

HOPE AND SHELVE PARISH

Services during July

Sunday 7th July – Holy Communion at Shelve 9am

Sunday 14th July – Holy Communion at Hope 9am

Sunday 21st July – Morning Prayer at Shelve 9am

Sunday 21st July – Summer Praise and Tea at Hope Village Hall 2.30pm

Sunday 28th July – Baptism and Holy Communion at Hope 9am

It was lovely to see so many people at the Hope and Shelve Parish Fete in June. Thanks to all who contributed in all kinds of ways, especially to those who worked so hard running stalls and preparing tea. Thanks to the Stiperstones Brass Band for playing for us, and of course to David and Annabel Stacey for their hospitality, and Anna Bayliss for organising the Callow Run. We were delighted to raise over £1000, which is much needed to maintain our lovely church buildings, and to help provide ministry in the communities of this parish.

We know we have some substantial work to do on the Hope Church building, and we are in the process of getting specifications and tenders for this, so we can seek the necessary permissions and, crucially, seek grants and other funding for the work.

Some of you will have visited the former Hope School recently, when it was opened to visitors, prior to its demolition. No doubt this will have brought back many memories. I regularly visit Long Mountain School which some of our local children now attend, and it is always good to see the wooden chest from Hope School which is still being used at every assembly.

We know that not everyone finds meeting in our Victorian church buildings easy or practical, lacking basic facilities as they do. So, we are going to run some Sunday afternoon events over the summer in the Village Hall, with a short, rather less formal, service followed by tea. These will be suitable for young and old and all are welcome.

Revd Fran Brealey

revfran@btinternet.com • 07982 324760

Hope School Open Day

On Saturday 15th June an Open Day was held at the old Hope School for anyone to say a final farewell before the building is demolished in July. The new owners, Jonathan and Wendy Jane Walton, were very keen to offer this opportunity to the community and Hope Village Hall gave their support with the provision of refreshments and a display of Hope School class photos and other material from the archive held by Hope and Bentlawnt Local History group.

With only 5 days' notice for the event, brought about by the demolition date having to be brought forward, there was a real concern that insufficient numbers would attend to have made it worthwhile. All available avenues were used to get the message out, but particularly I think by word of mouth, and it proved that the concern was completely misplaced. We were all astounded that about 250 people attended, some arriving before the 12n start and with many still there at 4.30pm. The school and grounds were thoroughly inspected, with a lot of chatter and laughter of former pupils, of all ages, bumping into former classmates. The good humour continued in the village hall; people of all ages from toddlers to 90+. Grandparents taking great delight in being able to tell their grandchildren what it was like in, 'their day' and offspring admitting to their parents some of the antics they are only now prepared to admit to.

Blank exercise books, found in the school, were available for people to record their school memories and several newly available pictures and other documents were brought in to add to the historical record including, from the mid-1990s, pupils' own accounts of their time at Hope School written when they left to go on to Bishop's Castle. From these, it is clear that they were all very sad to leave and had great admiration for their teachers but, overwhelmingly it seems, were sorry to have to give up Jean Ellis's lunches ('yummy' seems to have been the consensus).

Many thanks to the Waltons for providing this opportunity and we wish you well for your plans for the site.

If you have any comments to make about this posting or any memories, photos or other school related documentation you are happy to share with the history group they would be gratefully received by Barry on barry@hopenews.uk

D-Day Celebrations

We celebrated D-Day on 5th June at the weekly community café. The hall was decked out and Georgia, our talented local pianist, very kindly came along and played a selection of tunes & songs from the war.



Around 50 people came along to enjoy the gathering along with a delicious lunch!



Rea Valley foodbank

Rea Valley Foodbank Appeal

Rea Valley Foodbank has been operating for more than 18 months, supplying food to families in need in the Rea Valley area (Pontesbury, Minsterley and surrounding villages). During that period, we have been working in partnership with Foodbank Plus, the Shrewsbury Foodbank, run by Barnabas Church. Foodbank Plus has provided a storage facility and supplemented our parcels, and as a result we have been able to feed over 200 clients.

From September, our partnership is coming to an end, and RVF will be operating independently to be more responsive to clients' needs, often quite different from those approaching a town-based foodbank. Our vision is one of local people being supported by local people. To this end, we estimate we need additional income of £150 per month to be able to feed all our clients. We are therefore launching a community appeal, inviting our supporters to pledge £5 or £10 a month to ensure we can continue to operate and provide food for families in need.

At this stage, we are looking for pledges rather than cash so that we can plan effectively. Offers of pledges should be sent to Greg Smith at rectorpontstip@gmail.com or by calling 07902 794653.

Greg Smith Chair: Rea Valley Foodbank

Free Health Checks

The Shropshire Council Community Outreach team offer mini health checks throughout the community. These health checks give Shropshire residents a better understanding of their health as well as an opportunity to discuss any concerns they have regarding their health and wellbeing. The team are able to inform residents what help and support is available, empowering residents to take the next step in improving their own health and wellbeing.
Visiting Hope Village Hall between noon to 1.50pm on the following dates:

17th July 18th September 20th November

For further information, please email: CommunityOutreach@shropshire.gov.uk

The **Sabrina Mobile Library** visits Hope Village Hall on Route 3, alternate Wednesdays,

Upcoming dates: 10th & 24th July from 1pm to 1.50pm.

