HOPE NEWSLETTER

April 2026

HOPE AND SHELVE PARISH NEWS - Services in April

April 3rd 1pm Good Friday service at Holy Trinity, Hope

April 3rd 2.45pm Good Friday service at All Saints, Shelve

These short services are part of our Good Friday Pilgrimage with Chirbury Hills churches

April 5th 9am Easter Day Holy Communion at Holy Trinity, Hope

April 12th 9am Family service with Baptism at All Saints, Shelve

April 19th 9am Holy Communion at All Saints, Shelve

April 26th 9am Morning Prayer at Holy Trinity, Hope

I have been potting up some perennials this week ready for planting out in the garden. There's still a danger of frost so they are safe inside for the moment. They arrived in a package from the nursery: 60 plugs packed in a large letter size envelope. They are tiny, fragile little things but they should soon grow into something large and colourful. That's the hope anyway!
We only have to look around us to be reminded of the fragility of life, whether that's trees facing the winter storms, our loved ones going through illness, or the wars and unrest erupting in the world. At these times we can find hope in the small things, the sight of spring flowers, the support of friends and neighbours, and the inspiring stories of those who remain resilient even amidst great troubles.

Easter places these small encouragements in the context of a larger story about God's love for us and for the world. The death of Jesus can be seen as the defeat of good by evil, yet the Easter message is that the opposite is true. The resurrection means not just that there is hope of life beyond death, but also that there is hope for a better world now, if we become peacemakers, truth-speakers, and comfort-bringers.

Wishing you all a very Happy Easter!

Rev Fran Brealey revfran@btinternet.com 07948 676581

CAN YOU HELP?

We are looking for a few more volunteers to help with our Wednesday community café.

Whilst we have a great band of helpers more are always welcome. Whether it's helping in the kitchen, baking cakes or whipping up a batch of soup. (We can re-imburse a certain amount for ingredients, although donations are gratefully received). It doesn't have to be every week, just what people can manage.

Please message enquiries@hopevillagehall.org.uk or speak to someone on a Wednesday.

Thank you

In June last year, I had the pleasant opportunity to thank a young local resident, Emma Kultanova, for offering to digitise some of the many Local History Group files as the volunteering aspect of her bronze level Duke of Edinburgh's Award. Emma did a marvellous job with that work but, if that was not enough, she asked if she could continue with the task as the 6-month volunteering section of her next DofE phase. I was very pleased to accept her offer. Once again, thank you Emma.
Barry

Heather's Report for March 2026

Blue Badges
We inherited quite a backlog of applications for these, when we took over in May. We are drafting in new staff and those arears will now be coming down. By law any application must be processed within 12 weeks, so Shropshire has now introduced 3 months grace for every badge holder. This means that you can use badges for up to three months after it expires on Shropshire Council sites (car parks and on street parking) without getting a ticket. Shropshire Council is also trying to persuade the hospital to extend its period of grace from 1 month to 3.

Road Repairs
As we go to press the Rowley Road should being resurfaced with the landslip on the same road stabilised and repaired in the autumn. Other roads hopefully to be resurfaced over the next few months include the Rorrington to Priest Weston Road and the road from Alberbury to the Powys Border. This is in addition to the work being done by our pothole gangs – increasingly 'in-house', council employed teams who we can manage more effectively.

Also, Shropshire is extending the contract of one particularly effective contractor, locally based MULTEVO - who use state-of-the-art machines to resurface whole strips of potholed roads. From 1st April, their work is now being extended from A and B roads to C-class side roads.

Lastly, the Council has secured money from the government specifically (i.e. ring-fenced) to improve our roads. We will receive an additional £1.2m in 2026/7 and £5.3m on top in 2027/8.

Heating Oil Prices
Congratulations to Laura from the Stiperstones Inn for appearing on national and Regional TV to highlight how the current hike in oil prices will impact on those of us in rural areas who rely on oil or (like me) propane.

Economic Development
Last some of you may have heard of the Government's initiative to set up Combined Authorities involving different councils. This is not an attempt to merge Councils but rather an attempt to get neighbouring Councils (e.g. Shropshire and Telford) to work more efficiently on economic development.

