



Shipston Forum

The community newsletter for Shipston-on-Stour

January 2012

Shipston residents encouraged to make use of free advice service

As we head into the New Year, Shipston residents are being encouraged to take advantage of the free Citizens' Advice service to help get 2012 off to a good start.

Stratford Citizens' Advice Bureau (CAB) operates a weekly outreach service on Wednesdays at Clark House and regularly helps people facing a broad range of issues, from debt and legal problems to housing and welfare benefits.

January can be a particularly tough month financially as people pay off their Christmas purchases and often face higher fuel bills during the cold weather. However, many people who have used the CAB service have been surprised by what support is available, whether it's simply helping people to manage their finances or tap into benefits they didn't know they were entitled to.

Sue Green, manager of the service, said: "Nationally, our statistics show that approximately 50% of people will contact Citizens' Advice for help at some point in their lifetime. The most important advice I can give is not to avoid the things that worry you. Asking for help isn't always easy, but when people share their difficulties with us, we are often able to make a real difference and improve their situation."

The Citizens' Advice team has specialist advisers who can help people even in the most desperate of circumstances. For example, over the past year, the service has helped save 96 adults and 55 children from eviction from their homes.



Anyone can take advantage of this free service, regardless of their financial situation, so if you would like some advice, contact the CAB team on 01789 200136 to book an appointment for a meeting or home visit. For 24 hour tips and advice, log onto the national website at www.citizensadvice.org.uk and follow the link to adviceguide.



Town Council freezes precept for 2012/13

The Town Council has frozen the precept at last year's rate of £206,000, despite rising costs due to inflation and the increasing demands placed upon it as other authorities reduce funding for some services.

Head of the finance working group, Ian Cooper, said "Last year, we took a bold step and reduced the precept by £20,000 compared with the previous year. With careful financial management, we have met our commitments within this budget. The financial climate continues to be tough for everyone, which is why we have set ourselves a slightly reduced budget in real terms for 2012/13".

Although the overall amount remains the same, thanks to the growth in housing, it will be spread across a greater number of households, resulting in a slightly reduced annual charge.

£900 Christmas Bonus thanks to Shipston Loyalty Card

One lucky member of the Shipston Loyalty Card scheme received an unexpected pre-Christmas bonus when they were drawn as the winner of the first Prize Draw.

Local resident, Lyn Walter, received nearly £900 worth of goodies, which were presented to her at the Victorian Evening by Nadhim Zahawi MP and BBC newsreader, Kay Alexander.

The draw is the first of the quarterly prize funds which Loyalty Card members can enter in exchange for points gained using their card in participating local shops.

Scheme manager, Kate King, said "It was wonderful to break the news to Lyn that she had won such a fantastic selection of goodies. This is just one of the ways we are rewarding customers who shop in participating stores in town."

For more information about the loyalty scheme, log on to www.shipstoncard.co.uk



Prize winner, Lyn Walter (centre), with Kay Alexander and Nadhim Zahawi MP. Photo courtesy of Philip Vial

Mayor's column

A Happy New Year to all our readers.



2012 has arrived and life in the small market town of Shipston on Stour goes on as normal. Well not quite. This year, in my view, will decide whether the town goes forward with a thriving shopping centre or heads backwards towards the ghost towns of boarded up high streets that we see elsewhere. Scaremongering or exaggeration? Not according to the shopping guru Mary Portas, of Mary Queen of Shops fame, who has launched a national campaign to try to revive dying high streets.

In a government commissioned report, the Portas Review states that ministers should personally sign off out-of-town developments to prevent large supermarkets sucking the life out of nearby towns. Instead there should be an 'explicit presumption in favour of town centre development'. Your town council couldn't agree more. The Lancashire-based property developers, ASL, want to build an out-of-town supermarket on the Campden Road, make a big profit out of selling farm land and without a thought for the damage caused. Damage that is spelled out starkly in the Portas Review.

Over the past 10 years some 1800 out-of-town shops and supermarkets have been allowed to be built. The consequence of this has been the closure of 25,000 shops in town centres, with a further 9000 are expected to close in the next three years. That means for every out-of town supermarket some 15-20 town centre businesses are under threat.

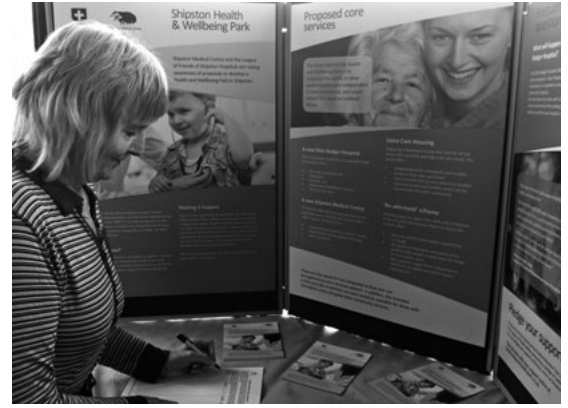
Do we want this for Shipston? I don't! I think we should send ASL packing back to where they came from and any other developer who threatens the life of our historic and unique market town.

Paul Rathkey

Residents urged to support Health and Wellbeing Park proposals

The League of Friends of Shipston Hospitals is encouraging Shipston Forum readers to pledge their support for proposals to build a new Health and Wellbeing Park for Shipston and surrounding areas.

As previously reported in the Forum, the project includes proposals for GP and care services, a community hospital and an 'extra care' housing scheme, alongside other community services. Working with Shipston Medical Centre, the League is raising awareness of the project, which is being led by Warwickshire County Council, NHS Warwickshire and the South Warwickshire Foundation Trust.



Frances French, chair of the League of Friends adds her name to the pledge

Information boards are now up at Shipston Library, the Ellen Badger Hospital and the Medical Centre along with pledge forms for people to sign to show their support. To find out more, visit www.shipstonhealthpark.co.uk, contact Shipston Medical Centre on 01608 661845 or email shipston.healthpark@nhs.net

New-look Shipstononline.org proves a real hit

The Town Council's website, Shipstononline.org, has undergone a thorough refresh and now boasts more interactive features, an easy to read layout and greater opportunities for clubs and societies to promote their news.

Since launching the updated site, the number of people viewing Shipstononline.org has increased and clubs are beginning to make good use of the improved events section. A number of new discussion forums have been added, including opportunities to discuss the recent planning proposals put forward for the town.

