

SNAILBEACH DISTRICT NEWS

Nov 2023
Goodbye to a friend

Free

Patrick Marks Esquire

A lover, a fighter
A put the world righter
Alarming, disarming
silly soft and charming

A singer, a bringer
A ukelele stringer
A man with flair
Too hip to be square

Unkempt, unimpressed
At times barely dressed
Yet always wearing a smile
And going the extra mile

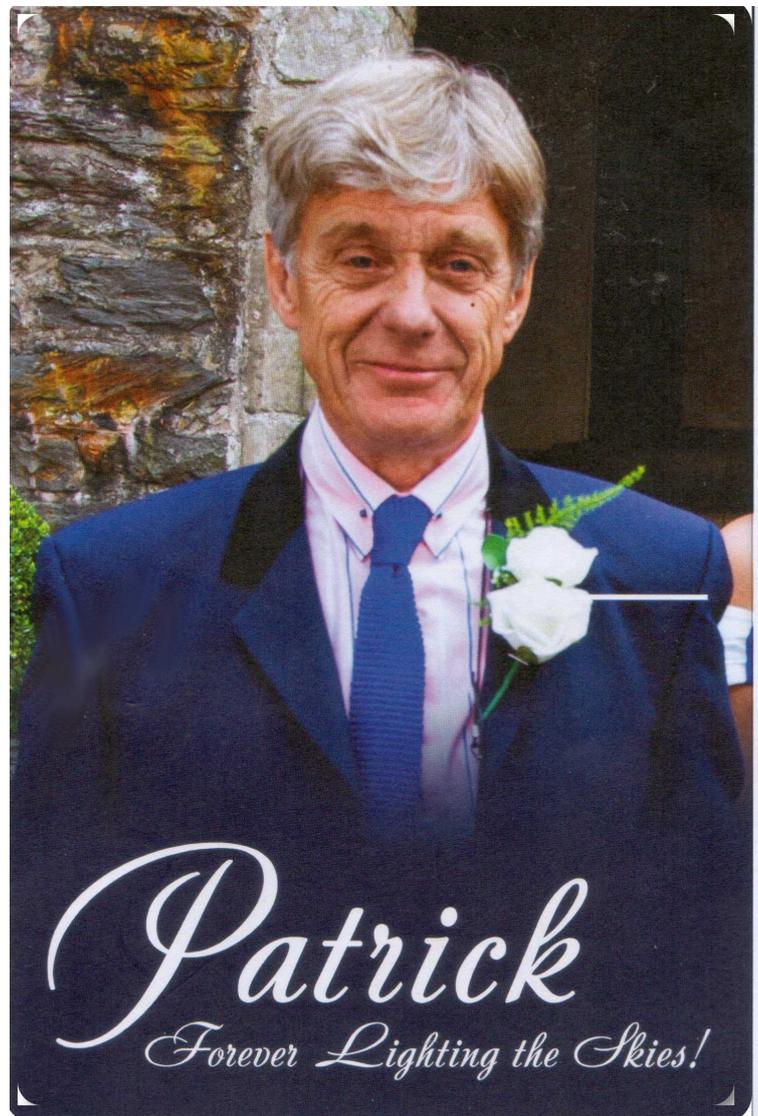
An editor, mediator
Writer, enlightener
A rocker, a blocker
A campaigner, a remainder

Berated but never hated
Loved, beloved, admired
Caring, daring, sharing
One of a kind

A player, a cad
A little bit mad
A husband, a stepdad
A Grandad, a Dad

With a glass in his hand
Illuminating the band
A friend to the end
On whom you'd depend

Here's a tribute, an ode
and one for the road...



by Avi Curley

Patrick Marks 1950 - 2023

In October's Issue

- 3. Dawdle or Dash
- 5. Notes from the hill
- 7. Shropshire Hills
- 9. Church News
- 11. Letter from Westminster
- 13. Chris Naylor
- 15. Patrick Marks
- 19. Heather Kidd
- 21. Crimewatch
- 25. Puzzles
- 27. Children's Page



"George is 90".

In September George Evans, Blackhole reached the grand old age of 90, thank you to everyone who sent cards, donations and presents for his birthday. Longmynd Travel also celebrated 50 years in business in August. Donations from birthday and Longmynd Anniversary totalled £ 400 which will be donated to Pancreatic Cancer. Many Thanks. George, Joan and all at Longmynd Travel.