Best Wishes

Heather Kidd, Shropshire Councillor for Chirbury and Worthen (including Westbury)

Heather.kidd@shropshire.gov.uk

Tel: 07980 635518 also on Facebook

Successful Hope Village Hall Community Brunch!



It was a bit of a whirlwind at the village hall when we hosted our Sunday community brunch during Village Halls Week so thank you to everyone who came along to support us, either by buying food, raffle tickets, flowers or bric-a-brac, (thank you also for bric-a-brac donations).

The theme of this years' celebrations was Health & Well-being, and we appreciate the time given by some of our activity providers who came along to let people know what they offer.



Last but not least a huge shout out goes to our kitchen volunteers who did a sterling job decorating the hall as well as organising and providing all the delicious food.

Presentation of King's Award for Voluntary Service (KAVS)

The Lord Lieutenant of Shropshire, Mrs Anna Turner JP, honoured us with a visit to Pontesbury Community Library at the Pavilion on Saturday 7th March.

As part of a very special coffee morning, she presented the Friends of Pontesbury Library with the King's Award for Voluntary Service. Twins Amber and Owen Pugh stole the show as they in turn presented Mrs Turner with two beautiful posies, all made with local flowers, and then had a lovely chat with her about their favourite books.

The occasion of the Lord Lieutenant's visit made not only the Friends proud of their achievement but also the whole community, as you can tell by all the smiles. Thank you, His Majesty, and thank you Ma'am!











West Mercia Police Report

CRIME/INCIDENTS TO NOTE REPORTED

CHIRBURY, WORTHEN, HOPE, SHELVE & STIPERSTONE

16th February 2026 -15th March 2026

CRIME REPORTED	DETAILS	LOCATION	NOTES
Arson	Caravan set on fire by child in care	Hampton Beech	Occurred on 3rd March. Fire brigade called by carers, suspect interviewed and admitted to the offence
Off-roading (ASB)	Group of motorbikes riding over Stapeley Hill and Black Marsh, the group were also reported as shouting at	Hemford	During the afternoon, 14th March

Preventing Heating Oil Theft

With the cost of heating oil rising over recent weeks due to the conflict in the Middle East, so has the risk of being targeted by heartless thieves looking to steal it. Below are some steps to help prevent the theft of heating oil:

Location of the tank – The tank's position can have a significant effect on its vulnerability. If it's too close to the house and overlooked, then the thief may consider the chances of being seen too high. If it's close to the road or other access points, then it may be an easier target. Many tanks are hidden behind the garage or other structures which could be an advantage to the thief. Therefore, the following security measures should be considered:

Padlocks: Robust closed shackle padlocks offer the most resistance to bolt croppers.

Oil level gauges: Consider using oil level gauge alarms, these remote-control alarms activate if the tank level suddenly drops or falls below a quarter full.

Proximity alarms: Battery operated motion sensor alarms can make an audible alarm and some can also alert designated mobile phones that monitor activity that's detected around the tank.

Security lighting: If your tank is visible from your home, this can deter thieves. Low level 'dusk to dawn 'or motion detection lighting can be an effective crime deterrent.

CCTV: This can be set up to watch over an isolated tank and also act as a deterrent to thieves.

Defensive planting: Consider the planting of thorny bushes to prevent entry to the tank, also the addition of walls, fences or trellis can help to hide the shape or site of a green heating oil tank.

The **Sabrina Mobile Library** visits Hope Village Hall on Route 3, alternate Wednesdays from 1pm to 1.50pm.

1st, 15th & 29th April

If you would like to come along to any of the Hope Village Hall committee meetings please do, they are open to all!

Next meeting—Wednesday 27th May @ 2pm (After the community café)

