

SNAILBEACH DISTRICT NEWS

October 2021
Getting old(er)

Free

CALLING ANYONE WHO WOULD LIKE TO BE PART OF A
COMMITMENT TO OUR LIVING, BREATHING EARTH
AND THE FUTURE OF ALL LIFE...



I am undertaking a Climate Crisis Pilgrimage from South Shropshire to the COP26 climate talks that start on 1st November in Glasgow.

The unusual thing is that I will be accompanied by a ten foot high sculpture of a polar bear that I have made. He's called Clarion and is made from thin bamboo poles, willow withies and many layers of heavy duty tissue paper bonded together with waterproof PVA. He is carried on a palanquin. He ain't heavy!

(Read On overleaf

THE SNAILBEACH VILLAGE HALL WILDFLOWER PROJECT

The last weekend in August and the first weekend in September saw locals team-up to prepare the ground and topsoil of the verge next to the Mine Truck at Snailbeach Village Hall in preparation for the sowing of wildflower seed into the verge.

(More on centre pages)



Inside this month

I celebrated my seventy something birthday this month, close but not too close on the heels of Joan Evans who reached the magic 80. To keep the years from weighing too heavily I have included some quotes, some tips and some trivia from a book given me tongue in cheek by my friend Rosa "The Senior's Survival Guide"

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FROM THE EDITOR

sammy@snailbeachdistrictnews.co.uk



Those gifs, tiffs and jpegs.

Our smart phones are brilliant cameras and take photographs of a high quality. Unfortunately most email software likes to keep things simple and so shrinks these images before they arrive in my post box.

To maintain the print quality of our newsletter we need BIG pictures. When you attach an image to an email it usually shows the size. As a rough guide a half page image needs to be at least 1Mb and a full page 2Mb. If pictures are only 200-300 Kb I have to fiddle around with them to improve the quality and they still usually look rubbish.

If you go online to the newsletter you will see a box to the right hand margin. Here you can drag images or other files without losing any quality - please give it a go.

More thank you's this month:

Jan Carr would like to say a big thank you to family, friends, workmates and colleagues who gave her lifts, brought food and flowers, cards and presents and generally kept her cheerful while she recovered from her recent eye operation.

Cheryl Evans and family would like to thank everyone for their very generous donations in memory of Marjorie Delves. A total of over £1400 was divided between the Midland Air Ambulance and Marsh Church. The newsletter would like to thank Cheryl for her kind donation to our funds.

The newsletter would also like to thank Worthen Parish Council for their much needed contribution to our costs.

While the SDN is well supported by our local advertisers, this income is not enough to cover our production costs. I would very much like to keep the size, layout and odd splash of colour the way it has been for many years. We do not charge for promoting local events, but should these prove successful small gratuities are gratefully received. We will be looking for Christmas messages soon, so keep us in mind.

Liz Knowles writes (Climate crisis pilgrimage continued from front page)

Would you be interested in joining me for a day of walking as I progress northward? I will be doing the whole 306 mile walk which will take 22 days and I am looking for people to join me for a day (or whatever you can manage) walking along footpaths, bridle paths, canal towpaths and B roads.

THE INTENTION FOR THIS PILGRIMAGE

Our aim is to come together to walk, to talk, to connect with each other, and to connect with the landscape by moving through it slowly, admiring its beauty and grandeur. We will be positive and kind, we will smile and laugh while being serious and we will build active hope as we walk.

Walking to the climate talks will not change the world ~ but I can think of nothing better to do to show the earnestness of my belief that we must learn to talk together and build community, only in Oneness will we make a better more just world.

So, please consider coming along as a treasured, intrepid pilgrim. I assure you this will not be a shouty, banner waving demonstration.

Clarion and I will be coming through Shropshire on these dates:

DAY 1 10TH October Bishop's Castle to Longden

DAY 2 11TH October. Longden to Platt Lane

Clarion is a very modern bear.
He is on Instagram and Facebook as Clarion-the-bear
And a website: clarionthebear.fish
He also has his own phone: 07432 137 034



COP26 is the 2021 United Nations climate change conference

For nearly three decades the UN has been bringing together almost every country on earth for global climate summits – called COPs – which stands for ‘Conference of the Parties’. In that time climate change has gone from being a fringe issue to a global priority.

This year will be the 26th annual summit – giving it the name COP26. With the UK as President, COP26 takes place in Glasgow.

In the run up to COP26 the UK is working with every nation to reach agreement on how to tackle climate change. World leaders will arrive in Scotland, alongside tens of thousands of negotiators, government representatives, businesses and citizens for twelve days of talks.

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SDN Tips for seniors

Help with his wardrobe

No matter how much baggage you are carrying in the stomach area, it is never a good idea to wear trousers whose waistband comes up to your armpits.

There is no excuse for sandals worn with socks.

Hooded tops should only be worn when jogging i.e. "Not at all"



Pontesbury and Worthen Medical Practice

"Next time you need to ask for repeat prescriptions!"

The Medical Practice has listened to the concerns of its patients and are changing the way repeat prescriptions are reordered, to increase accuracy, reduce the call volumes, so improve the communication and reducing waste.

From 25th August 2021 when you collect your regular monthly prescription you will be asked to book the repeat 7 days in advance – details are in letter issued with prescription.

If you can, the best way to do this is through the NHS App or if not then you can use the repeat prescription form, issued with the last prescription, this can be delivered into the special repeat prescriptions box at either Worthen or Pontesbury. If neither of those work for you then please contact the Practice. When the prescription is ready, you'll get a text message to tell you to pick it up. If you can't receive text messages, then again contact the Practice see below.

The Practice's goal is to make the service the best it can possibly be, and this new system is designed to make that happen. The Practice is asking for you to help them with this change, and by doing so giving our community the best service they can.

The NHS App (not the track and trace) can be found at www.nhs.uk/nhs-app/ - you then set up the App to be connected to the Medical Practice

More details can be found at www.pontesburyworthenmp.co.uk/repeat-prescriptions/

The contact details for the Medical Practice are

Email: contact.pontesbury@nhs.net

Telephone: 01743 790325

Postal: Pontesbury & Worthen Medical Practice, Hall Bank, Pontesbury, Shrewsbury, SY5 0RF



Contact Susan on
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Tips for seniors

Help with her wardrobe

Puffa jackets and short skirts should be avoided unless actively looking for business.