We have a map of all our routes and stops on our website here:
https://www.shropshire.gov.uk/libraries/mobile-libraries/

Callow 5km Run & Walk

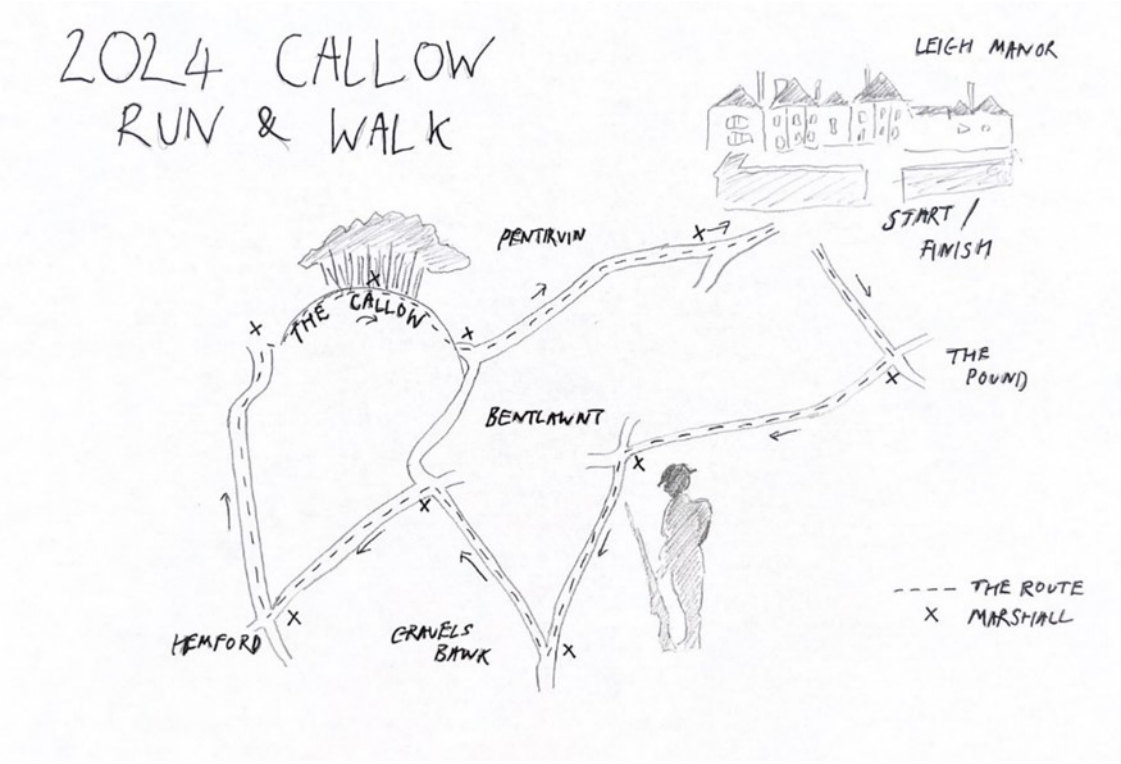
The 2024 Callow Run & Walk took place on Saturday 1st June in the glorious Shropshire sunshine. A field of 19, with ages ranging from 69 to 8 years, hotly contested for the coveted overall winner's silver salver awarded in memory of Richard Bayliss. The challenging 5km route took runners up hill and down dale including a tough climb up to the top of our iconic Bromlow Callow. The trophy winners are:

Overall Winner:	Sam BAYLISS (22.20)
Fastest Female:	Alix CHIDLEY
First U11:	Lauren GULLIVER

The new organiser of this event, Anna Bayliss, expressed special thanks to the team of marshals who lined the route ensuring that the event ran smoothly and safely and also gave thanks to all of the participants for taking part in this very special community event.

As a first-time organiser, Anna did a marvellous job and was really delighted with how it all went and the turnout of runners, after having been concerned that the numbers would be much lower. She thinks that everyone enjoyed it and now that she has this year's Run, 'under her belt', feels optimistic that she can perhaps rustle up a few more.

I must share with you Will Bayliss' course map because it includes some beautifully depicted iconic local images to inspire the runners.



Open Gardens Events in 2024 – all in aid of Community Resource!

NEW FOR 2024 - Open Gardens - Shifnal: Saturday 6th and Sunday 7th July
Join us in Shifnal for a weekend of garden exploration with a wealth of private gardens to explore and uncover some hidden gems!
https://opengardensshifnal2024.eventbrite.co.uk

PONTESBURY & DISTRICT GARDENERS' ASSOCIATION

This year's Show will be held on Saturday 24 August. It will be open for staging of exhibits on the previous evening and early on the Saturday morning, and opens to the public at 2.30 on the Saturday afternoon, with prizes presented at 4 pm followed by the raffle draw and auction of some of the exhibits. Schedules are available at the Trading Post and in several shops in the village.