Callow Club

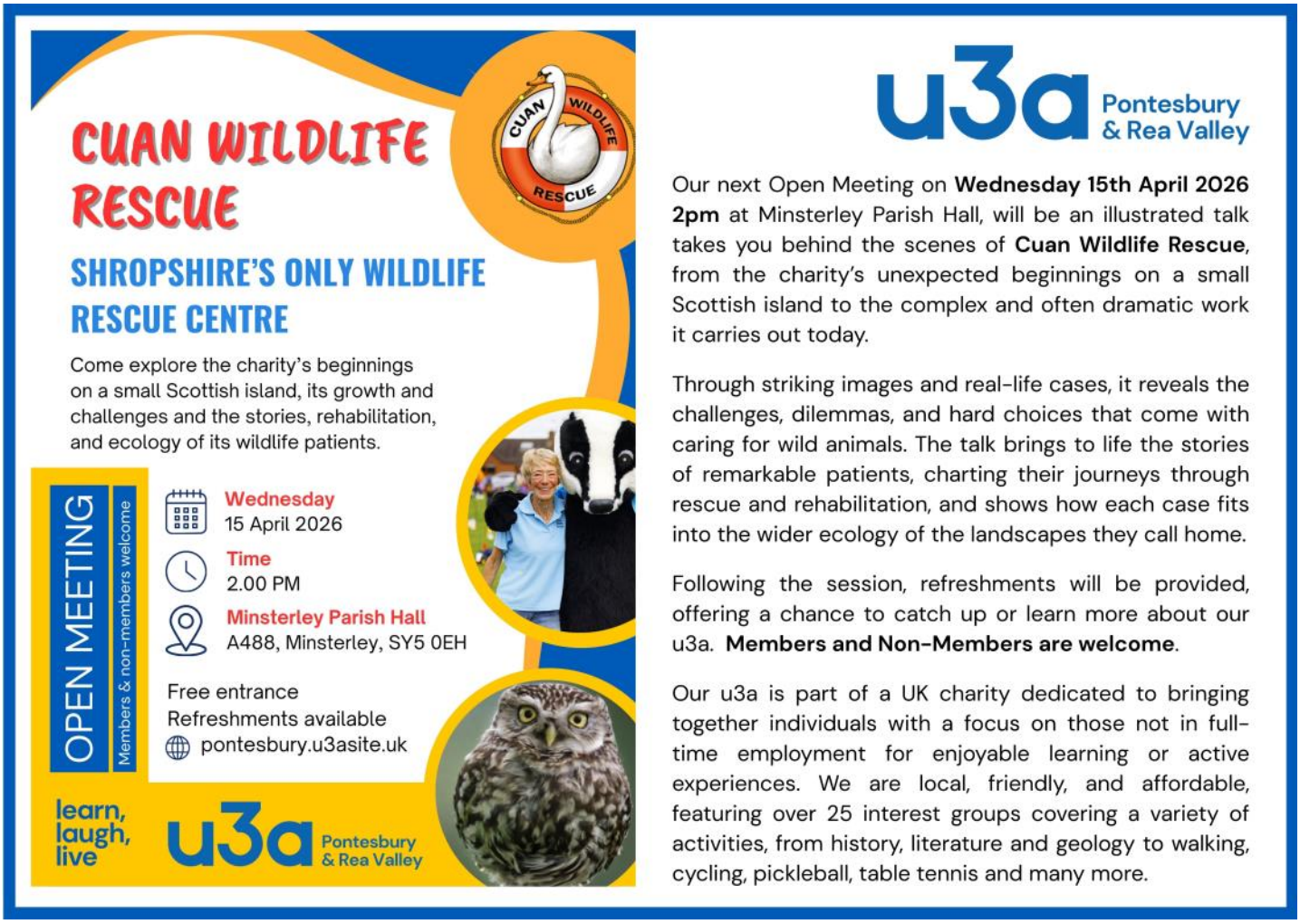
Everyone is welcome!

8th April 2026. 7:30pm. AGM - We would encourage everybody to come and share their ideas for the continuing year and general success of the Club. *Refreshments will be served.*

13th May 2026. 7:30pm. "Surviving and thriving in retirement" by Janet Walsh.
A fun and humorous talk by Janet on retirement and how others view us 'retirees'. *£8.00 for non-members. Refreshments will be served and the usual raffle.*

Both the above meetings will be held in the Brockton Church Rooms

For further details or reservations contact:
Linda Sagar: 01743 891744 / 07840 365 474
Coral Milborrow: 07485 655 992



THE BOG VISITOR CENTRE

2026 Season

The Visitor Centre reopens for the 2026 season on Wednesday 1st April

The Stiperstones National Nature Reserve managed by Natural England presents a unique landscape of rocky tors and heathland that has a rich natural history and geology. Lead and other minerals provided reason for centuries of human occupation in which industry The Bog played an important part. It is a privilege and pleasure to pass on information of these aspects to visitors and to provide guidance on the range of walks, long and short, that are available for them to enjoy.