Leather trousers are not appealing on a bottom the size of the cow they came from.

If you are worried about your ageing neckline, try wearing polo necks or a brace.

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Pontesbury Gardeners' Association

This year's Show was held at the end of August and was a quieter affair than normal - with enough people to feel sociable but not so crowded to make anyone feel uncomfortable. We were missing a number of regular exhibitors due to various reasons, but it was nice to see some new ones, and even see some of them winning cups.

The Judges award the 1st, 2nd and 3rd places, and points are then given for each placing, and the total points won in some categories rewarded by a trophy; other trophies are awarded to the best exhibit in certain classes. Winners of trophies were:

Best Exhibit, Flower Section	Betton Lakelin Cup	Myfanwy Stelfox-Manley
Most Points, Flower Section	Baker Yates Cup	Cilla Perry
Best Exhibit Sweet Peas	Des Evans Memorial	Cilla Perry
Best Exhibit, English Rose	Bromley Powell Cup	Kath Oldfield
Best Exhibit, one Fuchsia	The Holyoak Cup	Chris Neil
Best Exhibit, Petite Arr'ment	Joan Jones Cup	Mary Richards
Best Exhibit, Floral Art Section	Grenfell Medal	Mary Richards
Most Points, Floral Art Section	David & Ann Cup	Mary Richards
Best Exhibit, Vegetable Section	Bill Stephens Cup	Dave Perry
Best Vegetable Exhibit	N.V.S. Medal	Dave Perry
Most Points, Vegetable Section	Bennett Cup	Dave Perry
Most Points, Flower and Veg '	Barnett Cup	Dave Perry
Best Exhibit, Fruit Section	Jack Newnes Cup	Sue Lambert
Most Points, Cookery Section	The Committee Award	Margaret Marsh
Best Exhibit, Handicraft Section	The Hignett Award	Phil Cross
Most Points, Needlework	The Jean Swann Cup	Leigh Howard
Best Exhibit Item made from wood	The Shrops Woodcarvers' Club Perpetual Trophy	Phil Cross
Best Exhibit, Painting or Sketch	E & J Simpson Perpetual Trophy	Myfanwy Stelfox-Manley

Prizes were presented by Yvonne Davies, she complimented all exhibitors for the quality of their entries, and concluded by making a plea for the encouragement of reading in the young, and announced talks to be held at the library on that subject.

The Trading Post, which is situated in the Old Station Buildings on Station Road and is open every Saturday from 9.30 to 12 noon will be closing for winter at the end of October, and opening again at the beginning of February. As autumn is the time for putting tender plants into safer conditions for winter then don't forget to get all that you need for this - potting compost to re-pot those plants, and fleece to keep the frost off those that will stay outdoors, as well as any feeds etc that you are getting low on.



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**2022 will be the
60th anniversary**
of the formation of
the first Minsterley
and District
Eisteddfod

Committee. To commemorate 60 years of the event we are researching its history and gathering some memories people have, hoping to write a book on the history of the festival.

Do you have any memories of the Eisteddfod? It could be taking part yourself, watching the festival or memories of family members being involved. Newspaper clippings, anecdotes, schedules and/or programmes would be brilliant to aid our research.

Please let us know! We are especially interested in the early days of the Eisteddfod, the 1960s and 1970s. There were small Eisteddfod events held in the 1920s within the mining communities in and around Snailbeach, likely connected to the chapels of the area. We have very little information to go on about these events except a trophy shield donated to our event in the 1960s and some small snippets from local history books.

If you have anything that will help our research please could you contact me, Caroline at minsterleyeisteddfod@gmail.com or call **01743 792967** after 6pm please.

It will be very much appreciated.
Thank you,
Caroline Holloway.

APPLE DAY SATURDAY 2nd OCTOBER 11am till 3pm

HOPE VILLAGEHALL
Due to ongoing concerns about Covid the Village Hall Committee has sadly decided that, as in 2020, we shall only be collecting apples for professional juicing this year. We welcome amounts of up to 30kgs/66lbs of hand-picked eating apples to be brought to the Hall between **11.00am and 3.00pm.**

We very much hope that you will take this opportunity to turn your surplus apples into tasty additive free juice and that our normal Apple Day event can be resumed next year.



**Enquiries to Susan or
Alistair on
01743 8914985 or email
s.jbates@yahoo.co.uk**

Some observations on growing old

- Age is a very high price to pay for maturity. ~Tom Stoppard
- At my age "getting lucky" means walking into a room and remembering what I came in for. ~Author Unknown
- Age is something that doesn't matter unless you are a cheese. ~Luis Buñuel
- I don't let my age define me but the side-effects are getting harder to ignore. ~Author Unknown
- Life's tragedy is that we get old too soon and wise too late. ~Benjamin Franklin
- Middle age is when you're sitting at home on a Saturday night and the telephone rings and you hope it isn't for you. ~Ogden Nash
- We don't stop playing because we grow old; we grow old because we stop playing. ~George Bernard Shaw
- Old age is always ten years older than me. ~Author Unknown
- At my age I've heard it all; I've seen it all; and I've done it all. I just can't remember it all. ~Author Unknown
- Old age is not so bad when you consider the alternative. ~Maurice Chevalier

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Using garden tools - seniors beware
When using a chain saw it is essential to wear the correct safety equipment. A full suit of armour should be enough.



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AUTUMN

As we say goodbye to summer, I have a little tear
The long, hot sunny days will be gone for yet another year
Sunbeds and parasols will soon be just a dream
Barbecues, and picnics too, sadly it would seem
So farewell summer days, it's really been a blast
Made some lovely memories of this sunny season past

But oh, just wait, autumn's on it's way
Something to look forward to, as we can still go out to play
The leaves will alter colour, to browns and reds and gold
Lovely shades of orange and russet, such a beautiful sight to behold
The air will change, we will start to feel the chill
Time to wrap up warm, and enjoy natures gift at will

Long walks through the woods, as the leaves do fall
Running about, trying to catch them all
This turns my mind to foraging, getting fruits galore
I can get busy, making jams and chutneys and so much more
And bonfire night, a favourite of mine
With baked potatoes and soup on which we will dine

So I pack away my flip flops, my boots are now my fave
Goodbye strappy dresses as I give them a little wave
I realise we are lucky, so give a little cheer
As we get to see nature changing throughout the year
So no more tears, I have dried them all
Shouting welcome Autumn, let's have a bloomin' ball

By Joanne Swain, September 2021

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Is online banking a good idea for seniors?