If you have any comments or suggestions for further improvement to the site, please contact the Town Clerk on clerk@shipstononline.org

Grants awarded to support community groups

A record number of bids for grants from Shipston Town Council were received for the 2012/13 financial year. Thirteen requests totalling over £48,000 had to be whittled down as councillors debated how best to spend the £11,480 set aside for grant funding.

Mayor, Paul Rathkey, commented: "Deciding where to allocate our very limited fund was particularly tough this year and I would like to thank all those who took the time to submit bids. Although we would love to be in a position to support everyone, our decisions were made based on which bids most fully met the funding criteria."

Eight grants have been awarded to the following:

- Shipston in Bloom: £5,000 for town floral displays
- Shipston Music Society: £600 for Orchestra of the Swan concert
- Jubilee Crew: £1,250 for Diamond Jubilee fireworks
- Shipston Proms: £900 for 2012 events
- Shipston Cricket Club: £2,000 for a storage container
- Shipston First Responders: £500 for vehicle costs
- Stroke Support Group: £330 for venue hire
- Shipston Community Arts: £900 for display panels

In addition, the town council will loan its mowers to the Shipston Excelsior Football Club for use once a week.

December's hot topics

Telegraph Street Car Park: Ronnie Murphy was pleased to report that the No Entry white lines have been repainted in the car park after repeated pleas from the Town Council.

Grit bins: Simon Welch reported that a new grit bin has been installed at The Hobbins following requests from residents. All bins are due to be filled before Christmas.

Rubbish recycling: Jackie Warner asked the district council to resolve the lack of recycling collections at the Hub. The overflowing bins are now an unsightly health hazard.

Fruity future: Philip Vial reported that fruit trees will soon be planted in Railway Crescent to replace the recently removed, dead trees.

Costard close query: The Planning Group will conduct a site visit before commenting on a proposed extension to a house in Costard Close.

Tight fit: Richard Taylor (member of the public) raised concerns about parking on Sheep Street which could prevent fire engines getting through. The town council will raise this with the appropriate authority.

None of your business: Peter Smith (member of the public) expressed his concern about the personal questions asked as part of the library consultation. The Town Clerk will raise the issue with Warwickshire County Council.

Campaigning for Shipston

Large scale planning proposals: Many councillors attended the Ainscough Strategic Land (ASL) consultation regarding proposals for a supermarket, petrol station and 50 houses on the Campden Road. The council remains opposed to the scheme and has declined a second invitation to a private meeting with ASL.

Paul Rathkey, Ian Cooper and Richard Cheney met planning officers at Stratford District Council to discuss the Cala Homes proposal for the Norgren factory site. The town council remains opposed to the scheme and will be submitting further, strong objections to the district council. However, on the advice of resident and architectural technician, Mark Wildish, the council will also submit the conditions it would like to see implemented should outline planning consent be given.

Ian Cooper will work with Mark Wildish and Steven Miles to draft further objections to the Cala scheme, while Paul Rathkey will work with Georgina Beaumont to prepare some proposed conditions.

Pettiphers planning application: We are still waiting for the outcome of the planning application for a retail unit and flats on the Pettiphers site. There has reportedly been some interest in the proposed retail unit from supermarkets.

Town Council business

Design Statement: Dot Courtney and Philip Vial commented that progress was being made on the Town Council's design statement. Further updates will be shared with residents via the Forum and shipstononline.org

Civic Service: Paul Rathkey thanked all those that took part in the Civic Service.

Telegraph Street offices: Richard Cheney confirmed that the former district council offices have now been sold. The expectation is that the building will continue to be used as an office.

Snow clearance: The General Purposes Working Group is considering options for mechanical removal of large amounts of snow from pavements should we have very significant snowfall. In the meantime, snow wardens have been equipped with shovels to help keep paths clear.

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

Clark House news

Winter preparations

If we experience heavy snowfall, some district council services, such as refuse collection and street cleaning, may need to be suspended where roads have become dangerous or impassable. Should this happen, the district council has agreed a new partnership arrangement which will mean that contractors unable to do their normal work will instead support Warwickshire County Council with its road and pavement gritting and clearance work in certain areas of the district.

In addition, Shipston's snow wardens are at the ready and armed with shovels to help keep the town moving should the white stuff start to fall. If you would like to become a snow warden, please contact me on the number below.

Let us know if you need us!

We are currently updating our Emergency Plan, which includes a list of potentially vulnerable residents who live in their own homes but may, for age, health or mobility reasons, need special assistance in the event of an emergency (such as major snowfall or flooding). Should an emergency situation arise, the town council may need to contact those residents to see if they have any urgent needs, such as shopping, transport or heating.

If you should be added to this secure list and you didn't provide your details in 2008, or your contact details have changed, please contact me as soon as possible on the number below or send your details to clerk@shipstononline.org

Communications problems

Our IT system has recently been overhauled and we have since had some problems sending and receiving emails. We apologise if you have sent something to the Forum which hasn't appeared. Unfortunately there is no way of knowing who has been trying to email us. The problem should be resolved by the time you read this.

Georgina Beaumont
Town Clerk

t: 01608 662180

e: clerk@shipstononline.org



Children 'hoop' for joy

Children at Shipston Primary School are cock-a-hoop with a donation of activity equipment towards their Playground Project.

Hoops, skipping ropes and playground balls of all shapes and sizes were amongst a wide range of equipment that arrived in school, thanks to the Community Giving Fund from Stratford insurer, NFU Mutual.

The equipment will be used by all ages, to make break times even healthier and more enjoyable.

Headteacher Christian Hilton said: "Enjoyable playtimes are so important for children's wellbeing, and help them to do well in the classroom too. This donation from NFU Mutual is a great boost to our Playground Project and we hope other local companies will get on board and sponsor items."

Shipston Primary School is aiming to raise an ambitious £27,000 for new playground equipment, and has already raised an impressive £7,000 towards this.

If you or your company would like to sponsor an item please contact the school on 01608 661266.



Greenfields to submit planning application for new baby unit

Greenfields Day Nursery has announced it will be submitting a planning application this month for a dedicated baby unit on its existing site beside the Rugby Club.

The proposed Swiss-style chalet building would be sited at the end of the existing tarmac playground and would be designed to provide an ideal environment for Shipston's youngest residents.

Nursery owner, Lesley Tavener, said "Parents have been asking us for years to set up a baby unit, but we've seen that demand grow significantly in the past 12 months. Although we are now registered to accept under twos, we believe they need their own environment where they can receive appropriate care and stimulation without too many toddlers rushing around!