Our team of staff are looking forward to welcoming visitors from near and far with information and refreshments. A wide range of local crafts are available to purchase as are books, maps and walk leaflets.

Opening hours:

MONDAY & TUESDAY	**Closed**
WEDNESDAY to FRIDAY	**12 noon – 4pm**
SATURDAY & SUNDAY	**11am – 4pm**
Closed Bank Holidays	

Craft workshops and group meeting are welcomed to hire the Centre on Mondays, Tuesdays and evenings.

Contact details for our Secretary Lin Brown 01694 781634 bogcentre@hotmail.co.uk

Staffing The Bog Visitor Centre

Staff work their first 26 hours voluntarily and additional hours after that are paid at the minimum rate for those who chose to be paid.

Under 18 £8.00 18 – 20 £10.85 Over 21 £12.71

Our pool of volunteers ranging in age from 16 to 80+ needs expanding and we are looking for people who would enjoy interacting with our visitors. New recruits receive comprehensive training during their induction period. If interested please email Lin Brown our secretary bogcentre@hotmail.co.uk

Students make a considerable contribution to the successful operation of the Centre at weekends and during the holidays and are **paid for all their working hours** at the appropriate rate for their age.

Come to the Gathering! An evening of Praise, Singing and Christian Fellowship
Third Tuesday of the Month at Marton Village Hall
7:00pm for refreshments and 7:30pm start ALL WELCOME

The House on Crutches Museum of Local History

The Cobbles, Bishop's Castle, SY9 5BE



Reopens on Good Friday and is then open every Saturday, Sunday and Bank Holiday Monday until the end of September from 1.30 to 4.30 pm

Admission is free but your welcome donation keeps the museum open

See our website for more information, including about guided group visits (4-10 people) outside these hours:
www.hocmuseum.org.uk

"one of the best small museums we have ever visited"

Art in the Museum at the House on Crutches April 2026

Join Meg at the museum to explore our collection through a different lens and draw or paint what you find



Three Monday morning sessions 10am to 12pm on 13, 20, 27 April

£10 per session or £25 for all three.



Booking essential. Please phone Meg Hemmings on 01588 638250 or email meghemmings06@gmail.com

MONTGOMERY Antiques & Collectables Fair Easter 2026

Antique & Vintage Collectables - Furniture Art, Jewellery, Curios, Home & Garden Décor & More!

Montgomery Town Hall
Sunday & Monday
5th & 6th April
10am to 4pm

Refreshments provided by Gail raising funds for charity

Made in Monty in The Institute
Little Shop of Treasure in The Old Bell Gallery
Kay Boyce Art in The Old Midland Bank

Easter Egg Trail

PICK UP A MAP FROM BUNNERS OR SPAR, FOLLOW THE EGG TRAIL AROUND MONTGOMERY TO FIND THE LETTERS TO MAKE A WORD

28TH MARCH – 12TH APRIL



FIND GOLDEN BUNNIES TO EARN AN EGGSTRA CHOCOLATELY REWARD FOR 5 LUCKY PEEPS.

COLLECT YOUR CHOCOLATE REWARD FROM BUNNERS OR SPAR ONCE COMPLETED

Children must be accompanied by an adult.
All proceeds to Friends of Montgomery School.

Connie's Coffee Shop

TUESDAYS
1-3pm
BROCKTON CHURCH ROOMS

All profits will go to a different charity each month

February - SEVERN HOSPICE
March - MOTOR NEURONE DISEASE ASSOCIATION
April - HOKEY POKEY HEDGEHOG RESCUE
May - CUAN WILDLIFE RESCUE
June - THE ME ASSOCIATION
July - THE HARRY JOHNSON TRUST

We'd like your help to put wildlife on the map!

iRecord

What is iRecord?

iRecord is an online recording website and App that you can use to share and collate your wildlife records, including your incredible photos.