We were sorry to hear of the death of Jacquie Horridge of Pennerley. She will be missed by family and friends.

Sabrina Mobile Library

The van comes to our area on alternate
Wednesdays

Hope Village Hall 1.00pm

Snailbeach Hall 2.00pm

Stiperstones Inn 2.30pm

Tankerville Pottery 3.15pm

Shelve Lower Farm 3.45pm



This is a busy time of year for me with my walking cap on. In September I helped with the Tour de Marches, a 28mile trek around the fire stations of Clun and Bishop's Castle starting and finishing at the beautiful half timbered Wistanstow Village Hall.

The first weekend in October is always Longmynd Hike time. This year's really hot temperatures did not fortunately materialise and although I kept my powder dry this time I was quite envious as many friends and a relative or two accepted the challenge - special mention for local boy Jack Breeze finishing 6th at his first attempt. In December my walking group will be coming through the village on Saturday 16th December passing by the pub in the early afternoon and of course my wife's Christmas would not be complete without me worrying as to whether too many or not enough people would turn up for the Boxing Day Dawdle or Dash - see more opposite.

With all this in mind I have collected some trivia around the world of the long distance running . Every year I am amazed at the achievements of young and old, male and female, able and disabled athletes from around the globe. It seems that whatever challenge is laid down there are those willing to exhaust themselves in proving that it can be done.

It seems that it is never too late to start and more and more evidence points to the benefits rather than the dangers of strenuous exercise into later life.

A lady called Edwena Brocklesby was on the radio the other day, she started running in her 50s and now does running, cycling and swimming events in her 50s.

Find out more at silverfit.com

Our ex postman Colin Wallsgrove called a few weeks ago with an old picture of our annual Dawdle or Dash, held every Boxing Day since 1978. I dug around in my excellently indexed archives and found a few more which I think were of the same year 1981 or 82. I think it was the year Aunty Ethel sprained her ankle and had to be carried off the hill.

Planning is already underway for this year's event, with the biggest problem how to protect the new toilet carpets from three hundred pairs of muddy feet.

As usual we are looking for helpers to spread the butties, stir the soup, park the cars, provide support and 'emergency rations' at the Devil's Chair and keep John's blood pressure down at the finish.

Once again we are asking all those who want timing on the race to enter online at sproson.com from December 1st or over the bar. More details in our December edition.



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Timothy "Tim" Davies (born 1977) is a Welsh athlete who specialises in mountain and fell running.

Davies was fifth in the World Mountain Running Trophy in 2003, also winning a silver medal at the 2004 European Mountain Running Championships in the team event alongside Andi Jones and John Brown.[2] At the European Mountain Running Championships 2006 he finished in seventh position in the individual race, just behind Jones.

Davies is a three-time winner of the Snowdon Race and in 2010 he won the British Fell Running Championships - and holds the record for the dawdle or Dash Tim is a former Royal Marine and runs a farm on the Welsh/English border.

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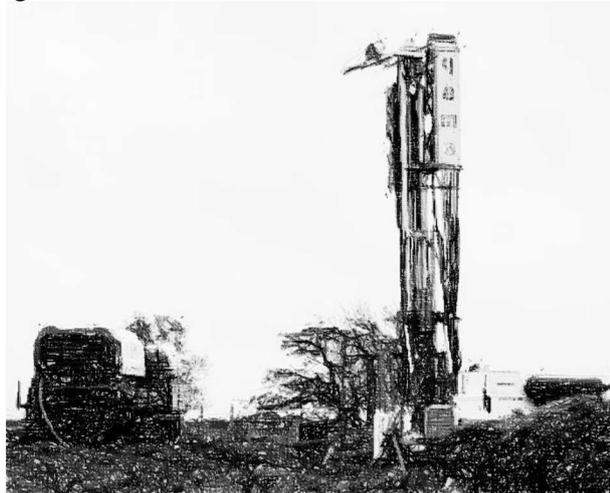
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NATURAL ENGLAND

Notes from the hill

A strange machine has been noticed by local people up at Blakemoorgate which has got a few people speculating as to what is going on. The answer is that we are drilling a borehole to see whether we can provide a reliable water source for the grazing animals at the north end of the hill. Water has been in short supply for a number of years now, as the natural springs have been drying up and the grazing commoners have increasingly had to bring water up to their animals on a daily basis through the summer.