"Provision for children in Shipston has really improved in recent years but up to now, there hasn't been a local option for parents wanting a nursery-style environment for their babies. If our application is successful, we hope to be able to provide that choice from Easter." She continued.

The proposed unit would be able to accommodate up to 12 children from 8am to 6pm on weekdays.



Fair Trade v Rain Forest Alliance – Exploring the similarities and differences!

Explorer Scouts from the TRED unit spent an interesting evening considering the difference between Fair Trade and the Rainforest Alliance schemes.



The Explorers worked in teams to present the strengths and differences in a 'young apprentice' style presentation, considering how each scheme provides sustainable support for third world countries. They then took part in a Fair Trade quiz, learning facts about the scheme and finally did a blindfolded food tasting of products from around the world. Dried prawns from Africa were the least favourite!

The Explorers are the older section of Scouting, aged between 14 and 18 years old, and TRED provides opportunities to young people from Shipston to Stratford and the whole area in between. The World Food evening was one of many activities undertaken this term - the programme has varied from backwoods cooking at Hardiman's Field, indoor climbing at Warwick Uni, to having a Try Dive with the Stratford Scuba Club. The unit also offers opportunities for the Duke of Edinburgh Award Scheme and working as Young Leaders with younger sections of Scouting. If you would like to find out more, contact Katrina 01608 662608.

Time to indulge in children's books

January is children's book month at the Lions bookshop in Shipston so now is the perfect time to encourage young readers or relive your childhood!

The bookshop will be featuring both new and nearly new books from popular authors including Roald Dahl, Linda Chapman and Melissa J Morgan. Also available will be much loved Ladybird books.

Profits from the sale of the books will be used to support the Lions charitable work in the local community. Further themed events are planned throughout the year to celebrate the different categories of books available in the shop.

For details of opening hours, check out the what's on diary on page 7.

Shipston Primary School

Shipston On Stour Primary School



Reaching a high note

Pupils from Shipston Primary school joined in one voice with thousands of children from across the region at Birmingham's LG Arena to sing their hearts out in the annual Young Voices concert. More than 6,000 youngsters, aged between seven and ten, took part making it the largest children's choir in the world.

Pupils from Key Stage 2 two had been practicing hard since September to master the songs and wowed the audience at the arena when they sang as one.



Teachers Mrs Cartledge and Mr Walsh have been leading rehearsals and taking children from school to perform in the Young Voices concert for the past few years.

Associate Headteacher Mr Walsh said: "Shipston pupils sang like stars and everyone sang their hearts out, remembering all the words. It was certainly a very memorable experience."

Photo slideshows are available at www.shipston.warwickshire.sch.uk/gallery

Starting school soon – application deadline approaching

Don't miss the 16th January application deadline if your child is starting school in September 2012.

Rated 'Outstanding' by Ofsted, Shipston Primary School is an exciting, caring and happy school at the cutting edge of educational practice. Our four school values of aspiration, respect, contribution and creativeness are fostered through excellent teaching, a dynamic curriculum and innovative use of technologies.

Our priority catchment area includes Shipston, Barcheston, Burmington, Willington, Tidmington, Honington and Idlicote with limited number of places for children from a further afield due to the schools' increasing popularity.

If you missed our Open Week but would like to visit the school please call 01608 661266. The school prospectus can be downloaded from www.shipston.warwickshire.sch.uk/prospectus.

For more information on the admissions process, visit www.warwickshire.gov.uk/admissions. Our school office staff are happy to help with the process.

Shipston High School

Fact – high ability students excel at Shipston

The High School has been able to show yet again that students with high ability excel at Shipston. In a recent analysis of their last examination results, the school found 100% of its group of 'Aim Higher' students had achieved the government's benchmark of five or more GCSE passes at grades A* to C including Mathematics and English. Furthermore, 85% of their grades were A* or A.

Headteacher, Jonathan Baker, commented, 'This new piece of evidence further highlights the fact that the school is receiving more-and-more students of very high ability. This came across to us very forcibly in our last Open Evening when parents told us they were choosing Shipston High School in preference to one of the local grammar schools'. The visit was part of an OFSTED survey of ICT provision across the country.

High School praised by OFSTED

In December, the High School received a visit from one of Ofsted's Inspectors who spent two days looking into how the school was using information and communication technology (ICT) in classrooms to support both teaching and learning.



At the end of the two day visit the Inspector praised the school for its many strengths including some excellent teaching.

Most of his praise, however, was heaped on the students at the school, whose behaviour and response in lessons he described as 'Excellent'.

Technology department decorates Shipston

Following a request from St Edmunds Church, the High School Technology students designed and produced a selection of decorations for the Christmas tree in the churchyard. Not content with this, the students went one step further and produced a number of small Christmas trees complete with flashing lights which were eagerly purchased by staff and visitors to the school. Enterprise is certainly flourishing at Shipston High!



Millie, Savannah, Chloe and Harry try out the decorations on the school Christmas tree

Shipston is the place to be to celebrate the Diamond Jubilee

Regular readers of the Forum will know that a lot of work has been going on in recent months to make sure Shipston marks the Queen's Diamond Jubilee in spectacular style.

The 'Shipston Jubilee Crew' has taken charge of planning an action-packed family day on bank holiday Monday, 4th June 2012. The day will begin with a fun run, starting from the High Street and leading up to the Sheldon Bosley Hub in Pittway Avenue. The Hub will then become the focal point for the day's events which are expected to include a scruffs dog show, exhibition of local schoolchildren's paintings, stalls for local charities and businesses, a grand raffle with great prizes and other arena-based family attractions.

Among the day's highlights will be the public display and judging of the photographic competition, ultimately culminating in the creation of a unique Shipston 2013 calendar.

The celebrations carry on into the evening when there will be live entertainment, before a torch light procession to the beacon just off the Darlingscote Road, followed by a firework display to end what is likely to be a fantastic and truly memorable day.

But it's not just the Jubilee Crew who has been making plans. Shipston Town Council is organising a flower festival and working with St Edmunds Church to hold a community 'Songs of Praise' event on Sunday 3rd June 2012. Before the service, there will be a procession of school children

carrying posies of flowers, led by some of the town's talented musicians. The posies will then be woven into an arch in the church. For details of how to get involved, see the advert on page 9.