A Warning...

One of our members wants to remind everyone to keep power tools for the garden – hedge trimmers and blowers, etc – out of sight and locked away. His were in a locked shed but taken recently, even though the shed is out of obvious sight, so someone knew what they were after. Be careful.

The Trading Post, in Station Road, is open every Saturday from 9.30 to 12 noon until the end of October.



At 10am on Sunday 28 July 2024 the gates of Stokesay Court will open for a fun-packed day for dogs and their owners and admirers at the start of another Ludlow Dog Day. For the event's tenth anniversary year, Ludlow Rotary Club will be welcoming back inspirational displays and helpful training tutorials which dog owners can try at home as well as holding a wide range of fun dog competitions and activities.

Held in the beautiful grounds of Stokesay Court, situated approximately 6 miles north of Ludlow and just off the A49, the day is all about fun for the whole family, particularly our furry friends. Dogs can take part in over *21 competitions*, from the scruffiest mutt and waggiest tail to the cutest puppy.

There are *have-a-go* events including dog agility, flyball, and hoopers, while gun dogs will be able to demonstrate their ability to retrieve…or not!

Demonstrations throughout the day include past favourites such as the *Paws for Thought Display Team* and *Bliss Gate Dog Obedience Team* alongside *All Positive Dog Services with hoopers, loose lead and learn a trick* and *scenting training.*

As well as the doggy events, there will be plenty of stalls to enjoy whether selling dog and country related goods or pampering to human needs such as the food stalls, the drinks bar, and the popular tea tent.

Money raised in past years has enabled Ludlow Rotary to distribute over £140,000 amongst a wide range of charities and community organisations. The club plans to use this year's event to support 'Ludlow Rotary Cares', the club's community grants scheme, as well as other deserving causes.



For more information on this opportunity to enjoy a wonderful day in a glorious setting while supporting numerous community and charitable needs, see www.ludlowdogday.org.uk.

HOPE SHOW 2024

Saturday 7th September 2024
Hope Village Hall 2pm to 4pm

Show Classes

Cookery:		Produce:		Flowers:	
1	Cheesecake	13	Heaviest Marrow	23	3 x dahlias
2	5 x cheese straws	14	Box of Vegetables (at least 5 different vegetables)	24	A Single rose
3	1 x Victoria Sandwich (Traditional, 4 eggs)	15	An unusual shaped vegetable	25	An Autumn Wreath (fresh not artificial)
4	Ginger cake	16	3 x beetroot	26	A green house plant
5	Decorated chocolate cake	17	3 x tomatoes	27	A vase of mixed flowers from your garden
6	**Men Only:** Lemon Drizzle cake	18	3 x potatoes	28	Miniature arrangement in an eggcup
7	Quiche, any filling	19	3 x runner beans		
8	5 x Chocolate brownies	20	3 x hens eggs		
9	5 x fruit scones	21	3 x carrots		
10	A Jar of Chutney	22	Tallest sunflower – see important info below		
11	A jar of Raspberry Jam				
12	A Fruit Gin				
Craft:		**Art:**		**Photography:**	
29	A crocheted item	36	Open Class, any medium	39	Photograph of a Local Scene
30	A knitted item	37	Painting of Bromlow Callow	40	Funny photograph
31	A toy made from any medium	38	An animal, any medium		
32	An item of jewellery				
33	A wedding celebration card				
34	An item made from wood				
35	An item of crystal art				
Children's Classes					
5 years and under:		**Ages 6 to 7:**		**Ages 8 to 11:**	
41	Picture made from a hand print	43	Decorated cup cake	45	Decorated pizza
42	3 x iced biscuits	44	Self portrait	46	Garden on a plate
		Ages 12 to 16:			
		47	Flower arrangement		
		48	3 x homemade sausage rolls		

* **Entries must be received between 9.30am and 10.50am on the day**
* **The presentation of awards will take place at 3.30pm**
* **In order to be placed (1st, 2nd, 3rd) there must be more than one entry in any class**
* **The entry fee for each of the adult classes is 50p, only one entry per person per class**
* **Entries for the children's classes are free, only one entry per child per class**
* **Tallest Sunflower – if you intend to enter this class please let us know by Weds 4 September. Sunflowers will be measured in situ.**

Email: chair@hopevillagehall.org.uk Tel: 07905 636569
or see Barry Peabody any Weds (12-2pm) at the Village Hall Café.

Hope Show Stalls

Would you be interested in having a stall at the Hope Show? (To be held on 7th September at the village hall). Crafts, local produce, art etc., bring your own table.

Enquiries to chair@hopevillagehall.org.uk

Hope Show and Hope Apple Day

These popular village hall events are already booked for 7th September and 5th October, respectively. This is just a reminder to plan your entries for the Hope Show classes and, for Apple Day, a request to deliver to the village hall on the day any spare eating apples you have, for processing into apple juice; you can even have a go yourself, which is great fun for the kids.