The Rea Valley Community Wildlife Group encourages everyone to record all the wildlife you see. Through iRecord, your records are shared with those who need them to inform monitoring and conservation efforts, both locally and nationally. It's a fantastic learning tool that will help you to identify what you are seeing and great way to put our local wildlife on the map

REA VALLEY COMMUNITY WILDLIFE GROUP

It is a great way for you to:

- Record all the wildlife you see, wherever you are
- Securely store and keep track of your records
- Share your sightings with the community
- Benefit from checks and reviews by experts
- Explore maps, reports and graphs of your data
- Explore information shared by other recorders in your area and/or for species groups you are interested in
- Contribute to science and conservation
- Contribute to our quarterly iRecord report for the Rea Valley area



Join in the fun and download the iRecord App from your App store today!

Hope Village Hall Regular Activities

Monday & Wednesday Evenings
Pilates with Ruth
Wednesday Lunchtime – Community Café
Mobile Library Van alternate weeks
Mini Health Checks bi-monthly
Thursdays
10.15 – 11.15 am Mobile Post Office
5.15 – 6.15pm Barre Class
6.30pm Table Tennis & Darts
Friday Mornings – Tai Chi with Elfy Attitude

2026 Annual Events

SATURDAY 5TH SEPTEMBER - HOPE SHOW
SATURDAY 3rd OCTOBER – APPLE DAY

There are lots of other one-off events which are advertised in the Hope Newsletter or on the Village Hall website www.hopevillagehall.org.uk

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.

Rea Valley
Curlew and Other Birds Survey



It's not too late to help with our Curlew and Lapwing survey. If you can recognise Lapwing and Curlew (and preferably their calls), you can make an important contribution.

We have been surveying Curlews since 2014. The area is Stapeley Hill to Brockton in the west, across through Minsterley and Pontesbury to Plealey, south to Cothecott Hill and then westwards over the Stiperstones and Hope Valley. It is divided up into 26 2x2 kilometre squares.

Participants take on one (or more) of the survey squares, and make three visits, about 3 hours each, in early April, early May and mid-June.

We need more helpers, please.

We found 7 pairs of Curlew in 2025, but the population appears to have gone down by half since we started in 2014.

The survey is easy to do. Participants stay on public rights of way, unless landowners' permission is obtained to leave them. Simple instructions and a map of the square to record observations are provided,

Participants are also requested to mark observations of Lapwing, Kestrel, and Cuckoo, and breeding evidence for Red Kites, on their survey maps, but that's an optional extra. The results are fed into the Shropshire Ornithological Society's Save Our Curlews Campaign. See https://www.shropshirebirds.com/index/bird-conservation/save-our-curlews/

We need more helpers, please. If you're interested, or want more information, email Leo Smith (leo@leosmith.org.uk), or ring 07791 901732

Mini Health Checks (Blood Pressure)

The Shropshire Community Outreach team will be at the hall to do free blood pressure checks on

Wednesday: 20th May & 15th July from noon to 1.50pm

REA VALLEY COMMUNITY WILDLIFE GROUP

MONTHLY WALKS : 2026

Join our friendly Rea Valley Community Wildlife Group at our monthly local walks - providing an opportunity to discover local flora and fauna together.

Free to attend and no booking required.

Sun 18th Jan 10am - 1pm Stapeley Saunter Mitchell's Fold Car Park cabbages.update.quantity	**Sat 14th Feb** 10am - 1pm Snailbeach Woods Walkabout Snailbeach Car Park works.plenty.ecologist	**Sun 15th Mar** 10am - 1pm Earls Hill Lope Pontesford Hill Car Park marginal.owns.transcribes	**Sat 18th Apr** 10am - 1pm Gatten Yomp Gatton Daffodil Car Park hedge.scales.freshest
Sun 17th May 10am - 1pm Buxton Hill Stroll Viewpoint Car Park Tankerville games.cheeses.strongman	**Sat 20th Jun** 10am - 1pm Minsterley Mooch On street, Minsterley mush.harsh.factories	**Sun 19th Jul** 10am - 1pm Hinton Hike Station Road Car Park, Pontesbury irritated.swift.freedom	**Sat 15th Aug** 10am - 1pm Pulverbatch Plod Pulverbatch Car Park wriggle.disbelief.housework
Sun 20th Sep 10am - 1pm The Hollies Bimble Snailbeach Car Park works.plenty.ecologist	**Sat 17th Oct** 10am - 1pm Hope Valley Amble Hope Valley Nature Reserve Car Park movements.ankle.logs	**Sun 15th Nov** 10am - 1pm Eastridge Excursion Eastridge Wood Car Park buzzards.uniforms.swift	**Sat 12th Dec** 10am - 1pm Stiperstones Stomp Stiperstones Inn Car Park foods.grownup.overdone