One of the biggest complaints about banks today that nobody is interested in the customer. With online banking this is not the case. The moment you log on, the chances are that someone somewhere is very interested in you and is eagerly trying to hack into your account.



But beware, if the extent of your home technology is a portable typewriter then online banking is no more accessible than the summit of Everest on your mobility scooter.



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Notes from the hill

Although we have had a few showers of late, the hill has been very dry and we have already had one wildfire in Mytton Dingle, which was thankfully, speedily put out by the fire service. It is always a worry at this time of year before the winter rains set in and I urge everyone to be vigilant and to contact the fires service if fires are seen on or close to the site.



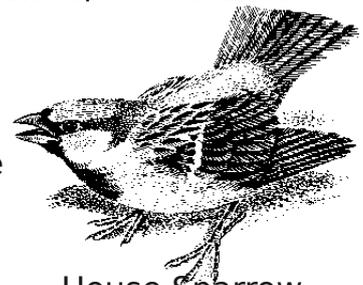
House Martin

I was just walking down to have a look at the fire site and was struck by the large numbers of swallows and house martins feeding over the hill sides at the moment. Admittedly they were mostly house martins as the number of swallows seems to be much reduced this year. This has been noticed by many people across the UK and could be for a variety of reasons, but most likely an issue on their hazardous migration from Africa to England. Many of the likely causes may well be down to climate change, such as lack of water crossing the middle east or human actions such as reduced insect populations, pesticides

or hunting and trapping. One ray of hope is that the numbers of swallows did go very low in the eighties and has since recovered.

Another threat that was affecting migratory birds was the harvesting of olives at night-time where the lights were attracting the birds that then got sucked into the machinery. This largely unreported occurrence was happening on such a vast scale that it was estimated that up to 2.6 million birds were killed annually in Spain and Portugal, just so that we could have cheap olive oil. Fortunately, in 2020, due to international pressure, this practice has now been banned throughout Spain and Portugal.

The main bird I was seeing in Mytton Dingle was the house martin which, at least on my house, has this year seen several nests producing two broods and it will be families like these that are now feeding up in preparation for their migration back south of the Sahara. One of the potential issues for house martins, as I can witness first-hand, is the competition for nest sites with house sparrows. I regularly hear the fights between these two species outside of my bedroom window, which usually occurs when the house martins have almost finished their nest building and the hole is not quite small enough to prevent the sparrows entrance. The sparrows then make their move, trying to oust the martins in their bully-boy style. In the morning I know if they have won as they will have stuffed the nest untidily with bits of dead grass, as if they are waving their victory banner. If they haven't won, then the martins will soon reduce the size of the hole, so they are safe from eviction for this year.



House Sparrow

Both the swallow and house martin feed almost entirely on flying insects and do particularly well in areas with extensive beef and dairy farms. The increasing movement to intensive livestock rearing, land drainage and pesticide use all reduce the number of insect prey available for them to feed on.

The nature reserve is full of flies at the moment, much to the annoyance of our Exmoor ponies that spend most of the day nose to tail swishing each other's face with their tails. One of the flies that can be found on the Stiperstones, the St. Mark's fly, is a specialised upland heathland species as it is the red-thighed St Mark's fly, also known as the heather fly. It has a very long flight period from May to October and so should provide plenty of food for those hungry swallows and martins.

Simon Cooter for Natural England staff at Rigmooeak.



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Should seniors join Friends Reunited?

You will meet up with someone at whom you stared longingly across the playground only to find them a complete disappointment. Or you will discover that the school bully has done rather well for himself shattering the delusion that he would amount to nothing as the headteacher always predicted.



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Do you remember Pole Cottage on the top of the Longmynd?

My only memories are of the tin shed erected after the cottage was destroyed by fire in the late 60's. The night section of the Longmynd Hike involved following an indistinct path from Medlicott Cottage to this shed where hot drinks and often supporters awaited us. On my first attempt no one had told me about the pools used as 'duck blinds' in the hunting season which lurked close to the path. Of course I found one as many hikers have done since.

Some local older people remember walking from Pontesbury to the Mynd to pick whimberries. The cottage and the nearby shooting boxes were good meeting points for pickers to sup their tea and eat their sandwiches.

'Our Common Cause' is a national project aimed at improving our knowledge of the histories of the large areas of common land like the Longmynd and Stiperstones spread across the country. Evidence of the users of this land date back 3000 years to the bronze age barrows, 2000 years to the iron age forts, 1000 years to the hunting forests and motte and bailey castles of the Normans and through the legal battles and rangles between land owners, authorities and commoners to the present day.

Norbury Village Hall hosted an introductory meeting to encourage anyone with time and interest to get involved in extending this knowledge through research and field work. We were fascinated to see an early photograph of Mr Humphries (ex landlord of the Stiperstones Inn) and his dogs with famed 'spy' Max Wenner of Betchcott Hall.

If you have any memories or written information about Pole Cottage or would like to get more involved in this 2 year archaeological project please contact Janine Young or Viviana Caroli from the National Trust

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Seniors don't try the self service check-out

The stupid thing will allege that 'there is an unexpected thing in the bagging area' and stop working.

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All the alcohol you buy will have to be authorised by this same assistant - who will obviously think you are drinking too much.



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Seasoned Logs for Sale

Some more serious tips for us all, old or young from Age UK

1. Watch what you eat and drink

Having a balanced diet is crucial for good health, energy and preventing illness. An ideal diet should be low in saturated fat, with lots of fruit and vegetables, wholegrains, oily fish, and small amounts of low-fat dairy and lean meat.

Don't forget to top-up with lots of water to avoid dehydration, If you drink alcohol, keep at least two days per week booze-free.



2. Look after your teeth

Brush your teeth twice a day and floss daily. Floss helps to prevent gum disease by removing pieces of food and plaque from between the teeth.

If it's left to build up you might notice sore or bleeding gums, and gum disease can also be linked to diabetes, strokes, heart disease and rheumatoid arthritis.