All these celebrations will, of course, come hot on the heels of the Shipston Wool Fair, which will take place the Sunday before (27th May), and followed fairly swiftly by the annual Proms event beginning on the 15th June.

So block out your diaries now to ensure you don't miss these wonderful community events.



Could this be a winning photo for the Shipston 2013 Calendar?

A happy ending for the Christmas Carol-themed Victorian Evening

The annual Rotary Victorian Evening in Shipston was once again a huge success thanks to a combination of a great deal of hard work and tremendous support from the local community.

Crowds flocked to witness the switching on of the Christmas lights courtesy of BBC newsreader, Kay Alexander, and were delighted with her festive news report.

Father Christmas competed against Punch and Judy for the most popular family attraction while many local clubs,

charities and businesses ran stalls offering everything from mittens to mulled wine. Meanwhile, everyone enjoyed listening to the primary school choir singing Christmas favourites such as Jingle Bells and Once in Royal David's City.

Rev Daniel Pulham kindly blessed the Tree of Life and those remembered by the bulbs purchased in aid of the Banbury Special Care Baby Unit.

Nigel Willis, president of Shipston Rotary, said "We were overwhelmed by the success of the Victorian Evening. It was wonderful to see so many people enjoying themselves and getting into the Christmas spirit. Particular thanks go to all those who helped make the event possible, and our special guests, Nadhim Zahawi MP, Shipston Mayor, Paul Rathkey, Kay Alexander and Rotary District Governor, Brian Kimberley".

The Victorian Evening wouldn't be complete without the best dressed window competition which, this year, was won by The Richard Harvey Collection for their inspired – if badly behaved – Scrooge display. Prizes were also awarded to Creature Comforts and Rightons. Well done everyone!



The prize winning window display. Photo courtesy of Philip Vial

Don't forget – January is Panto time in Shipston.
Check out the back page for details of Shipston Amateur Dramatic's performances of Treasure Island – this lively, fun show is not to be missed!


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 (10 and 24). 10-12am Roman Catholic Hall. Contact Adrian Collins, 661576
- Tues Rhyme time for under 2s:** Alternate Tuesdays (3, 17, 31). 10:45am Shipston Library. Free. Contact: 661255
- 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 Zumba:** 7:45pm Shipston High School. £5. Other classes also available. For details, contact Debbie, 07966 746794.
- Weds Citizens Advice Bureau:** Mornings, Clark House. To book a free appointment with outreach worker, Patricia Squires, call 01789 200136.
- 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 Calypso Kids:** 10am, Townsend Hall, £4.50. Contact as above
- Fri Walks over fields with friendly group.** Leaves Old Mill car park at 10 am. Contact: Marlene, 663616

January Diary


- 4 National Organisation of the Widowed:** Lunch 12pm. Contact: Barbara Bean 663230
Shipston-on-Stour Women's Institute (Evening Group): "Craft Evening" by Irena Strach. 7.00pm Roman Catholic Church Hall. Contact Mal Lawrence 662122
- 5 Multiple Sclerosis Society "Drop in" meeting:** 10-11:30 am at the George Hotel. Contact: Ann Bartlett, 666161
Story Stomp: Storytelling for 2-5 year olds. 10:30am, Shipston Library. Free. Contact: 661255
- 6 Shipston Dementia Resource and Support Café:** Sheena Williams talking about Caring Companions (UK) A ' stay at home' alternative to Residential Care. 2-3:30pm. Stour Court, Old Road. Contact Barbara Smith, 662433.
- 7 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
- 9 Shipston Visually Impaired Club:** Quiz. 2pm, Stour Court. Contact: Shirley Pilkington, 662684
Shipston Town Council Monthly Meeting: 7pm, Clark House. All welcome. Contact: Georgina Beaumont, 662180
- 10 Senior Citizens Action Network:** Marie Rowland, Trading Standards Officer, Warwickshire County Council, - "Dealing with scams and other tricks of the trade", and Lisa Preston, ShoeMed - "Shoes for problem feet". 10:00-11:30. Townsend Hall, Sheep St
SWIB (Supporting Women in Business): Networking event. 6:00-8:30pm, The George Hotel, Shipston. To book, contact: Simone Ryder, 07749 298253

- Stour Valley Lions business meeting:** 8pm, The George Hotel, Shipston. All welcome. Contact John Cavanna, 01295 722287
- 11 Stour Valley Lions Book Sale:** 10am to 4pm The Coach House, Church Street, Shipston (opposite the Library). Books include fiction, children's, cookery, gardening, art etc. To donate books contact Lion David Squires on pinnegards@tiscali.co.uk
- 12 Royal British Legion – Shipston Branch:** Committee meeting. 19:30, Clark House, West street. Contact: Mike Dobbin, 664636
Stour Singers rehearsals: Rehearsals begin for next performance. 7pm. New members welcome – no auditions! Contact Vic Twyman, 01451 870361
- 13 Stour Valley Lions Book Sale:** 9am-4pm. Details as above
Stour Valley Lions Rural Cinema: For details, see ad on page 9
- 14 Stour Valley Lions Book Sale:** 9am-2pm. Details as above
- 16 Royal British Legion – Shipston Branch:** Monthly social. 12:30, Horseshoe Inn, Contact: Mike Dobbin, 664636
- 17 Shipston Arts and Crafts Society:** "Costumes in Theatre" 7.30pm Catholic Church Hall. Contact Penny Law 663781
- 18 National Organisation of the Widowed:** Meeting. 10:30am - 12pm, Coach and Horses. Contact: Barbara Bean, 663230
- 20 Friends of Shipston High Quiz Night:** 7-9:30pm, Shipston High School
Shipston Music Society: Piano and Violin, Helen Leek and Clare Duckworth. 7.30pm Methodist Hall, Shipston. Visitors welcome £5.00. Contact 01608 663207
- 25 Stour Valley Lions Book Sale:** 10am-4pm. Details as above
Shipston and District Literary Society: "Michael Drayton: Warwickshire Poet" by Roger Pringle. The George Hotel, 7:30pm. Contact: 01608 663482 or 01789 450737
- 26 Shipston Amateur Dramatics presents Treasure Island:** See ad on back page for details
- 27 Chamber of Commerce Business Advice Surgeries:** Free advice sessions by appointment at Stour Enterprise Centre, Astech Mill, Stratford Road. To book, call (01608) 629 693.
Stour Valley Lions Book Sale: 9am-4pm. Details as above
Shipston Amateur Dramatics presents Treasure Island: See ad on back page for details
- 28 Stour Valley Lions Book Sale: 9am-2pm.** Details as above
Shipston Amateur Dramatics presents Treasure Island: See ad on back page for details