Water emerging from the springs on the Stiperstones have always been used to maintain grazing animals on the hill. Indeed, most of the settlements on and around the hill grew up around water sources, either springs or wells, both for the families that settled there and their animals. At Blakemoorgate the spring emerges above the settlement and was brought down to the cottages along a ditch. Later, it was diverted into a pipe and run out to some water troughs. Out on the open heathland it was the natural springs that allowed animals to be put out to graze.



Grazing on the heathland is largely carried out by two local farms which have common rights on the hill. Summer grazing is vital for the maintenance of the heathland habitats found on the Stiperstones National Nature Reserve and without it the heathland would slowly change to woodland, and we would lose our specialised heathland wildlife.

The climate change predictions for Shropshire are for increasingly dry and hot summers so this water shortage problem is not going away and if anything is likely to become worse. This is why we have made the decision to sink the borehole.



Our longer term aim for the nature reserve is to move towards grazing with hardy cattle rather than sheep, as cattle are more selective in their grazing and tend to be able to move more easily through the tall heather and gorse. They are also more likely to control bracken through trampling. However, cattle require more water than sheep, so we would need reliable water sources to keep them on site.

There is no guarantee that we will find water but thanks to grants from the Farming in Protected Landscapes fund and some match funding from Our Upland Common project we will hopefully be able to make the site more resilient to the inevitable results of climate change.

Simon Cooter and the Natural England staff at Rigmoroak



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Tim's brother **Andrew** represented Wales running on the track, cross country and fell running throughout high school. After leaving school he focused on playing football playing for Caersws in Welsh Premiership for 10 seasons where he won the league cup 3 times and also played in Europe. Later he turned to running becoming the top Welsh marathon runner.

17th Glasgow Commonwealth Games, Scotland 2014

31st World Athletic Championships, London 2017

11th Gold Coast Commonwealth Games, Australia 2018

Marathon personal best 2:14:36 and v40 British record, Valencia 2019

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The Conservation Fund – a small grant community projects in the Shropshire Outstanding Natural Beauty.

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The Shropshire Hills Conservation Fund supports projects to deliver practical conservation work and/or educational and awareness-raising activities relating to the Shropshire Hills and its conservation, especially involving young people.

We are inviting applications for projects to start in April 2024. If you, or your community group, have a project idea please get in touch. Grants range from £500 to £2,000 and are generally awarded for activity within a particular Financial Year (April to the end of March).

Earlier this year, a total of £15,000 was awarded by the Shropshire Hills AONB Trust to 13 community projects which are helping to look after the Shropshire Hills landscape.

The projects include restoring grassland habitat for the small pearl-bordered fritillary butterfly, installing nesting boxes for swifts on church towers and recording dormouse activity around Abdon to target future habitat management work. Both dormice and the small pearl-bordered fritillary are on the , meaning they have been identified as being the most threatened and require conservation action. Swifts were recently added the red list of .

Other projects include restoring a wildlife pond in the school grounds at St George's, Clun, buying better equipment to enable volunteers to monitor local river water quality, and enabling volunteers to create a wildflower meadow in their 2-acre community gardening space near Church Stretton.

Further information about the Conservation Fund, the projects which were supported this year and how to apply is on our website at <https://www.shropshirehillsaonb.co.uk/help-to-look-after/shropshire-hills-aonb-trust/aonb-conservation-fund>

Or email stephanie.hayes@shropshire.gov.uk, or telephone 01743 254746.

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Anne Whysall
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Our guest speaker for November is our very own local florist Anne Whysall. Many of you will remember (and miss) her lovely shop with its wonderful window displays and the varied flowers, plants, candles and fancy goods.

Although the shop has gone, Anne is still in business and will be coming to talk to us about flowers, flower arranging and her experiences over the years running a floristry business. She will be doing an arrangement while she talks which will be raffled off at the end of the event.

As usual there will also be the chance to chat with u3a friends over coffee/tea and biscuits and a catch up on u3a news. Non-members are also welcome.

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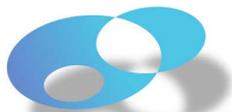
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Shelve and St Mary's Habberley with a
festival church at St Luke's Snailbeach.



Men's Group

A reminder that the Men's Group jointly hosted by Community Good Neighbours and St George's Church operates on the fourth Thursday of the month from 11-1 p.m. at the Pavilion.