Facebook
www.facebook.com/groups/reavalleycwg

More Information
www.shropscwgs.org.uk/rea-valley-wildlife-group/

JOIN US TODAY!

Email: reavalleycwg@gmail.com

Active and vibrant Whatsapp group also available

REA VALLEY COMMUNITY WILDLIFE GROUP

EVENTS : 2026

Join other friendly members at one of our fantastic specialist events. Experts will be on hand to help us identify and understand what we are seeing.

Free to attend but booking essential. Book via reavalleycwg@gmail.com
Donations welcome.



Sat 7th February
Marvellous Mosses (with Dan Wrench)
10am-1pm
Meet: Pontesford Hill Car Park



Sun 26th April
Wildflower Walk - Beechfield Dingle
10am-1pm
Meet: Brockton



Sat 2nd May
Birdsong for Beginners- Nature's free concert
9:30am-12:30
Meet: Pontesford Hill Car Park



Sat 9th May
A morning with Great Crested Newts & Moths
07:30am-09:30am
Meet: Habberley



Sat 30th May
Evening Bat Walk
9:15pm - dusk
Meet: Poles Coppice Car Park



Sat 27th June
Dragonfly Picnic (with Sue Rees Evans)
10:30am-2pm
Meet: Habberley Village Hall



Wed 1st July
Swift Talk & Walk (with Julie Cowley)
8pm - dusk
Meet: Minsterley Village Hall



Fri 3rd July
Swift Walk
9pm - dusk
Meet: Brockton



Sat 5th September
Bat & Moth Night
8.30pm - dusk
Meet: Snailbeach Car Park



Sun 25th October
Fantastic Fungi (with Rob Rowe)
10-1pm
Poles Coppice Car Park

JOIN US TODAY!

More Information
www.shropscwgs.org.uk/rea-valley-wildlife-group/

Facebook
www.facebook.com/groups/reavalleycwg

REA VALLEY COMMUNITY WILDLIFE GROUP

MONTHLY WALK: APRIL 2026

Saturday 18th April - Gatten Yomp

10am - 1pm
Gatten Daffodil Car Park - hedge.scales.freshest

Join the Rea Valley Community Wildlife Group (RVCWG) at our April monthly walk - providing an opportunity to discover local flora and fauna together.



The walk is free to attend and no booking required.

Please note that there is no designated leader for these monthly walks. A meeting point is listed for each walk and the group will decide together on the day where they would like to walk.
There is a Marie Curie charity box present for car park donations

** We love our furry friends and well behaved, friendly dogs are welcome on this walk, but please remember that the primary focus of the walk is to discover wildlife and enjoy nature together**

Facebook
www.facebook.com/groups/reavalleycwg

More Information
www.shropscwgs.org.uk/rea-valley-wildlife-group/

JOIN US TODAY!

Email: reavalleycwg@gmail.com

Active and vibrant Whatsapp group also available

REA VALLEY COMMUNITY WILDLIFE GROUP

BEECHFIELD DINGLE WILD FLOWER WALK - SUNDAY 26TH APRIL

Join us as we discover the wildflower delights of Beechfield Dingle!

Join our expert botanist in exploring this fantastic local woodland. Beechfield Dingle is a site rich and diverse in ground flora and ancient woodland indicator plants. Spend time learning and appreciating how to identify native wildflowers in your local area.



Meet: Brockton
10am - 1pm (longer if wanted)

This event is free, but donations are welcome

Pre-booking is essential as spaces limited.

email: reavalleycwg@gmail.com

Please note: Dogs will not be allowed to join us at the specialist event.

Facebook
www.facebook.com/groups/reavalleycwg

More Information
www.shropscwgs.org.uk/rea-valley-wildlife-group/

JOIN US TODAY!