STOUR VALLEY LIONS

BOOK SHOP



Now open on Wednesdays, 10am-4pm

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

January focus: Celebrating Children's books

Come and join us to relive your childhood and encourage new readers

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



JOIN US
Mondays and Thursdays
7.30pm - 10pm at the
Townsend Hall

**SHIPSTON-ON-STOUR
BADMINTON**

Join us for the remainder of our 2010-2011 season

- We are a fun, sociable and competitive club who meet twice a week
- Play on an original wooden sprung floor
- Play with a good mix of players

50% OFF
IF YOU JOIN THIS MONTH

Played before and interested?
Come down and see us on a club night or contact:
Jacqueline Parsons: 01451 831007
Nick Watts: 01608 664163




SHIPSTON MUSIC SOCIETY
Presents

*Helen Leek and
Clare Duckworth*
Piano and Violin

Friday 20th January 7.30pm
Guests welcome £5.00


Shipston Methodist Church

For Further Details Ring 01608 663207

Sunday 19th February, 2.30pm
Townsend Hall, Shipston on Stour

**“THE RALPH
ALLIN QUARTET”**

From Bach to Brubeck and more!



Tea interval & raffle
Admission £10 available from R Clark from January
Proceeds to St Edmund's Church Funds

**Be active.
Win gold.**



Plan your activity
and get results!
Try our 14-day activity
plan and join your
local centre for just £1*

**JOIN FOR
£1***
*Terms apply, see website
for details

**ASK
IN CENTRE
OR GO
ONLINE**

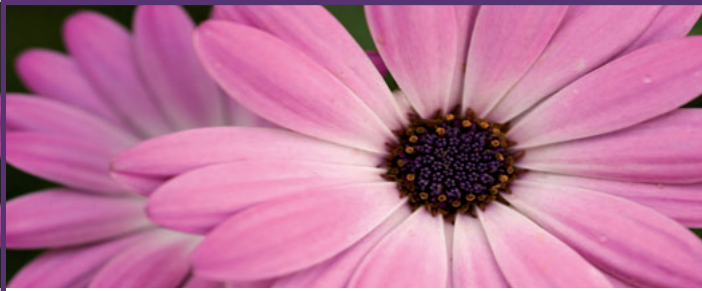
**Shipston
Leisure Centre**
01608 662354



Everyone Active manages this facility in partnership with Shipston-On-Avon District Council EOA2191D

**everyone
ACTIVE**
Feel better for it

www.everyoneactive.com [f](#) facebook [t](#) twitter



Flower Festival at St Edmund's Church to celebrate the Queen's Diamond Jubilee

Schools, clubs and societies are invited to take part in a community flower festival to celebrate The Queen's Diamond Jubilee, being organised by Shipston Town Council and St Edmund's Church.

Those participating are invited to provide arrangements or bowls of flowers based on the theme of 'Jewels in the Crown', using the colours evocative of the jewels adorning the crown.

All those involved with the floral displays will also be invited to choose a hymn, reading or poem for the community Songs of Praise-style service, which will be followed by tea and cake.

To take part, please contact Beverly Abson, on 01608 665093 by Weds 8th February 2012.

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



Looking to grow your business? Do you need advice or tools to help your business? The Stour Enterprise Centre, is here to support you.

We run regular training events and seminars – see our Website or call us for details:

www.stourenterprise.co.uk
T: (01608) 629 693

Also: 27th January Chamber of Commerce Advice Surgeries – call us to book your free meeting

If you run a business from home and need a meeting room, office space, wi-fi access, or somewhere to run an event, then the Stour Enterprise Centre provides low cost & flexible:

- office space, board and meeting rooms
- conference / training room
- wi-fi and internet access workstations
- half a day, a day, a week – whatever you need

We are open 9am to 5pm Monday to Friday and by arrangement at other times.

Stour Enterprise Centre
2nd Floor, Astech Mill, 50, Stratford Road
Shipston-on-Stour, Warwickshire, CV36 4BA

Stour Enterprise Centre is run by Stour, Community Interest Company Limited, a company, registered in England. Company Number: 6369713.

STOUR VALLEY LIONS RURAL CINEMA

"ORANGES & SUNSHINE" (15)

EMILY WATSON, DAVID WENHAM, HUGO WEAVING, CLAYTON WATSON, GREG STONE, TARA MORICE
A MUST SEE FILM FROM DIRECTOR; JIM LOACH



Margaret Humphreys, a Nottingham social worker made it her mission in the 1980s to investigate the postwar scandal of child deportation. Children in care were transported - like criminals from a bygone age - to Australia, there to be kept in children's homes. Many were (falsely) told their parents were dead and often brutally abused.

SHIPSTON HIGH SCHOOL
Friday 13th January, 2012 at 7:00 pm

Advance Tickets £3.50 (£4 on door)
From: R. Clarke Electrical, 27 High Street, Shipston
Or Lion Judith Jackson. Tel: 01608-661148
Raffle and Refreshments

Shipston Rotary



There are many ways in which members from Shipston Rotary Club try to help pupils at Shipston High School.

Senior GCSE pupils, the school believes, must be prepared for the next stage in their lives. Consequently nine Rotarians were among a team of twelve conducting 'mock interviews' recently with approximately 60 pupils to give them an idea of a real life job or college interview; how to impress the interviewer, how to answer questions and how to cope with nerves.

Without exception every interviewer was impressed with the extremely high quality and standard of 'candidates', a reflection, surely, of the extremely high standard of the school.

**Stour Singers
Handel's 'Messiah',
December 2011**



The December performance of Handel's Messiah was a sell-out success for Stour Singers. Richard Emms, who has continuously directed his choir now for 36 years, sensitively guided the singers and the accompanying Cherwell Orchestra (leader, Judy Springate) to bring out all the drama and also the humour in Handel's music. The highlight of the choral singing was undoubtedly the joyous 'Hallelujah Chorus' in which Richard Emms included the four soloists and the entire audience stood, many singing along with the choir from the pews.