The Show classes will be much along the lines of previous years but one you must prepare for is the tallest sunflower; so get those seeds planted to try and beat the confident reigning champion.

Apple Day is always popular and allows us to produce juice either for the donator's use or for sale at HVH.

These two events provide opportunity for community involvement, for all ages, as well as enabling HVH to generate the much needed funds to continue our service to all in the community.

More detail will be provided nearer the events' dates.

LONG MYND 19 78 ARCHERS

Have a go at archery

Everyone welcome 8 to 80+

Dates:
Sat 11th May
Sat 8th June
Sat 13th July
Sat 10th August

£10/hour
10am to 12pm

All equipment is provided



No booking required, just turn up on the day, or for more details:

www.longmyndarchers.co.uk
secretary@longmyndarchers.co.uk

New House Farm,
Church Stretton, SY6 7JH



Summer Afternoon Praise

A short service with tea and cake after

Suitable for all ages

Hope Village Hall

Sundays
July 21st
August 18th
September 15th

Hope and Shelve parish

HEATHER'S REPORT FOR JUNE 2024

Dear All,
Just some information on voting this month. Please note that some of the deadlines may have passed by the time this goes to press.

Boundary changes
Due to boundary changes two constituencies in the Shropshire Council area now have new names, and some people will vote in a different constituency in this election.
The Shrewsbury & Atcham constituency is now called Shrewsbury; the Ludlow constituency is now called South Shropshire.
A map showing the new constituencies can be found here – https://commonslibrary.parliament.uk/boundary-review-2023-which-seats-will-change/
Shropshire Council Election information can be found:
https://www.shropshire.gov.uk/elections-and-electoral-registration/

Polling stations
You will be able to find your polling station on your poll card. A list of polling stations will also be published on the Shropshire Council's webpage after Friday 7 June.

Candidates
A list of candidates – the statement of persons nominated – for the four constituencies will be added to the council website after 5pm on Friday 8 June.

Registering to vote
To vote in this election you must be registered to vote. The deadline for registering to vote is midnight on Tuesday 18 June. To register go to www.gov.uk/register-to-vote

Voter ID
To vote at a polling station you will need an accepted form of photo ID. To see what ID is accepted – and to apply for free ID (known as a Voter Authority Certificate or VAC) visit the Electoral Commission website.
The deadline to apply for a Voter Authority Certificate (VAC) is 5pm on Tuesday 26 June. The Council are encouraging people to apply as soon as they can. Note: If you already have a VAC you don't need to apply for a new one.

Voters will need to show original documents at the polling station; copies or duplicates won't be accepted.

Postal Votes
It's no longer possible to simply drop off a completed postal vote pack at Shirehall or at polling station, An appropriate form must also be completed.

Best wishes, Heather
Heather Kidd. Shropshire Councillor for Chirbury and Worthen Division.
Tel: 07980 635518 email: heather.kidd@shropshire.gov.uk Also on Facebook. www.heatherkidd.org

Have you got any recipes, cartoons, quizzes, crosswords or articles you would like to see in the newsletter? Just send to either of the email addresses on the back page and we will do our best to accommodate them.

Date: May 2024 – Newsletter

West Mercia Police contact numbers
Emergency: 999 **Non Emergency:** 101

Bishops Castle Police Station (not for reporting): 101, Extension 770-4901

Report online: www.westmercia.police.uk/ro/report/

Website: ***www.westmercia.police.uk***

CRIME STATS

Please note not all crimes or investigations are recorded below due to the sensitive nature or ongoing investigations.

CRIME/INCIDENTS TO NOTE REPORTED
CHIRBURY, WORTHEN, HOPE, SHELVE & STIPERSTONE

16th May 2024 – 15th June 2024

CRIME REPORTED	DETAILS	LOCATION	NOTES
Criminal damage	Domestic related	Bromlow	
Allowing dog to be dangerously out of control	Victim bitten by dog	Hope Valley	Owner identified
Harassment		Worthen	
Assault		Stiperstones	



Rea Valley Community Wildlife Group Swi7 Watch 2024

Do you have swifts flying in or about your house? If yes, the Rea Valley Community Wildlife Group would like to know! Just post your sightings to Steve Oates using the email address **reavalleycwg@gmail.com** listing the date/time, location, numbers and what they were doing (screaming or flying into a possible nest site).

These birds fly thousands of miles from Africa to breed and only stay with us for 12 weeks. They build nests in the eves and gables of houses but do no damage as they use existing access points to get in. If these are blocked they have difficulty in finding new sites to nest in. Let's do what we can to help them!

Microsoft Windows 10 – withdrawal of technical support

Following a suggestion from a neighbour who is concerned about the necessary transition from Windows 10 to Windows 11 when Microsoft withdraws support for the earlier version in later 2025, I wonder if others are in the same position. The neighbour asked if local training sessions might be put on but I am not qualified to do that and it would be important to know if there was general interest from others and, more importantly, if there was anyone qualified and willing to run the sessions and at what cost.