3. Stay active

Daily exercise helps you to stay strong and healthy. This will lower your risk of obesity, heart disease, stroke, diabetes, and even cancer. If that wasn't enough, staying active can boost your self-esteem, improve your sleep, and give you more energy.

4. Make the most of your doctor

It's a good idea to get some routine tests done at the doctors to check your blood pressure and cholesterol levels. High readings increase your risk factor for stroke and heart disease but many problems are completely reversible with medication.

5. Get a vitamin boost

Lots of people have a vitamin D deficiency and don't know it. In fact, it's estimated that it affects half of the adult population. Vitamin D deficiency has been linked to cognitive impairment, bone problems and also cardiovascular disease.

Try to get outside in the sunshine for at least 15-20 minutes a day. for a vitamin D boost.

6. Take care of your feet

Look after your feet by applying moisturiser to prevent dry skin and cutting your toenails straight across. Make sure you have footwear that fits properly and supports your feet.

If they're sore you may be tempted to stay in slippers, but a pair of trainers could be a good option as they are more supportive.

7. Sort out your sleep

Many of us have trouble getting – or staying – asleep as we get older. This can leave you feeling tired and grumpy.

Avoid insomnia by cutting down on daytime naps, establishing a bedtime routine and going to bed at the same time each night.

8. Take the tests

As we age our hearing and eyesight can be affected, so it's important to get them checked regularly.

Hearing loss is common in older people so see your doctor if you have to have the TV on loud or having trouble tuning into conversations. If you need a hearing aid, some are available on the NHS.

9. Stay in touch

Spending time with other people can prevent you from feeling lonely or anxious. If you find that you are no longer able to do the things you used to do, try to develop new hobbies and interests or think about becoming a volunteer.

10. Give up smoking

If you didn't know it already, let us repeat it: smoking is bad for your body and your brain.

Village Hall News

Things are returning to normal with some of the regular activities at the hall restarting, brass band practice on Monday evenings (term times), yoga on Tuesday evenings and fitness class on Wednesday evenings. The hall is available at other times so if there are others who want to lead groups or activities then please get in touch. A booking form will be included in the November SDN.



The hall AGM is scheduled for 3 November at 7.30.

Please come along if you are interested in joining the committee and helping with the running of the hall and play area. Other upcoming events at the hall include:

Sunday 17 October 4.00pm – Live acoustic blues music with Harpmeister and Robin Bibi, £10 entry on the door;

Thursday 18 November 7.30pm – Sarah McQuaid, Singer, <https://sarahmcquaid.com/>

Saturday 27 November 11.00-3.00 Christmas Fayre, sellers to contact Pam Bickley to book tables;

Sunday 12 December carol singing with the brass band at 3pm.

New hall hire rates will take effect from 1 November as follows:

A refundable deposit of £50 is required for all events with catering and/or a bar to cover against damage or cleaning charges.

The grounds and play area sub-committee have prepared an update on the hall wildflower verges project and play area improvement, see elsewhere in SDN. Some building maintenance works will also be taking place at the hall.

Julian Bromhead, Chairman
SVHchairman@outlook.com

Snailbeach Play Area – Ideas Wanted

The Village Hall has some funds it would like to spend on improvements to the Snailbeach Play Area and we would really like suggestions as to what people think would enhance the area. Funds are limited so we have to choose one item or choose to save up with help of grants for a future bigger project. We would love to hear especially from people who live locally to the Play Area and also to the youngsters in the Village who might use the area. If you have any thoughts please get in contact with Anne-Marie Flemming, Ray Harper, Jenny Mix or Anita Evans or any member of the Village Hall Committee.

THE SNAILBEACH VILLAGE HALL WILDFLOWER PROJECT

The idea for the wildflower verge was first floated by Patrick Marks of Lower Works, who had a wildflower area in his garden in Norfolk and is now starting another outside his house. Following positive feedback about the idea from locals the Village Hall was approached to get involved. Subsequently a meeting with Ecologist, Gary Price took place and the Village Hall agreed to go ahead with a plan to create a wildflower verge.



The Village Hall was given advice about how to create a wildflower hay meadow by Richard Small of the Marches Meadow Group who met with members of the Village Hall Committee and had a look at the verges. The grassy bank in front of the Village Hall had been left to grow over summer and Richard thought there were already approximately 20 species of wildflowers and grasses here. The plan for this area, therefore, is to leave it to grow and naturalise, then just cut it back each year at the end of August, raking away the hay to keep nutrients as low as possible, and possibly introducing some Yellow Rattle if needed.

The long verge next to the Mine Truck by the car park, running down to Halven Bridge where there is only a thin layer of infertile soil, ideal for wildflowers, was to be treated differently however and demanded much more hard work. We were advised to scarify the ground to expose topsoil after the grass had been cut and the seed had fallen. We would then introduce some new varieties of wildflower. Richard kindly donated seed from his wildflower meadow in Pennerley and the Village Hall also purchased a wildflower seed mix containing 26 different indigenous wildflower species to add to this. This will provide a colourful mix of butterfly and bee friendly pollinators throughout the summer months.



The first stage of the project saw locals cutting back the long grass on the verges with a combination of scythes and strimmers. A couple of days later, after the flower seed had dropped, more volunteers raked away the grass. The following Saturday a small team of locals then scarified the area by the Mine Truck, raked away more grass and thatch, sowed seed mixed with builders sand, then pressed the seed in using a roller brought along by Harry Coyle and Celyn of 'P&H Landscaping'. Genevieve Tudor popped down to provide publicity about the project by doing radio interviews and kept the workers supplied with cake, which was mainly consumed by the youngest volunteers of the day.

Since the 1940's 97% of traditional hay meadows in England have disappeared. During the Lockdowns last year many councils allowed wildflowers to bloom on verges, saving on mowing expenses and prioritising the work of employees to other areas. Many councils are likely to now monitor the effect of letting verges grow and may continue with this strategy to encourage wildflowers.

This project has been a steep learning curve for all involved but we very much hope in the years to come that, along with the Mine Truck which already looks spectacular, the wildflowers will help to create a beautiful entrance to Snailbeach as well as being vitally important to pollinators and supporting the environment.