Children's Church

St George's PCC has agreed to launch Children's Church after the October half-term to provide Christian teaching and fun activity for children attending church on Sunday mornings. Since then, we have been encouraged by a number of parents coming forward to say that they will bring their children if we are providing something. We are therefore looking to recruit volunteers to form two teams, as well as a coordinator for this new ministry. Job descriptions are available for both roles, along with an application form. Please contact Krys Rodgers at to request these. If you have any questions about either role, please contact Greg.

Pam Bickley

Pam's last service with us will take place on Sunday Dec 31st at HTM, which will be a Group Service over which Pam will preside. Coffee and cake will follow the service as we say farewell to our beloved friend.

All Souls Services

Please note that there will be All Souls services at St George's on Oct 29th at 4 p.m. and at HTM at 7 p.m. on Thurs Nov 2nd.

Advent Course

A four-part Advent Course exploring the Lord's Prayer will take place at The Deanery on Thursday afternoons, commencing Nov 30th. The course produced by 24-7 Prayer entails watching a short video presentation and then discussion around such topics as Petition, Adoration and unanswered prayers. All welcome. Please speak to Greg or Fran Brealey for further information.

Sponsored Walk

The final total raised by the sponsored walk is £1170, half of which will go to The Shropshire Historic Churches Trust and half to our churches. Thanks to everyone for their generous sponsorship.

Pontesbury Youth Café

After many months of discussion, the launch of Pontesbury Youth Café takes place on Weds Nov 8th at 3.20 p.m. at Pontesbury Baptist Church, a unique partnership between the Baptists, Congregationalists and Anglicans. The café will meet every Wednesday during term-time to provide for Years 7-9 at Mary Webb School. Anyone interested in volunteering should speak to Greg or Stuart Carter.

Celebrating 150 Years of St Luke's Snailbeach

Thanks to all those who attended the 150th anniversary service at St Luke's last Sunday. The church was full and it was a lovely service, enjoyed by all.

Deadline

Please note that the deadline for the inclusion of notices in the weekly newsletter is Wednesday at 5 p.m. These can be sent to Greg or directly to Krys Rodgers at officepontstip@gmail.com





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Tim and Andrew's Dad, **Ed Davies** is no slouch either. He has won every age group from 40+ upwards in our Dawdle or Dash. Now over 65 he still regularly competes for Mercia Fell Runners and trotted round this year's Longmynd Hike in under 16 hours.



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Remembrance

November always holds special significance for me, as both a former Defence Minister and now Commissioner for the Commonwealth War Graves Commission, put into sharper focus this year by the continuing war in Ukraine and the conflict between Israel and Hamas.



The history of Shropshire is intertwined with the sacrifices made by countless men and women who answered the call of duty during times of conflict. Armistice Day and Remembrance Sunday are marked across the county, as indeed across the country, as we come together to honour the fallen and reflect on the enduring importance of remembrance. These are perhaps felt all the more acutely as we see the different way in which war dead are treated in current conflicts.

Shropshire, like most parts of the UK, bears the scars of war. From the towns of Bridgnorth and Ludlow to the villages dotting the countryside, each corner of this county has a story to tell. The names of those who made the ultimate sacrifice are etched in the local war memorials, reminding us that freedom comes at a price.

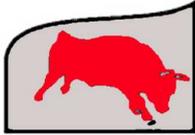
Interestingly, South Shropshire is home to the only Thankful Village in our county – the village of Harley, just outside Much Wenlock. Thankful Villages are those who lost no men during the First World War, of which there are only thought to be 53 in the entire country. The fact there are so few shows the scale of the human destruction wrought by the First World War.

The impact of the First World War lives on in our national psyche. Our National Service of Remembrance takes place at the Cenotaph, erected as a temporary monument after the end of the War, only to be left in perpetuity due to its resonance with all those who had served and the wider public at the time.

We also have the most visible reminder of the First World War in November - the red poppy adorning lapels and dresses, serving as a vivid reminder of the bloodshed and sacrifice of those who fought for our liberty. In Shropshire we have excellent volunteers who raise money for the Royal British Legion throughout their poppy appeal, and I encourage local residents to support them and wear their poppy with pride.