Email: reavalleycwg@gmail.com

Active and vibrant Whatsapp group also available



PCAS - A Shropshire-based free to use, 100% independent and confidential advocacy service

PCAS (Person Centered Advocacy & Support) are based in Oswestry and offer help for adults with any disability to maintain independence and improve their quality of life. We'll guide, support, and help protect vulnerable adults with disabilities with face-to-face support in their own homes.

For more information visit our website: www.shropshirepcas.co.uk

or call: 01691 658008

PCAS
Person Centred Advocacy & Support
Together We Can



BRIC A BRAC WANTED

If you have any clean, unbroken bits and pieces that you are considering taking to a charity shop or that might otherwise end up in landfill please consider donating them to Hope Village Hall.

We have a bric-a-brac table at the community café each Wednesday lunchtime, selling items at more than reasonable prices as part of our efforts to raise funds for the hall.

Drop off at the hall when the cafe or table tennis is on or contact us and we may be able to arrange collection locally.

Email: treasurer@hopevillagehall.org.uk
Or call Sarah on 07790 100462
Thank you



USE IT OR LOSE IT

Don't forget the mobile Post Office van calls at

Hope Village Hall every Thursday @ 10.15 am

Shropshire Council expands community wellbeing outreach across the county

Shropshire Council's Community Wellbeing Outreach Team and its partners have been actively supporting Shropshire's most rural and isolated communities throughout the winter.

By deploying their mobile hub van to various remote villages and hamlets, they have provided residents with onsite access to practical advice, health promotion, and wellbeing services as part of the Winter Outreach Wellbeing project.

Now from 1 April 2026, the team will extend its provision from winter only sessions to become an all year offer.



The Winter Outreach Project vehicle

The project has enabled residents to receive support and guidance for cost-of-living and energy concerns, food security, cardiovascular (CVD) health checks, information on vaccinations and screening, lifestyle and smoking cessation advice, mental health support, and much more.

A key part of the project is listening to local people, gathering insights into the challenges they face, and feeding this information back into place-based planning so that services can better meet community needs now and in the future.

Starting April 1, 2026, the outreach team will continue year-round support for Shropshire's most rural and isolated communities. They will listen to residents, understand their health and wellbeing needs, monitor key local health data, and adjust their support accordingly.

In addition, the team will continue to offer cardiovascular (CVD) health checks to people living in areas with higher levels of deprivation, such as workplaces, food banks, job centres, livestock markets, and more. To find out where the team will be present, please use the link to the monthly outreach programme.
Monthly outreach programme | Shropshire Council

The Minsterley and District Eisteddfod Committee would like to thank all the competitors who entered the numerous classes and to congratulate the winning performances at the event on Saturday, 21 March 2026.

The Committee hopes that spectators enjoyed the celebrity Concert on Sunday, 22 March 2026 too; The Concert this year was dedicated to the memory of Bronwen Evans MBE who we sadly lost in September 2025. (She had been a serving Committee member for more than half a century and will be fondly remembered in the community by her moniker 'Mrs Eisteddfod'. Her passion for providing an opportunity for children and young people to perform in front of an audience, giving them skills to take forward into their personal and professional lives, will be her legacy).

The Committee would also like to extend its thanks to the many friends who help out in various ways during Eisteddfod weekend as it would be impossible to stage the festival without their support. ”

WHAT THE HECK IS PILATES?

Pilates is a set of 36 moves, which can be done at beginner, intermediate, or advanced level. These moves were developed by Joseph Pilates about 100 years ago. They have stood the test of time. Pilates recognised that the centre muscles of our torso when strengthened supported all movement.

With regular practise, using stretching, strength training, and cardiovascular conditioning, you will strengthen your whole body without building bulky muscles.

Beginning with correct ALIGNMENT, which is the key to good posture. You will soon realise you are moving more freely, with ease.

By CENTREING, that means connecting the pelvic floor and deep abdominal muscles, we develop a strong CORE enabling us to initiate all movement from the core, which then flows outwards to the extremities.

CORE STRENGTH - RELIEVES BACK PAIN.