The occasion was a reunion for the soloists who had all taken part in 'Messiah' in Truro Cathedral in 2009. Apart from baritone, Rodney Clarke, currently at Paris Opera, the other soloists came here from Cornwall. The clear soaring soprano of Cheryl Rosevear excelled in 'Rejoice greatly' and 'I know that my Redeemer liveth', Shelley Coulter-Smith, mezzo, brought a rich, sympathetic warmth to the emotional range of her solos and Nicholas Hawker, likewise, skilfully adapted his dignified light tenor to suit his varied text.

One visitor said the audience was mesmerised by the soloists. Certainly the whole assembly gave rapt attention throughout. This was especially evident in Rodney Clarke's 'Behold, I tell you a mystery' and in his faultless duet, 'The Trumpet shall sound' with Chris Cox on trumpet.

All agreed it was a most memorable evening and a splendid preparation for Christmas.

This concert was supported by the Birmingham & Black Country Community Foundation on behalf of the Mid-Counties Co-Operative Community Fund.

The next concert is on 5 May 2012 at 7.30pm in St Edmund's, Shipston, a Handel-Haydn programme featuring Haydn's Creation Mass. Rehearsals start at 7pm on Thursday 12 January 2012. New members are welcome (particularly tenors!) No auditions. Please contact Vic Twyman on 01451 870361 for further details.

Shipston Jubilee Crew



The Shipston Jubilee Crew would like to thank all of the businesses from Shipston that made the time and effort to provide fantastic gifts for the Crew's Christmas prize bingo that took place on the 10th December. Thanks also go to all of the people that came and supported us in raising over £1,000 towards The Queen's Diamond Jubilee celebrations in June 2012 (for details see event news on page 6).

With grant funding being so tight this year, we will continue to hold events to fundraise up to and including the day itself to try and ensure the celebrations are affordable and accessible to the whole community, with access to the main event being free.

If there are any local companies that would be willing to sponsor either the whole event or part of it we would be delighted to hear from you. Please email us at shipstonjubilee@btinternet.com

Senior Citizens Action Network



The next meeting of Shipston SCAN will take place on Tuesday, 10th January 2012 at the Townsend Hall, Sheep Street, Shipston from 10:00 to 11:30.

Guest speakers and their talks will be Marie Rowland, Trading Standards Officer, Warwickshire County Council, - "Dealing with scams and other tricks of the trade", and Lisa Preston, ShoeMed - "Shoes for problem feet".

Admission is free and all young-at-heart over 50s are welcome. Free refreshments will be served from 10:00am, followed by the speakers at 10:30am. We have a PA system in place for those who are hard of hearing and you will have an opportunity to 'have your say' on the topics at the end of each talk.

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-in-Bloom



Our AGM was held in November when the Committee and Officers were confirmed for 2012. The Chairman gave his report for 2011, thanking the Town Council, the Lions and the Rotary Club for their help and support. The voluntary work that Shipston-in-Bloom does on behalf of the town could not be done without active support from our fellow citizens and all help is much appreciated. The list of those who help is too long to list here!

Many will have noticed the Silver Birch which the Town Council, in collaboration with Shipston-in-Bloom, has planted on the Gyrotory Garden to celebrate the Royal

Wedding. In 2012 we shall be celebrating the Diamond Jubilee of Her Majesty the Queen, and Shipston will be loyally planted in red, white and blue. We very much hope to have a continual flowering display so watering is vital. We will be using a high quality compost and water-retaining gel in order to maximise the display, but water is key, and a can of water on the planter nearest you helps enormously.

Fay Ivens has run the Buddies Scheme, which supports our work, for many years but has had to step down due to civic responsibilities. We are grateful for all she has done over the years – Fay was in charge when we won Gold in The Heart of England competition. Judith and Mal will now run the re-named Friends Scheme.

The High Street is planted with violas, daffodil bulbs are planted for spring so here's hoping for a good show.

A heartfelt thank you to everyone for helping us make the town look beautiful.

Shipston WI



December 7th was Party Night for Shipston WI. There was an excellent turn out and several new faces at the meeting. Necessary business was concluded quickly and members got on with the more serious business of enjoying themselves. Everybody had brought plate of party food (some had brought two) and all was delicious. Dieting was forgotten for a night and it's always lovely to try someone-else's cooking. Several members read Christmassy pieces: who can fail to be moved by hearing of Christmas at Mole End with the field mice singing carols in little squeaky voices, and of the oxen kneeling at midnight on Christmas Eve.

There is not much more to say about our party except that it was a lovely evening of friendship and companionship which is what the Women's Institute is all about. If you would like to come to the Christmas Party in 2012 then please join Shipston-on-Stour WI. The next meeting is on Wednesday 4th January 2012 at 7pm in the Catholic Church Hall, Darlingscote Road.

Stour Valley Lions

All beer and skittles?



In November each year, the various Lions Clubs within the local zone get together at Snitterfield Sports Club and hold a Skittles Match. This year was no exception and Stour Valley rose to the occasion, travelling in force to the venue and fielding two teams of six players each.

We were up against Lion's teams from Evesham, Warwick and Kenilworth. One of our teams secured a podium finish with second place with our other team managing fourth place. It was a good evening out and quite a bit of cash was raised for charities by all the players.

December saw Stour Valley Lions working actively in the town. We helped Shipston Rotary Club to prepare for their Victorian Evening while, at the same time, the Lions Bookshop opened for business serving mulled wine and mince pies.

We recently presented a cheque to Geraldine Long of ASBAH (Spina Bifida and Hydrocephalus) and will shortly be presenting the proceeds from our recent Choir Concert to the Warwickshire and Northamptonshire Air Ambulance.

On Christmas Day each year, a number of Lions make an annual visit to Ellen Badger Hospital with Santa, bearing gifts for all the patients.

New members welcome

We have had a very busy and rewarding year, raising many thousands of pounds for good causes. Recently we have also welcomed some new members, but we still need more to join our friendly club. We meet in The George on the second Tuesday of every month at 8.00 pm and all are welcome to come along to get to know us and see how we operate.

Finally, Stour Valley Lions wish all Forum readers a happy and healthy New Year.

Shipston & District Literary Society

The topic for the December meeting of the Society, addressed by Dr Christiania Whitehead of Warwick University, was the legend of King Arthur. This was a scholarly and interesting talk about the history and development of the Arthur legend from the time of Roman Britain to the present day.

After a very enjoyable Christmas Lunch, the Society is looking forward to the New Year and hearing Roger Pringle, late of the Shakespeare Birthplace Trust, address the Society on the topic of "Michael Drayton: Warwickshire Poet". The meeting will be held at the George Hotel, Shipston, on Wednesday 25th January at 7.30pm. All are welcome.