Thank-you to all involved at the various stages of this project. If you would like to find out more about hay meadows the Marches Meadow Group is a good place to start: www.marchesmeadowgroup.com

from Anita Evans



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Patricia Evans

Patricia has always had a passion for painting and a love of nature, which is reflected in her choice of subjects. She paints in Watercolour and Pastel and is particularly inspired to paint the atmospheric moods of the landscape.

Phil Petford

Philip has worked as an artist for over 25 years. He works in acrylic and oils mainly but also watercolours from time to time. His love of wildlife and countryside scenes is reflected in his work for these are the scenes which interest him most.

Roy Evans

Roy produces pots that have bold design and strong forms, with earthy colours. In contrast, he likes working in porcelain, producing fine delicate pieces with subtle colours and shades, but still with a functional purpose.

Noel Evans

Noel has always had a connection with and has been inspired by the diversity of the wonderful Shropshire landscape. Noel also undertakes Publishing and Giclee printing work for other artists, which comes complete with a professional and friendly service.

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Upcoming Events

Knitter Natter

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OCTOBER

Big Money Bingo

8.00pm Monday 18th October

Sundays are for Stories

at
The Stiperstones Inn

8.00pm Sunday 24th October

Stories by firelight in
The Stiperstones Inn's Beer Garden

Unlocked

Fran O'Boyle

Placenames and the stories behind them. Fran O'Boyle takes a look at some of the placenames from around the British Isles and how they came to be.

Many of them have become obscure due to language changes and mis-spelling by map makers.

Fran intends to take a look at some of them and unlock the stories within them.



Pub Quiz

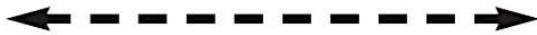
8.00pm Monday 25th October

How are you and the new mobile phone getting on. One thing you seniors can be sure of is that whenever you really need it you won't be able to. The battery will be flat or there won't be a signal.

At the Stiperstones Inn the only EE signal is next to the cage containing the LPG gas bottles, where you often find customers aimlessly pointing their phones to the skies. It seems that Shropshire has a poorer signal than halfway up the Himalayas.



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*If you don't take care
of your body, where
are you going to live?*

Winter, with receding daylight hours, always tends to put more pressure on bandwidth in a family household – whether that's due to online shopping, streaming services for films and TV, or connecting online with family and friends.

Fortunately, the government is determined to get to grips with delivering improved broadband, especially to rural and hard to reach areas, which is set out in the National Infrastructure Strategy.

More than a third of UK premises now have access to gigabit-capable connections, up from 9% in July 2019 (when Boris Johnson became Prime Minister). But here in South Shropshire, a mere 5.5% of us can access such speeds.

While gigabit broadband, with download speeds of up to 1,000Mbps, is not necessarily needed by every household, it does show we have a long way to go to meet the government's target of a minimum of 85% gigabit capable coverage across the UK by 2025, with a rollout of as close to 100% as soon as possible after that.

That is not to say broadband in South Shropshire has not improved. Superfast broadband is now available to 80% of households and businesses here, and the average download speed for the constituency is 38.6Mbps. But we lag behind the UK average, thanks to faster commercial rollout and gigabit speeds in urban areas. So we need to see a step change improvement.

The good news is that the government committed to target rural areas for better broadband, when announcing earlier this year that Shropshire and Telford would be within the first phase of the national Gigabit Programme. This is being delivered by BDUK, who are consulting regularly with Connecting Shropshire on what needs to be done to start the roll-out to ensure this upgrade work progresses as quickly as possible.

For some users, their experience of broadband at home does not match the speeds they were led to believe they would receive when purchasing their contract. Ofcom recognised this as a problem, and have taken steps to ensure broadband providers advertise realistic speeds. If your service doesn't deliver the speeds you were promised by your provider, get in touch with them. If the problem is on their network and they can't fix it within 30 days, they must let you leave your contract without having to pay an early exit fee. Ofcom's guidance for switching can be found here: <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/switching/switching-broadband-provider>.

I am also aware of some persistent issues of poor mobile signal in South Shropshire, which prove doubly frustrating, given it is now possible to access home broadband via a 4G or 5G hub, if your signal is good enough – potentially eliminating the need for a fibre broadband contract altogether, depending on your usage and speed requirements.

The government has signed a £1bn deal with Mobile Network Operators (MNOs) to deliver a Shared Rural Network – sharing investment costs to increase 4G mobile coverage throughout the UK to 95 per cent by the end of 2025, irrespective of what network provider people use. Operators have already announced the first 333 upgrades and 54 new sites in England – with 8 more masts in South Shropshire from EE. The Department for Digital, Culture, Media and Sport will shortly be announcing the next stage of the programme.

The pandemic has proved the need for good mobile and broadband coverage, irrespective of whether we live in rural or urban areas. So this investment in South Shropshire's digital infrastructure is extremely welcome. It will transform the ability for many of us to work where we live. I shall continue to press our case for rural roll-out

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	4		6	2		9	1	5
	2				5	8		3
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9		6	7				2	
4	8	5		9	2		7	
	7	2	8	4		5		9

Now for some tricky sums
 What is half your age?
 How many children do you have?
 What is the date today?
 How many old pennies in half a crown?

						7		
4	5	7	3	2			1	
3				8		4		6
	8				3		9	
	9		1				7	
6		9		7				5
	7			6	5	9	3	2
		5						

I grew a beard thinking it would say "Distinguished Gentleman." Instead, turns out it says, "Senior Discount, Please!"

A diplomat is a man who always remembers a woman's birthday but never remembers her age.

I tried to explain to my 4-year-old son that it's perfectly normal to accidentally poop your pants, but he's still making fun of me.

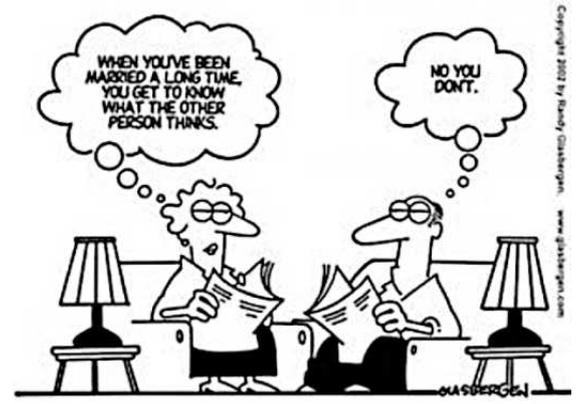
I always feel better when my doctor says something is normal for my age but then I think dying will also be normal for my age at some point.