CONCENTRATION: With practice you will learn to connect your mind with your body. I know that sounds a bit strange, but when you are able to do this, you will know.

A Pilates teacher should take you gently through the moves. Then begin to combine two, then three moves together until they FLOW from one to the other. With the flow comes better CO-ORDINATION.

STAMINA or endurance is built up slowly. which in turn aids STRENGTH and STABILITY.

Pilates BREATHING co-ordinates the breath with movement, helping to activate muscles and keep you focused

Expect to do 3 -5 repetitions of each move, increasing to 7 & then 10 as you become stronger. That is apart from "The Hundreds" Guess how many?

With regular practice, you will strengthen your whole body, toning muscles without bulk, and being able to move more freely. Breathing more efficiently is often the first improvement participants notice.

The GOLDEN rule - IF IT HURTS DON'T DO IT. Pain is there to stop you damaging yourself. NEVER work through pain.

MODIFICATIONS can always be made to accommodate individual needs. This can be anything from doing on a chair, or standing, to adapting the position on the mat; Or even avoiding the move until your body has strengthened enough to enable you to do the move at a beginner's modified level.

D.O.M.S. (Delayed onset muscle soreness). Between 12 and 36 hours after exercising muscles that are not used to stretching you may experience some muscle soreness. This is normal and will wear off within a similar time to when you started to feel it. It is an indication that your muscles are toning.

REMEMBER - nobody starts anything as an expert.

START at the BEGINNING and don't force anything.

Ruth Morriss of ExtendAbility - Qualified Clinical Pilates Teacher

Member of Association of Shropshire Exercise Teachers

Located at Shelve Farm, between Minsterley & Bishop's Castle.

The Pooch Parlour

Dog Grooming

Find us on Facebook & Instagram!

The Pooch Parlour Dog Grooming

@poochparloursalon

1 on 1 Dog Grooming

Fully Qualified Level 2 & 3

FdSc Animal Management & Welfare

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Fully Insured

Relaxing & Homely Environment

Services Include:

- Bath and Blow Dry
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- Puppy Grooms
- Hand Stripping
- Emmi-Pet Teeth Cleaning
- Nail Clipping/ Ear Cleaning

Pick up and drop offs available on request!

Phone/Text Emma on: 07396938212

Email: poochparloursalon@hotmail.com

CRAFTY MONDAYS

CRAFT AND CHAT

2ND MONDAY OF THE MONTH
LOUNGE AREA
AT
MINSTERLEY METHODIST CHURCH
7 PM TO 9 PM

FOR MORE INFORMATION CONTACT
LESLEY ON 01743-791045
OR SANDRA ON 01743-891861
OR
JUST TURN UP ON THE NIGHT
AND JOIN US!

All Shropshire Mobility

Freedom For Living!

vehicle adaptation specialists

hand controls
left foot accelerators
car boot hoists
person hoists
swivel seats
secondary control systems ...and more!

Unit 11
Malehurst Industrial Estate
Minsterley, Shropshire
SY5 0EQ

Motability

info@allshropshiremobility.co.uk

Offering a bespoke service to both Motability and private customers

Tel: 01743 790 879



Hard wood logs for sale ready to burn, mostly Ash.
£85 a dumpy bag.
Free delivery in SY5 area.
Contact: Ron Davies
07967 817223
01743 884755

FREE

Do you have an event to promote?

Anything for sale or wanted?

A regular group meeting?

Group activity?

Community information?

We usually have space to include posters or a mention about the above for no charge.

Just email details to:

editor@hopenews.uk Or:

enquiries@hopenews.uk

West Mercia POLICE
SERVING - PROTECTING - MAKING THE DIFFERENCE

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**

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

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

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

Twitter: **@SouthShropCops**

Key Phone Numbers

Pontesbury & Worthen Medical Practice	01743 790325	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

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FOR AGES 60+

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

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Contact Dan Lewis on 07904 338 791

or danlewisfitness@btinternet.com

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- new groups are formed when sufficient members express interest

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



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

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info@enterprisehouse.org.uk

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May 2026 deadline—Friday 24th April 5pm

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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 below and we will do our best to accommodate them.

Articles—editor@hopenews.uk or sarah@hopenews.uk

Comments or queries—enquiries@hopenews.uk

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