property, with others pro-rata. This will be collected by Stratford-on-Avon District Council together with the precepts for the District Council, Shipston Town Council and the Police Authority in one bill.



Warwickshire
County Council

Despite continual funding demands of Adult Social Care and Safeguarding Young People, there will be over £19 million savings generated county-wide to keep down the Council Tax.

Achieving our Ambitions

Money is tight and we need to demonstrate that our focus is on what matters. Regular readers will know that I have not been afraid to be critical when my colleagues overlook that Shipston-on-Stour is more remote from its neighbouring towns. A one size fits all approach to services can fail in these circumstances.

I welcome the Strategies and the Business Plan that goes with them that were approved on 7th February with the budget. The ambitions of a safer county, care and independence for the elderly, a thriving business community, better transport and improved wellbeing for children and young people represent the right way forward.

I shall be reporting on these over the months to come and in the meantime, I shall be asking for the document 'Achieving our Ambitions' to be put in a more prominent place on the Warwickshire web site!

Chris Saint
County Councillor – Shipston-on-Stour Division
t: 01608 662290
e: christophersaint@warwickshire.gov.uk

NHS News – Shipston Medical Centre

Be Active Daily!

Now the evenings are beginning to get a bit lighter and spring is making itself felt, it is an ideal opportunity to consider what exercise you do.

To stay healthy, adults should try to be active daily & should do:

- At least 150 minutes each week of moderate-intensity aerobic activity such as cycling or fast walking. Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell if you're working at a moderate intensity is if you can still talk, but you can't sing the words to a song.
- Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms). Examples of

muscle-strengthening activities for most people include: lifting weights; working with resistance bands; heavy gardening, such as digging, and exercises that use your body weight for resistance, such as push-ups and sit-ups



What are the benefits of being active daily?

- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes.
- Helps maintain a healthy weight.
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem.
- Reduces symptoms of depression and anxiety.

Medical Centre – t: 01608 661845

Your Town Councillors


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Staffing group chair

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e: rathersandco@tiscali.co.uk


Fay Ivens, Deputy Mayor
Proud Campaign chair

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Jackie Warner

t: 07717 391234


Simon Welch
General Purposes group chair

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e: simon.welch@talktalk.net

Photography of councillors by Richard Sampson, lensmedia.com

Shipston-on-Stour Town Council

 Clark House, West Street,
Shipston-on-Stour, CV36 4EL

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 01865 600262 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.

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

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

Large print copies are available to read at the Library, Clark House and the Medical Centre.

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.

Useful Contacts

Community Links Transport	01789 296344
Shipston Library:	01608 661255
- 24/7 renewal line	01926 499273
Highways customer services	01926 412515
Shipston Police Station	01789 444670
Shipston Forum	01865 600262
Shipston Leisure Centre	01608 662354
Shipston Medical Centre	01608 661845
– Out of hours	03001 303040
Shipston Post Office	01608 661465
Shipston Town Council	01608 662180
Shipston Recycling Centre	01608 663560
Stratford District Council	01789 267575
Warwickshire County Council	01926 410410
Local police (non emergency)	101
PC Richard Grove (Beat Manager)	07977 456585
PCSO Hayley Ditchburn	07879 608696
PCSO Andy Steventon	07966 626908
Churches of Shipston:	
Stour Valley Baptist	01608 664876
Our Lady & St Michael	01608 685259
St Edmund's	01608 661724
Methodist Church	01608 661843

Calling all performers your Wool Fair needs you!

The Wool Fair is taking a new approach to live entertainment this year.

All street performers – (singers, musicians, etc) are invited to put their names forward to help entertain the crowds on the 27th May 2012.

Each performer will be allocated a slot during the day and will have the opportunity to showcase their talent to residents and visitors.

Be a part of your community and enjoy a piece of the limelight at the 2012 Wool Fair.

**For more details or to
volunteer, please contact
Georgina Beaumont,
Town Clerk on 01608 662180**



Cantamus

Musical Director Richard Emms

Mad Hatter's Tea-Party

A Sunday afternoon entertainment
with

Cantamus and dancing friends

Sunday 4th March 2012 at 3.00pm
Townsend Hall, Sheep Street,

Tickets £10 (children free) including tea and home-made cakes.
Available from choir members, R Clarke Electrical, Shipston,
www.cantamus.org.uk, 01608 661641 and on the door.

Calling all photography enthusiasts

A photographic competition to find the best scenes in and around Shipston has been launched to help celebrate The Queen's Diamond Jubilee.

Winning entries will be included in a 2013 charity calendar

If you think you've got a better shot than this one below, visit www.shipstonevents.com/photo-competition to find out more about the categories and how to enter.

Entry deadline is midday, 19th May 2012



Pamper Evening Friday 11th May 2012 Friends of Shipston Primary

Calling all beauticians, hair stylists and gift sellers!
We're looking for stallholders for our exciting event.
Does your business specialise in making people feel good?
If so, and you would like to get involved,
then please get in touch soon.

(All proceeds to go to Shipston Primary School)

**For more information, email
chairfosp@gmail.com
or call 07957 295028**