I know that computer sessions are offered at the Roy Fletcher centre in Shrewsbury but there are concerns at the level they are held for those with basic knowledge.

Any comments/offers would be gratefully received by Barry on barry@hopenews.uk

NATURAL ENGLAND

Notes from the hill



The species of the month this month is the small pearl-bordered fritillary. This is a beautiful butterfly that I will have featured quite a lot in past 'Notes from the Hill', as it is one of the special species found on the Stiperstones and the east side of the hill seems to be its stronghold in this area. For the Stepping Stones project, it is a good flagship species for upland flushes and springs, one of the most precious and threatened habitats in the Shropshire Hills. These springs or issues as they are often called on maps are where ground water comes to the surface and in many cultures are revered as being the source of life itself. And indeed, they are as the clean water spreads out across the hillside, they are the areas that remain green throughout hot summer days and are alive with a variety of wetland plants that make up the wet flushes that form below these springs. It is in these wet marshy places that the food plant, of the small pearl-bordered fritillary grows, the marsh violet.

The marsh violet is a delightful pale lilac plant that thrives in natural flushes, where the water cascades gently down the hill. It will also grow on the edges of wet areas but doesn't like standing water and like many wetland flowers can be out competed by dense rushes. It is the round kidney shaped leaves that the butterfly's caterpillars find so tasty in the spring when they are waking up from their winter slumbers in a rushy tussock. Once the caterpillars have fattened up on their marsh violet salad they pupate, and it is inside this pupa or chrysalis that the magic happens, and the butterfly is created.

Whereas the caterpillar's job was to eat, the purpose of the butterfly stage is to mate and lay eggs, where colourful wings help attract mates and flight allows for the dispersion of the eggs and the expansion of the colony. Most of the food that the caterpillar consumed was used in the transformation into the adult, so the butterfly now gains its energy from feeding on nectar which in a good wet flush is readily available in the form of flowers such as ragged robin, marsh thistle and devil's bit scabious.

The small pearl bordered fritillary is best seen in late June/early July and in some years has a second brood of adults in August. It is a bright orange butterfly which is best identified by seeing its underwings when they are folded and the numerous white pearls on the hind wings, the outer ones bordered by black chevrons and from the larger black central dot.

The Stepping Stones project have been busy restoring some of the wet flushes, through the planting of the first of 20,000 marsh violet plugs that have been grown on from cuttings. This along with better management of the flushes to break up the dense rushes will hopefully expand and join up the scattered colonies of butterflies and allow them to thrive along with a range of other plants, invertebrates and birds that rely upon this important habitat. Perhaps once again showing that we value these places as they used to be, as the sources of our water and of life itself.

Upcoming events at the Stiperstones include the Blakemoorgate cottages open between 11am and 3pm on the 14th July and the 11th August and a bat and moth evening from 8.30pm on the 16th August. Also, the invitation for any scythers to come out and join me with some scything on the hill on the week of the 30th July. For more details see our Facebook page or email: Stiperstones.events@naturalengland.org.uk.

Simon Cooter and the Natural England staff at Rigmoreoak

Middle Marches Community Land Trust

MINSTERLEY MEADOWS APPEAL



CAN YOU HELP US PURCHASE MINSTERLEY MEADOWS FOR FUTURE GENERATIONS?

There is an exciting opportunity to purchase two flower-rich meadows on the outskirts of Minsterley, Shropshire to safeguard them for future generations.

Amongst many other species, the meadows support the largest colony of green-winged orchids in Shropshire. This has led to their designation as a Site of Special Scientific Interest (SSSI) by the government's nature conservation body, Natural England.

The meadows adjoin Callow Lane and are well used by local people for dog-walking, or as a pleasant walking route towards Callow Hill. They also adjoin the children's play area, enhancing their experience of being outdoors in nature.

The meadows would be owned by the Middle Marches Community Land Trust and the Marches Meadow Group would help manage them.

Marches Meadow Group

See overleaf for how you can help us raise £240,000 to secure the meadows

Pledge your support now by email to:
info@middlemarchescommunitylandtrust.org.uk
or by post to: Middle Marches Community Land Trust, Enterprise House, 22 Station St, Bishops Castle SY9 5AQ

To buy and manage the meadows we need to raise £240,000. If you or your organisation can help by making a donation - whatever you can afford - it will help to secure the meadows for all the residents of Minsterley and beyond.

At this stage we are asking for pledges of support only.

If we reach the funding target and are successful in acquiring the meadows, we will then ask you to make your promised donation (with gift-aid if you are a UK taxpayer).

However, a pledge is not binding and if your circumstances change and you cannot afford to make the full (or any) donation, we will understand.

You can make a pledge by email or post (details above).

Please include your name, contact details, the amount you would like to pledge and whether you would like to be kept informed of the progress of the appeal.



Minsterley Meadows (c) Sarah Jamieson

PLEASE MAKE YOUR PLEDGE NOW!