Everyone my age is older than me...

I like older men because they've gotten used to life's disappointments. Which means they're ready for me.

They tell you that you'll lose your mind when you grow older. What they don't tell you is that you won't miss it very much.

I'm at the age where I have to make a noise when I bend over. It's the law.





A few tips for seniors using telephone call centres.
Always set aside plenty of time for your call. This is not a task to be undertaken in a hurry. Have suitable provisions handy - sandwiches, thermos, pyjamas etc.

Put yourself in a calm frame of mind before making the call.

Think of distant shores or mountain streams.

Hum along to the muzak. Not only will it keep you cheerful, it will help drown it out.

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Heather's Report for September

AMBULANCES. Following the recent announcement concerning ambulance stations in Shropshire, I will be challenging the Ambulance service at a joint meeting of Shropshire Council and the Health Authority shortly.

Heather Kidd

Local Shropshire Councillor
for
Chirbury & Worthen
including Snailbeach and
Stiperstones

Telephone: 01938 561 651

Mobile: 07980 635 518

Email:

heather.kidd@shropshire.gov.uk

Facebook: Heather Kidd

www.heatherkidd.org.uk

The meeting will be looking at the closure of Ambulance stations such as Craven Arms. This impacts on the welfare of our much-valued paramedics, denying them access to basic requirements such as toilets during long shifts. We will also look again at the service's poor response times.

Rural South West has had a long history of poor response times and we know that by the end of the day our ambulances are being called away and used in Wolverhampton and Birmingham after they deliver Shropshire patients there. This leaves us with poor ambulance cover here and people facing several hours wait for an essential service.

The ambulance site in Craven Arms, as a site in public ownership, should be retained for public benefit IF the ambulance station closes. For example, this site would be ideal for affordable homes to help address the dire need in our area.

SHOPPING CENTRES IN SHREWSBURY The value of the Shopping Centres bought by Shropshire Council a few years ago has now shrunk to £12.8 million (from £51M). Now the Shirehall move to Pride Hill has been abandoned - more money wasted!

Best wishes

Heather

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 N R J E B M O B A V K L P N C O L R R O A M I W
 T X C N B Z F C N Y E L S E R P S I V L E M V V
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- | | | | |
|-------------------|------------------|-------------------|--------------------|
| A-Bomb | Alan Freed | Alfred Hitchcock | Automobile |
| Baby Boom | Beatniks | Blacklist | Bus Boycott |
| Civil Rights | Communism | Consumerism | Disneyland |
| Eisenhower | Elvis Presley | GI Bill of Rights | Integrated Circuit |
| Khrushchev | Korea | McCarthy | Mickey Mantle |
| Nuclear Submarine | Polio Vaccine | Ray Kroc | Sexual Revolution |
| Sputnik | Suburb | Suez Canal | Television |
| Truman | Watson and Crick | | |

wordmint.com



Coloringpagesonly.com

Bring back village hall parties!

A quiz for older football supporters - which team did these greats play for in 1950s cup finals?

- 1.. Stanley Matthews
2. Bert Trautman
3. Jackie Milburn
4. Ronnie Allen
5. Nat Lofthouse
6. Jackie Blanchflower
7. Denis Compton
8. Billy Liddle
9. Joe Mercer
10. Tommy Docherty



- 1 Blackpool
- 2 Manchester City
- 3 Newcastle United
- 4 West Bromwich Albion
- 5 Bolton Wanderers
- 6 Man United
- 7 Arsenal
- 8 Liverpool
- 9 Arsenal
- 10 Preston North End

Computer Problems?



Friendly local IT support for home and small businesses: South Shropshire area
We can resolve most issues quickly and conveniently at your location.

Hardware & Software support
Troubleshooting, repairs & upgrades
Custom set up of : laptops, PC's & Tablets
WIFI and cabled network configuration
Broadband and internet issues
Malware and Virus removal
Security software setup
File rescue / data recovery
Printer issues
Backup solutions
Mobile service to your door
Remote support

Setting up a PC out of the box can be challenging, it often ends up in confusion resulting in a machine that is a pain to use. The manufacturers don't make it any easier, bombarding the user with multiple choices and unnecessary software.

By enabling easy access to the things that you like and frequently use and by placing the things that you don't need or use out of the way, we can provide you with a system that is secure, simple to operate and customised to your specific needs.



Contact: Rob
Tel: 01588-650567
Mobile: 07765-240718
Email: robwestonnet@aol.com

And finally how do seniors stop young people complaining about their lot.

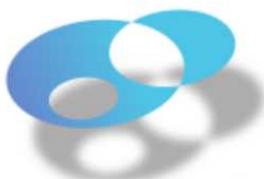
Remind them that we had to put up with: bread and dripping, Cilla Black, coal tar soap,, semolina, Latin, corporal punishment, outside toilets, the nit nurse, meat paste, NHS specs, and Margaret Thatcher.



Investment Planning
Retirement Planning
Inheritance Tax
Planning
Intergenerational
Planning
Mortgages

It's important you make the right decisions.

With over 30 years experience, we offer friendly professional advice on a wide range of financial services.



**lewis wealth
management**

Lewis Wealth Management Limited.
St. James's House, Anchorage Avenue,
Shrewsbury SY2 6FG
Office: 01743 444 700
Mobile: 07967 430 392
Email: Neil.Lewis@sjpp.co.uk
Web: lewiswealthmanagement.co.uk

Your home may be repossessed if you do not keep up repayments on your mortgage.



Your Safer Neighbourhood Team are:

SGT 2382 Damien Kelly

PC 3331 Stuart Coote

PCSO 6160 Shaun Culliss

SC 39516 Amber Jones

Emergency: 999

Non Emergency: 101

Crime stoppers: 0800 555 111

Website: www.westmercia.police.uk

Twitter: @SouthShropCops

Facebook: Bishops Castle Policing Team Rural Watch

Email address:

bccar.snt@westmercia.pnn.police.uk

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

14th August 2021 – 15th September 2021

Theft of livestock

Roughly 70 x Cheviot Lambs and 20 x Cheviot Ewes stolen. Ear tag number UK305057 On land near to Hope Valley and Shelve.