Shipston Music Society December Concert



We are very fortunate to have living locally, a harpist, David Watkins, with an outstanding international career and a very good friend of the Society. He has played for the Royal Opera House and was a founder member of the Welsh National Opera. His solo performances read like a "who's who" of the music world.

David's programme took us from the late Middle Ages through to modern times. He opened with William Croft's Saraband and Ground followed by Parry's sparkling Allegro. We then heard the Casanovas Sonata followed by Cardon's Sonata. and Fare Romances by Alvares, which has been described as "one of the great pieces in the harpists' repertoire".

The second half included Watching the Wheat, written by John Thomas for Lady Willoughby de Broke of Compton Verney, Concert Study by Goderfroid and Debussy's La Fille au cheveux de Lin, followed by the wonderful tumbling chords of his Premiere Arabesque. Tournier's wonderful evocation of water, Towards The Waterfall in the Forest was the last but one piece and the concert closed with A Welsh Landscape David's own composition.

This talented and entertaining musician finished the evening answering questions about his harp and playing technique.

The next meeting will be Helen Leek and Clare Duckworth Piano and Violin. For further information contact Clare Faulkes on 01295 663207.

Stour Valley WI

Our Christmas meeting was held at Rainbow Fields due to an over booking. Mrs James read a letter received from Banbury Prem Unit thanking us for 167 hats, 11 Blankets and 25 jackets made by our WI knitters and friends. Well done all!

Our Speaker, Mr David Howe, gave a talk 'Magic or Humbug', relating humorous anecdotes plus an oral music Quiz. The meeting ended with delicious Christmas cake and Mince pies, together with a Christmas Dip.

No meeting in January but we resume on Feb 8th, 2pm at Stour Court. New Members and visitors welcome.



Probus Club



On Remembrance Day, our speaker was Brigadier Ian Shapter so we arranged to observe the 2 Minutes Silence with one of our members playing Last Post and Reveille. Ian then recited the excerpt from the poem 'The Fallen' - "They shall not grow old as we that are left grow old" - which seldom fails to bring a tear to the eye.

Ian has a series of talks about the three great battles fought in the 100 years with France. His descriptions are so well illustrated and described that one could almost feel present.

In this talk we learned about the battle of Poitiers in 1356. Edward, the Black Prince, son of Edward III, had been marauding in Central France and reached Tours. The French king was approaching from the north so Edward retreated to Poitiers and there battle took place. It was hard fought until a flank attack achieved victory. It was a repeat of Crecy showing how good defensive tactics can overcome a disadvantage in numbers.

On 25th November Alwyn Sampson spoke about the Roman Cotswolds with excellent illustrations he had drawn himself. There are still well preserved villas and mosaics in the surrounding countryside, notably at Chedworth and Woodchester. Space does not permit description of the sophisticated Roman Way of life but their legacies remain with us today in food, architecture, roads, names, plants and vocabulary.

Special feature: Give that 'Be Healthy' New Year's resolution a fighting chance!

Christmas has come and gone, we've wished everyone a Happy New Year, eaten the last mince pie and polished off the remains of the Christmas chocolates. If, like many others, you've also made a New Year's resolution to 'get more exercise' or 'live more healthily', then help is at hand.

Everyone Active, which runs the Shipston Leisure Centre on Darlingscote Road, is keen to get both young and old moving in 2012. In addition to swimming and aqua



aerobics, the centre has an impressive gym with everything you need for a varied and enjoyable work out, including treadmills, cross-trainers, chest press and leg machines and also a stress-relieving punch bag! The gym offers specific gym sessions for 11-15 year olds and concessionary rates for students, the unemployed and over 60's.

The Leisure Centre works closely with GP's

and Consultants for GP referral conditions, so if you haven't exercised for a while or are worried about exercising due to a medical condition, there is plenty of help available to get active again. For information, including special January offers, contact the Leisure Centre on 01608 662354.

Shipston Medical Centre is also helping us stay fit with some useful advice on healthy eating on a budget. To find out more, read their column on page 14.

For those of you who are also keen on keeping your mind as well as your body active, you only need read the What's on diary or Club News section to get an idea of the breadth of options available locally, whatever you enjoy. With so much to choose from, why not make 2012 the year to try a new activity or learn a new skill?

Even with the best of efforts, it's not always possible to stave off a cold in winter. That's why local chemist, Pharmacy To My Door, has published a handy winter health leaflet packed including tips on the best course of action if you to do become unwell including how to tackle a temperature and ways to soothe a sore throat. For your copy, call Amit Patel on 01608 666017 or visit www.pharmacytomydoor.co.uk

We wish you all a happy and healthy 2012.

Readers' letters

Letter from the Royal British Legion, Shipston Branch

Once again the good people of Shipston and the surrounding villages have shown their generosity and support for our former and serving members of the Armed Forces. This year's total has again reached record heights, the final sum being £12,625.

We send a huge, huge "Thank You" to the people of Shipston, Brailes, Sutton-under-Brailes, Winderton, Cherington, Stourton, Burmington, Tidmington, Willington, Barcheston and Stretton-on-Fosse, who have been so generous once again.

Also, a massive "Thank You" to our team of collectors, without whom this would not have been possible.

Letter from Shipston In Bloom

Shipston in Bloom would like to thank all those people who supported our raffle during the Victorian Evening. Our special thanks must go to our Buddies whose generous contributions made our raffle possible.

We all had a great night and hope you did too.

Letter from the Town Council

On behalf of the staff and councillors at Shipston Town Council, we would like to wish all those who live and work in or visit Shipston a happy and healthy 2012.

This year promises to be full of both opportunities and challenges for the town which, we are sure, will be met with the enthusiasm and spirit our town is known for.

Thank you to all those who continue to work so hard to make our town such a strong community. We look forward to continuing to work with you all over the next 12 months.

Letter from Verity Richardson (edited)

Some efficient men from Western Power Distribution recently fitted Swan deflectors to the bridge by the Old Mill. The deflectors are vital for the birds, particularly swans, because as they fly along the river the dark horizontal cables are invisible to them until it is too late!

Not only were the men efficient but they were also very interested in the plight of "our" swans. They told us that while the work was in progress a passer-by observed that there was no need to fit the deflectors, as there were never any swans! The point is that over the years we have lost several swans because of overhead cables, and there have been many near misses. We had hoped that now these last three cables have deflectors fitted, the whole stretch of the river through Shipston would be safer for the birds, and they would return permanently.