Look out for Appeal updates on middlemarchescommunitylandtrust.org.uk

Can you help us purchase **Minsterley Meadows** for future generations?
There is an exciting opportunity to purchase two meadows on the outskirts of Minsterley to safeguard them for future generations.

Why are Minsterley Meadows important? Amongst many other species, the meadows support the largest colony of green-winged orchids in Shropshire. This has led to a designation as a Site of Special Scientific Interest (SSSI) by the Government's nature conservation body, Natural England.

Who would own the Meadows? The meadows would be owned by the Middle Marches Community Land Trust, a local community-led Trust dedicated to helping to create an ecologically healthy and sustainable countryside.

How much does the Appeal need to raise? At this stage we are asking for pledges of support only. The target to raise is £240k to include all costs.

How do I make my pledge? Pledge your support now by email:
info@middlemarchescommunitylandtrust.org.uk
or by post to: Middle Marches Community Land Trust, Enterprise House, 22 Station Street, Bishops Castle SY9 5AQ

How do pledges work? If we reach the funding target and are successful in acquiring the meadows, we will then ask you to make your promised donation (with gift-aid if you are a UK taxpayer). However, a pledge is not binding and if you cannot afford to make the full (or any) donation, we will understand.

Please include your name, contact details, the amount you would like to pledge and whether you would like to be kept informed of the progress of the appeal.

Middle Marches Community Land Trust

Marches Meadow Group

MINSTERLEY MEADOWS APPEAL



FUNDRAISER EVENT

THE NATURAL GARDEN

Minsterley Parish Hall, Sunday 7 July, 10am-3pm

Join Nancy Lowe for a day about natural gardens - that hum with life, where gentle, organic gardening methods are used to control pests and weeds; where enjoyment of a beautiful and bountiful environment can be shared with birds, butterflies, frogs, hedgehogs, ladybirds and other welcome wildlife visitors. Nancy is an RHS qualified organic gardener, ecological garden designer and permaculturalist

PROGRAMME

10.00 am: Registration, tea/coffee

10.30 – 12 noon: Nancy Lowe, The Natural Gardener (thenaturalgardener.org.uk)

12 noon – 1pm: Picnic lunch

1pm – 2.30pm: Walk to Minsterley Meadows

Can you help us purchase Minsterley Meadows for future generations?

We have an exciting opportunity to purchase two flower-rich meadows on the outskirts of Minsterley, Shropshire to safeguard them for future generations. Amongst many other species, the meadows support the largest colony of green-winged orchids in Shropshire which has led to their designation as a Site of Special Scientific Interest (SSSI) by the government's nature conservation body, Natural England.

The meadows adjoin Callow Lane and are well used by local people. The meadows would be owned by the Middle Marches Community Land Trust, a local community-led Trust dedicated to helping create an ecologically healthy and sustainable countryside. The Marches Meadow Group would help manage the meadows.

This appeal is supported by Minsterley Parish Council, CPRE Shropshire, Friends of Pontesford Hill and other local groups.

Donations to the Minsterley Meadows fund can be made here or in cash on the day

Wednesday Community Cafe
Hope village Hall

Alexanders of Welshpool—Everything for your Garden.