Stolen over the summer period, flock counted in September.

Dogs worrying livestock on agricultural land 5 ewes found with bite wounds, vet identified the bites to be from a dog

Land near Rhadley Hill, Nind.

Occurred on the morning of 28th August.

Harassment Worthen

Theft in dwelling Domestic related
Wotherton

Assault x2 Wotherton

Key Phone Numbers

NHS Help

111

Worthen Medical

01743 891 401

Pontesbury Medical

01743 790 325

Shropshire Council

0345 678 900

Care in the Community

0121 318 5138

Citizen's Advice

0344 499 1100

Rural Support

0300 123 2825

Age Concern 01743 233

123

Samaritans (Free)

116 123

Western Power

(Power Cut) 105

Severn Trent (emergency)

0800 783 4444

British Gas

0800 111 999

Universal Credit

0800 328 5644

Child Benefit

0300 200 3100

Pensions

0800 731 0469

HMRC Covid 19 support

0800 024 1222

Care in the Community

0121 318 5138

Minsterley Motors

Telephone 01743 791208

552/553 Shrewsbury to Bishops Castle

Monday to Friday

Notes (SCH - School Days Only)												SCH			SCH			
BUS STATION, Stand N	07:35	08:10	08:50	10:05	10:25	11:00	12:00	12:30	13:30	14:00	14:35		15:45	16:25	16:25	17:00	17:40	18:10
Cophome Rd, opp Barracks	07:42	08:17	08:57	10:12	10:32	11:07	12:07	12:37	13:37	14:07	14:42		15:52	16:32	16:32	17:07	17:47	18:17
Shrewsbury Hospital			09:02	10:17	10:37		12:12	12:42	13:42	14:12		15:57	16:37		17:12	17:52		
Radbrook Oakfield Rd Jct	07:47	08:22				11:12					14:47				16:37		18:22	
Hanwood, Caradoc View Jct	07:52	08:27	09:07	10:22	10:42	11:17	12:17	12:47	13:47	14:17	14:52	16:02	16:42	16:42	17:17	17:57	18:27	
Hanwood, Cock Inn	07:54	08:29	09:09	10:24	10:44	11:19	12:19	12:49	13:49	14:19	14:54	16:04	16:44	16:44	17:19	17:59	18:29	
Lea Cross, adj Jct	07:57	08:32	09:12	10:27	10:47	11:22	12:22	12:52	13:52	14:22	14:57	16:07	16:47	16:47	17:22	18:02	18:32	
Mary Webb		08:36 SCH										15:20						
Pontesbury, opp Shop	08:03	08:38	09:18	10:33	10:53	11:28	12:28	12:58	13:58	14:28	15:03	15:21	16:13	16:53	16:53	17:28	18:08	18:38
Minsterley, adj crown & soe ptre	08:07	08:42	09:22	10:37	10:57	11:32	12:32	13:02	14:02	14:32	15:07	15:27	16:17	16:57	16:57	17:32	18:12	18:42
Plox Green, Crossroads	08:09			10:39	10:59	11:34	12:34	13:04	14:04	14:34		15:29	16:19	16:59	16:59	18:14	18:44	
Snailbeach, Village Hall					11:01				14:06			15:32	16:21		17:01		18:46	
Stiperstones, adj Pub					11:05				14:10			15:35	16:25		17:05		18:50	
Hope	08:15			10:45			12:40			14:40					17:05		18:20	
Gravels	08:19			10:49			12:44			14:44					17:09		18:24	
White Grit, Jct	08:23			10:53			12:48			14:48					17:13		18:28	
Llan Turn Jct	08:27			10:57			12:52			14:52					17:17		18:32	
Lydham Glebe Meadow Jct	08:31			11:01			12:56			14:56					17:21		18:36	
Bishops Castle Salop Street jct	08:33			11:03			12:58			14:58					17:23		18:38	
Bishops Castle, adj Boars Head	08:35			11:05			13:00			15:00					17:25		18:40	

From 6th January 2020

552/553 Bishops Castle to Shrewsbury

Monday to Friday

Notes (SCH - School Days Only)			SCH		SCH													
Bishops Castle, opp Boars Head				07:30				09:40			12:20	13:30			15:40			
Bishops Castle Salop Street Jct				07:32				09:42			12:22	13:32			15:42			
Lydham Glebe Meadow Jct				07:36				09:46			12:26	13:36			15:46			
Llan Turn Jct				07:40				09:50			12:30	13:40			15:50			
White Grit, Jct				07:44				09:54			12:34	13:44			15:54			
Gravels				07:47				09:57			12:37	13:47			15:57			
Hope				07:50				10:00			12:40	13:50			16:00			
Stiperstones, opp Pub	06:50	07:20	07:50		08:23				11:15				14:35		16:50			
Snailbeach, Village Hall	06:54	07:24	07:54		08:27				11:19				14:39		16:54			
Plox Green, Crossroads	06:56	07:26	07:56	07:56	08:30			10:06	11:21	11:55	12:46	13:05	13:56	14:41	16:06	16:53		
Minsterley, opp crown & soe ptre	06:58	07:28	07:58	07:58	08:33	08:50	09:25	10:08	11:23	11:57	12:48	13:07	13:58	14:43	15:10	16:08	16:58	17:35
Pontesbury, Hall Bank	07:03	07:33	08:03	08:03	08:37	08:55	09:30	10:13	11:28	12:02	12:53	13:12	14:03	14:48	15:15	16:13	17:03	17:40
Mary Webb					08:40										15:26 SCH			
Lea Cross, Opp Jct	07:08	07:38	08:08	08:08		09:00	09:35	10:18	11:33	12:07	12:58	13:17	14:08	14:53	15:30	16:18	17:08	17:45
Hanwood, Cock Inn	07:11	07:41	08:11	08:11		09:03	09:38	10:21	11:36	12:10	13:01	13:20	14:11	14:56	15:33	16:21	17:11	17:48
Hanwood, Caradoc View Jct	07:13	07:43	08:13	08:13		09:05	09:40	10:23	11:38	12:12	13:03	13:22	14:13	14:58	15:35	16:23	17:13	17:50
Radbrook Oakfield Rd Jct	07:18		08:18							12:17					15:40			
Shrewsbury Hospital		07:48		08:18		09:10	09:45	10:28	11:43		13:08	13:27	14:18	15:03		16:28	17:18	17:55
Cophome Rd, adj Barracks	07:23	07:53	08:23	08:23		09:15	09:50	10:33	11:48	12:22	13:13	13:32	14:23	15:08	15:45	16:33	17:23	18:00
Bus Station Stand N	07:30	08:00	08:30	08:30		09:22	09:57	10:40	11:55	12:29	13:20	13:39	14:30	15:15	15:52	16:40	17:30	18:07