Unfortunately some deflectors have already been broken thanks to some young people using the cables they are tied to as an assault course. Not only is this highly dangerous, it also puts swans at risk. Please behave responsibly and let the remaining deflectors do their work.

Letter from James Law, River Way

I read with interest the report in the Forum that Shipston Town Council will not support housing development on the old Norgren site or on land on Camden Road. I fear their opposition will be in vain. These areas were both identified in the SDC draft core strategy as areas for development, even though the Camden Road site is greenfield land outside the built up area of Shipston.

The reason is that the Town Council supported the application for development on the north side of Shipston near River Way, even though this was on greenfield land outside the built up area of Shipston and NOT identified as an area for development in the SDC core strategy.

With the support of the Town Council, the SDC has now given planning permission for this development. Therefore, no greenfield land outside the built up area of Shipston is now safe from development. Muddled thinking by this unelected Town Council has destroyed any effective opposition to further development.



Proud of my town

Victorious Victorian Evening

All councillors praised Shipston Rotary for a highly successful Victorian Evening which drew record numbers and had a truly magical atmosphere. Rotarians were also thanked for helping to bring Father Christmas to the streets of Shipston despite the pouring rain!

A wonderful display of talent

The Stour Singers and Town Band were both congratulated on their successful concerts in December, with praise also being given to the organisers of the High School performance, primary school carol service and organisers of the Spotlight Dance Review. There was certainly no shortage of entertainment for residents in December.

Happy birthday to you!

Happy Birthday to Shipston Stroke Club which recently celebrated its first anniversary. The vital support group for stroke survivors and their carers has gone from strength to strength and is now very well integrated and established in the Shipston Community of Care.

Chair, Adrian Collins, thanked the Mayor, Paul Rathkey, Nigel Willis (Shipston Rotary) and Dr Sue Pritchard their wonderful support and help. The group begins meeting again on the 10th January.



Pictured: Sarah Bridgewater, former Stroke Club coordinator, Adrian Collins, Paul Rathkey, Nigel Willis.

Want to share a good experience 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

I made my comments on the Cala Homes application in December and am against this application. To briefly highlight the key messages of my response, I am against it because I believe the land should be retained for employment use and the proposed houses would be an eyesore on the town of Shipston as well as isolated. Please see Stratford District Council website for my full comments.



Speaking with Kate King before Christmas, she informed me the Shipston Loyalty Card has now got 1500 members. I would like to use this opportunity to congratulate the hard work of Kate and Jim who have made this a success.

It has also been brought to my attention about the purchasing of land near the Darlingscote Traveller site by the travelling community. Although this is purely hearsay, I have brought this to the attention of Planning Enforcement and have been assured a close eye will be kept and that initial contact has been made between the traveller community and Stratford District Council about this.

In December I also had a meeting with Sgt Robert Shaw who asked me to let you know contact details of your local police team which you can use when wishing to raise an issue. These have now been added to the useful contacts on page 15.

You can also dial 101 which will take you to a switchboard who in turn will pass you onto your local team in a non-emergency.

Lastly, I hope you all had a very Merry Christmas and wish you a Happy New Year!

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

New look website

The County Council has completely revamped its website under the banner 'Warwickshire Direct'. This is the branding for all our contact with the public. Visit www.warwickshire.gov.uk to see the new look site.



Shipston-on-Stour Library

Shipston Library is listed as one of 15 countywide 'One-Stop Shops' where local people can deal direct with the County Council and the Police without travelling further afield.

Shipston household waste recycling centre

With a reorganisation at Shire Hall and direct management, you will notice some changes at the Brailes road tip. Recycling is its strong arm and the centre can accept 20 different classes of material for recycling, but still does not accept old tyres.

From Monday 9th January, the opening hours will change to 9.30 until 3.30 pm Mondays to Fridays and 8.30 till 12.30 at weekends. Please note that the entry gate will close 15 minutes before the site closes.

In addition to Christmas Day, Boxing Day and New Year's Day, the centre will be CLOSED on Tue 27 December and Monday 2 January.

Shipston Community Arts

Our Community Arts is a new organisation this year whose launch was supported by the County Council. It made me do something new this year - entering its photographic competition and being part of the exhibition in St Edmunds church at the end of November. The overall quality of work was high, so well done to all the entrants.

My best wishes to you all for 2012.

Chris Saint

t: 01608 662290
e: christophersaint@warwickshire.gov.uk

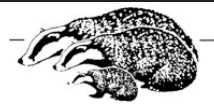
NHS News – Shipston Medical Centre

Healthy Eating on a budget

After Christmas and all the lovely food that goes with it, many of us have a new year's resolution to loose weight or eat more healthily. To help with this here are some tips for healthy eating on a budget:

- Frozen or canned fruit and vegetables are cheaper than fresh, and count towards your five-a-day.
- Tinned oily fish like sardines and salmon can be cheaper than buying fresh fish. They still contain heart-friendly omega 3 fats and have a long shelf life.
- Canned tomatoes, beans and dried pulses are cheap and filling and count towards your five-a-day.
- Porridge is a great choice for breakfast. It's cheap, filling and has no added salt or sugar.

- Vegetables tend to cost less than meat, so try adding more vegetables to your meat based meals. The meat will go further saving you money and it'll help cut down on the saturated fat too.
- Buying seasonal veg and fruit is cheaper – look out for brussel sprouts and cabbage at this time of year!
- Keep an eye on your portion sizes and try not to cook more than you need. Measure out foods like pasta and rice before you cook rather than guessing portions. Not only good for saving money, but also better for your waistline!



For more information on healthy eating pick up a leaflet in the Medical Centre.

Medical Centre – t: 01608 661845

Your Town Councillors



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Staffing group chair

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Proud Campaign chair

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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

Shipston Amateur Dramatic Society
present

Treasure Island



a pantomime by Tony Bradford and Tina Webster

Townsend Hall, Sheep Street, Shipston-on-Stour

**Thursday 26th, Friday 27th and
Saturday 28th January 2012**

Evening Performances 7.30 pm, Saturday Matinee 2.30 pm

Tickets – Adults £7, Children £5

(Thursday performance all £5)

**Available from The Lavender Basket,
Sheep Street, Shipston-on-Stour or on the door**

'ahoy there mateys!'