Free Delivery to your door
Hope, Bentlawnt and surrounding Villages

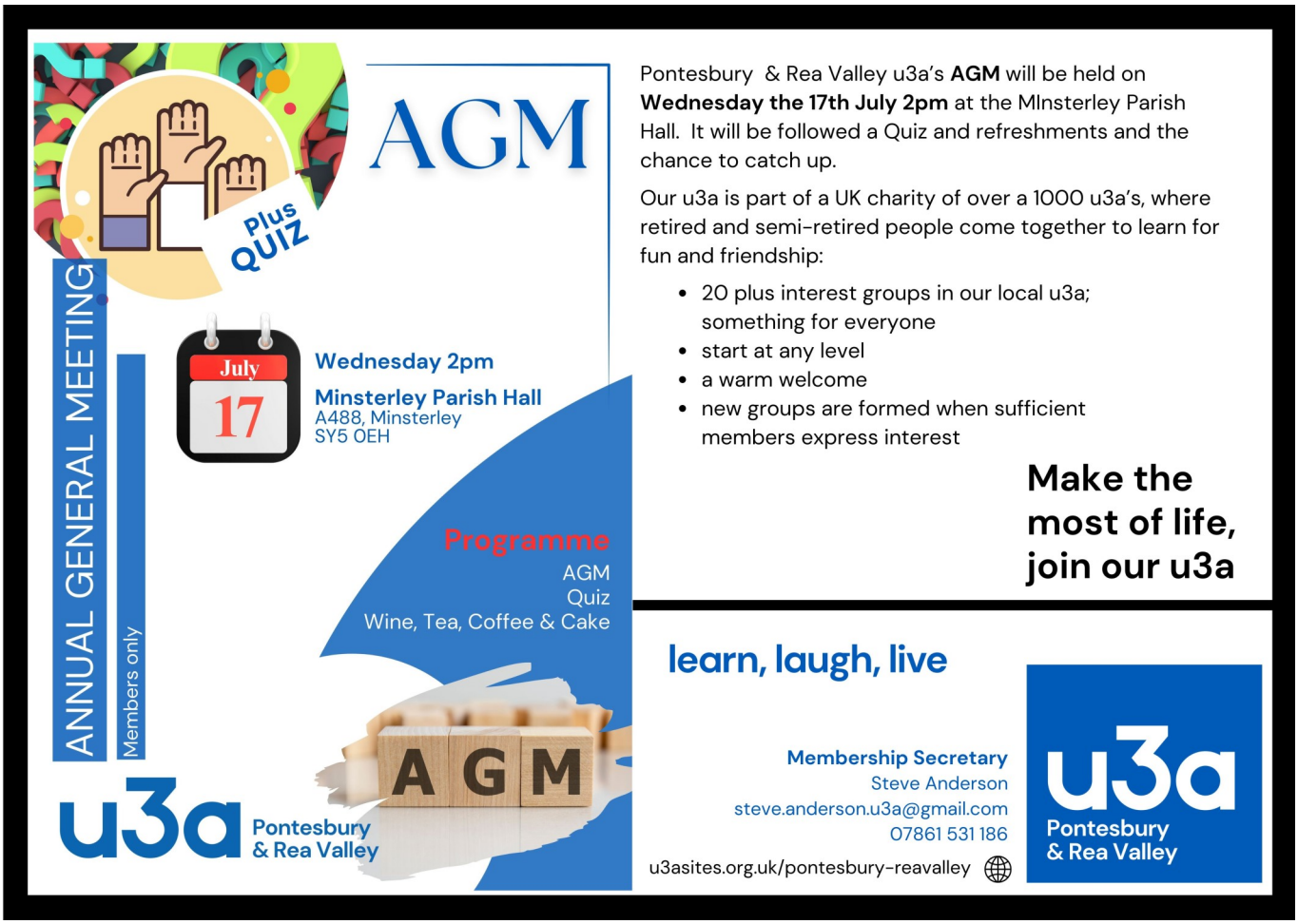
Large bags of Compost
Grass Seed Fertiliser

Seed Potatoes (many varieties)
Broad/Runner Beans, Peas, Onion Sets and more
All sold loose so buy as many as you need

Flower seeds

Orders can be requested via Telephone/Online (ask for Hope or Marton Delivery or made at Hope Village Hall (Wednesdays 12-2pm).

Telephone 01938 552329 website www.alexandersofwelshpool.co.uk



ZUMBA®

CLASS

Monday's + Thursday's

Monday's @ Worthen Village Hall
7.30pm [2nd Monday of the month @ Westbury Village Hall]

Thursday's @ Minsterley Village Hall
6.30pm

With Grace P £5 per class. No need to book

I started the Zumba classes in October last year as we'd recently moved to the area and was keen to take part in a dance exercise class but couldn't find anything locally. Starting the Zumba classes was the perfect answer as it allowed me to keep fit, have fun and meet some great people In the area.

People often say I'm uncoordinated and can't follow legs and arms at the same time but that doesn't matter with Zumba, just having fun and moving to the beat is doing Zumba! My mum is a regular and she's in her 70's.!

"If you want to get fit and enjoy upbeat music Graces' class is great fun. My fitness level has really improved since I started and I rarely miss a week. The classes are mix of all ages and abilities and I've met some lovely people so just come along and give it a go."
Julie

Make the most of life, join our u3a

Our u3a is part of a worldwide charity which helps retired and semi-retired people come together and learn for fun and friendship:

- 20 plus interest groups in our local u3a; something for everyone
- start at any level
- a warm welcome
- meetings are in person or by zoom, depending on the group
- new groups are formed when sufficient members express interest

- Art History
- Bridge
- Café Society
- Cinema & Social
- Creative writing
- Cycling
- Family History
- Folk Music
- Gardening
- Geology
- History
- Italian
- Literature
- Local History
- Painting & Drawing
- Photography
- Pickleball
- Play reading
- Recorded music
- Short Tennis
- Table Tennis (Minsterley)
- Table Tennis (Pontesbury)
- Walking (long)
- Walking (short)



learn, laugh, live

Contact
Steve Anderson
steve.anderson.u3a@gmail.com
07861 531 186

u3asites.org.uk/pontesbury-reavalley

u3a Pontesbury & Rea Valley

STRENGTH & STABILITY CLASS FOR AGES 60+

Tuesdays 9.30am—10.30am at Minsterley Parish Hall

Thursdays 10.00am—11.00am at The Pavilion Community Hub, Pontesbury

Booking is essential.