From 6th January 2020





Saturday

08:00	08:35	10:05	10:45	12:30	13:45	14:45	15:40	17:00	17:40
08:07	08:42	10:12	10:52	12:37	13:52	14:52	15:47	17:07	17:47
08:12	08:47	10:17	10:57	12:42	13:57	14:57	15:52	17:12	17:52
08:17	08:52	10:22	11:02	12:47	14:02	15:02	15:57	17:17	17:57
08:19	08:54	10:24	11:04	12:49	14:04	15:04	15:59	17:19	17:59
08:22	08:57	10:27	11:07	12:52	14:07	15:07	16:02	17:22	18:02
08:28	09:03	10:33	11:13	12:58	14:13	15:13	16:08	17:28	18:08
08:32	09:07	10:37	11:17	13:02	14:17	15:17	16:12	17:32	18:12
08:34	09:09	10:39	11:21	13:04	14:19	15:19	16:16	17:38	18:14
	09:12				14:21			17:40	
	09:15				14:25			17:45	
08:40		10:45				15:25			18:20
08:44		10:49				15:29			18:24
08:48		10:53				15:33			18:28
08:52		10:57				15:37			18:32
08:56		11:01				15:41			18:36
08:58		11:03				15:43			18:38
09:00		11:05				15:45			18:40

Saturday

	07:30		09:30		12:15			15:50	
	07:32		09:32		12:17			15:52	
	07:36		09:36		12:21			15:56	
	07:40		09:40		12:25			16:00	
	07:44		09:44		12:29			16:04	
	07:47		09:47		12:32			16:07	
	07:50		09:50		12:35			16:10	
07:05		09:20						14:45	
07:09		09:24						14:49	
07:11	07:56	09:26	09:56	11:40	12:41	14:00	14:51	16:16	16:55
07:13	07:58	09:28	09:58	11:42	12:43	14:02	14:53	16:18	16:57
07:18	08:03	09:33	10:03	11:47	12:48	14:07	14:58	16:23	17:02
07:23	08:08	09:38	10:08	11:52	12:53	14:12	15:03	16:28	17:07
07:26	08:11	09:41	10:11	11:55	12:56	14:15	15:06	16:31	17:10
07:28	08:13	09:43	10:13	11:57	12:58	14:17	15:08	16:33	17:12
07:33	08:18	09:48	10:18	12:02	13:03	14:22	15:13	16:38	17:17
07:38	08:23	09:53	10:23	12:07	13:08	14:27	15:18	16:43	17:22
07:45	08:30	10:00	10:30	12:14	13:15	14:34	15:25	16:50	17:29

745 Mondays and Fridays only

Pontesbury to Clun 745 A		Ludlow to Clun 745 B	
Pontesbury Shop	08:50	Ludlow Assembly Rooms	13:15
Minsterley	08:55	Craven Arms	13:30
Hope	09:00	Long Meadowend	13:35
Gravels	09:03	Aston on Clun	13:37
White Grit	09:05	Lydbury North	13:50
Lydham	09:10	Little Brampton	14:00
Bishops Castle	09:15	Clunton	14:02
Colebatch	09:20	Clun	14:05
Clun	09:30		
Clun to Ludlow 745 B		Clun to Pontesbury 745 A	
Clun	09:35	Clun	14:10
Clunton	09:38	Colebatch	14:20
Little Brampton	09:40	Bishops Castle	14:25
Lydbury North	09:50	Lydham	14:30
Aston on Clun	10:03	White Grit	14:35
Long Meadowend	10:05	Gravels	14:37
Craven Arms	10:10	Hope	14:40
Ludlow Assembly Rooms	10:25	Minsterley	14:45
		Pontesbury	14:50

Does not run on Bank Holiday except Good Friday

775 Tuesdays only

Pontesbury to Bishops Castle 775 A		Newtown to Bishops Castle 775 B	
Pontesbury Shop	09:30	Newtown	13:50
Minsterley	09:35	Kerry	14:00
Plox Green	09:38	Sarn	14:10
Hope	09:40	Blue Bell	14:15
Gravels	09:45	Church Stoke	14:20
White Grit	09:48	Bishops Castle	14:35
Llan Turn	09:51		
Bromleys Mill	09:55		
Lydham	09:57		
Bishops Castle	10:00		
Bishops Castle to Newtown 775 B		Bishops Castle to Pontesbury 775 A	
Bishops Castle	10:05	Bishops Castle	14:40
Church Stoke	10:20	Lydham	14:43
Blue Bell	10:25	Bromleys Mill	14:45
Sarn	10:30	Llan Turn	14:49
Kerry	10:40	White Grit	14:52
Newtown	10:50	Gravels	14:55
		Hope	15:00
		Plox Green	15:02
		Minsterley	15:05
		Pontesbury	15:10

Temporary Post Office
Stiperstones Inn
12.15 to 2.15
Tuesdays only



Snailbeach / Stiperstones

Acoustic Blues

Harpmeister

Robin Bibi

Sunday 17th October

Show Starts: 4.00pm

£10 entry on the door

Snailbeach Village Hall

Shrewsbury, Shropshire SY5 0NX

(turning off A488 south of Minsterley)

SARAH McQUAID

Lifetime Achievement Award Winner,
Ards International Guitar Festival

'One of the most instantly recognisable voices in current music ... Shades of Joni Mitchell in a jam with Karen Carpenter and Lana Del Rey.'
Trust The Doc

'Her subtle mastery onstage launches her straight into my fave shows ever.'
Huffington Post

THURSDAY 18 NOVEMBER 2021

Snailbeach Village Hall

7:30 pm (Doors 7 pm)

Tickets available from Stiperstones Inn 01743 791327

£10 in advance - £12 on the door

Photo by Phil Mitchell

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