Contact Dan Lewis on 07904 338 791

or danlewisfitness@btinternet.com

Hignetts of Pontesbury Ltd

Established 1919

Family run fresh food retailers

Locally sourced meat *Fresh fruit and vegetables*

Fair trade foods *Groceries at competitive prices*

Bread, pies, buns and cakes all baked on the premises daily

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VEHICLE TESTING STATION

Hope Village Hall Community Café

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Alexanders of Welshpool stall, bric a brac and books

Key Phone Numbers

Pontesbury & Worthen Medical Practice	01743 79032	Westbury Medical Centre	01743 884727
Bishop's Castle Medical Practice	01588 638285	Montgomery Medical Practice	01686 668217
Royal Shrewsbury Hospital	01743 261000	NHS Non-Emergency Helpline	111

Shropshire Council Customer Services	0345 6789000	Shropshire Council Benefit Support	0345 6789002
Shropshire Council Welfare Support	0345 6789078	Shropshire Council Bereavement Support	0345 6783028
National Grid (Fault Report/Status)	0800 6783105	Environment Agency (Incident Hotline)	0800 80 70 60
Severn Trent Water (Report Problem)	0800 7834444	Shropshire Highways (Report Problem)	0345 6789006
Shropshire Citizens Advice Bureau	0808 2787894	Shropshire Rural Support	0300 1232825
Royal Agricultural Benevolent Society	0800 1884444	Farming Community Network	01788 510866
Samaritans Helpline	116 123	Universal Credit Helpline	0800 3285644
Child Benefit Helpline	0300 2003100	Pensions Helpline	0800 7310469
Business Support Helpline	0300 4563565	Keep Shropshire Warm (Energy Advice)	0800 1123743
Barnabas Money Advice (Debt Advice)	07507 663251	A4U (Disability/Carers Advice/Advocacy)	01743 539201
Age UK Shropshire, Telford & Wrekin	01743 233123	Just Credit Union (Low Cost Loans)	01743 252325
Christians Against Poverty (Debt Counselling)	01274 760720		
Shrewsbury Samaritans	0330 0945717	Shropshire Mind (Mental Health Support)	01743 368647
Alzheimer's Society Shropshire	01952 250392	Shropshire Domestic Abuse Service	0300 3031191

YOUR PARISH COUNCIL

David Buxton	Julie Chesters
David Croker	Fiona Dale
Heather Davies	Mal Fellows
Andy Holloway	Brian Jones
Heather Kidd	Mike Powell
Richard Jones	John Soper
Annabel Stacey	Richard Tongue
Benno Veenstra	Gayvn Williams

www.worthenwithshelvepc.org.uk/committee

Come to the Gathering!

An Evening of Praise, Singing and Christian Fellowship.
Last Tuesday of the Month. Starts at 7pm
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HOPE VILLAGE HALL ACTIVITIES

THURSDAY EVENINGS
6.30 TO 8PM



Table Tennis
(2 tables available)
Or Darts



We have bats etc., available but bring your own if you can. Small charge to cover refreshments.

Pilates Class

When? - Mondays

Time? - 6:00-6:45PM

Class? - Mat Pilates

Where? - Hope Village Hall

Pilates is great for easing aches and pains of all kinds.

Improve your strength , posture and breathing!

For more details, you contact:

Ruth Morriss of ExtendAbility

Website : www.ExtendAbility.co.uk

Email : rmorriss73@gmail.com

Mobile : 07788123380 (please leave text or voice message)

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WORTHEN AND BROCKTON CROWN GREEN BOWLING CLUB

Would you be interested in joining our Bowling Club? Our bowling green and Clubhouse are situated in the heart of the village behind Worthen Village Hall and adjacent to Brockton Rovers football pitch. The countryside surrounding the bowling green is the envy of many of our visiting bowling teams.

We are a small friendly Club who play competitively in the various Shrewsbury Bowling Leagues. We have our own Club Cup Competitions which usually take place at weekends and Bank holidays and we organise friendly matches with other local Bowling Clubs. This means we have many social events throughout the bowling season which runs from April through to September.

If you have ever considered bowling and would like to know more about becoming a member of our friendly Club, then please contact Kate Washbourne, Club Secretary, on 0779 1210208 or e-mail

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Our rates are very competitive @ **£8 per hour**

Enquiries and bookings are made with Debbie on 01743 891414 (Reserve - Jean on 01743 891637). A leaflet is available with information about the facilities. You can also find out more online at hopevillagehall.org.uk

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Your Safer Neighbourhood Team are:

SGT 0642 Jenni Price
PC 3331 Stuart Coote
PCSO 6160 Shaun Culliss
PCSO 40516 Calvin Brown

Contact Details

Emergency: **999**

Non Emergency: **101**

Crime stoppers: **0800 555 111**

Facebook: **Bishops Castle Policing Team Rural Watch**

Email address: **bccar.snt@westmercia.pnn.police.uk**

Website: **www.westmercia.police.uk**

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August 2024 deadline - Thursday 25th July 5pm

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By advertising in the Hope Newsletter, you agree to our advertising terms and conditions which can be found at https://hopevillagehall.org.uk/hope-newsletter/advertising

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CONTACT US

Please send articles / quiz responses to editor@hopenews.uk

All other comments / questions to enquiries@hopenews.uk

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