I try to attend as many local services as I can to mark remembrance, this year attending four across the constituency. While I cannot make them all, it is a welcome sign of our commitment to the memory of the fallen that we still hold so many services and well supported parades in towns and villages across South Shropshire.

As I mentioned in my last Letter from Westminster, the Commonwealth War Graves Commission website (www.cwgc.org) details locations of local grave sites, including names of those commemorated, for those who wish to pay their respects this month. We are always looking for volunteers to help maintain the more isolated graves, and the website gives details of how to volunteer to look after a grave near you, should you wish to get involved.



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Chris Naylor

In December 2019, many of us were really saddened to learn of the results of the general election in what was the Ludlow constituency. Heather Kidd has been, as I'm sure many of you will agree, an outstanding local councilor and would have made a really effective MP having championed the provision of rural and affordable housing, as well as being the leader of what was (the previous iteration of) South Shropshire District Council.

Understandably Heather chose not to run again in 2024 (other election years are available, but that's where the sensible money is going) and I found myself being encouraged to nail my colours to the Lib Dem mast as your prospective MP for the newly renamed 'South Shropshire' constituency.

Many of you will already be aware that significant changes have been made to what was the Ludlow constituency - including an extra hundred square miles from the Strettons to Bayston Hill! The sheer scale of the South Shropshire constituency is now astounding, encompassing: Bishop's Castle, Bridgnorth, Broseley, Clun, Craven Arms, Much Wenlock and all points in between. It covers the best part of half the county, running from the Welsh border to Wolverhampton.

The history of the constituency is fascinating and provides something of a microcosm of British society as it evolved over the centuries. In 1832, the constituency was formed from the constituencies of Ludlow and Bishop's Castle. Confusingly there remained little enclaves of Herefordshire, such as Farlow, within Shropshire's borders for a further twelve years, which must have been entertaining for all concerned.

The roll call of MPs over the years was, not surprisingly, an array of Earls, Dukes, Viscounts and the broader landed gentry. The Wikipedia entry for the old constituency is fascinating reading.

In 1885, the constituency was largely rebadged as being Ludlow (with undoubted horse trading of areas of land as the new constituencies took shape. Until recent years, there's been a strong relationship in the area between our MPs and major landowners and this is likely to have impacted the geography.

Sadly, I suspect like most of the population, I'm not a major land-owner, living as I do in the one of the many small batches that cut into the Long Mynd near All Stretton. Anyone that knows me will be familiar with the phrase 'off grid' which very much defines where I live.

I love where I live. Moving there was very much a conscious choice allowing me to align more closely with my environment, with phone and internet connectivity, electricity, water and sewage are all provided (or removed in one case) by relatively sustainable means. It provides me with a valuable lesson in the challenges that many of us face every day to get full access to the services that much of the UK takes for granted.

Areas such as accessible housing and transport, better employment and education opportunities and just ensuring that everyone has access to the fundamental things that we need to exist in this modern world are key to what I believe in

Having set up my own business, run community organisations and been directly involved in local and national government I'm very concerned that our public services should do their best to address local needs. In Snailbeach and many other rural communities across Shropshire there are issues of lack of affordable housing, especially for young families, of falling school roles, of problems with rural transport and broadband. So I've been looking for instance at Shropshire's community shops, and how they've helped breathe life into many villages, and challenging the phone companies nationally to do better on 'not spots'.

Listening is a really important element of what drives the Liberal Democrat and I would actively encourage you to contact me with any concerns or issues. If I were fortunate enough to get elected, I would be your voice in parliament and your concerns would remain my guiding light both nationally and locally, working closely with the excellent group of councilors in South Shropshire. I've committed to being as much or more here in the constituency as in Westminster, and have pledged to give at least 10% of my income to local causes. Over the next few months, I hope to be with you in the Snailbeach area and look forward to discussing how we can change things for the better.

Chris Naylor - prospective LibDem candidate for Ludlow

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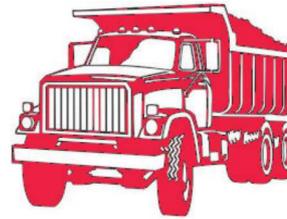
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The Bob Graham Round was first repeated, in a better time, in 1960 by **Alan Heaton**. Since then over 2700 individuals have completed the Round with the fastest time being 12hr 23m set by Jack Kuenzle in 2022, surpassing Kílian Jornet's record by almost 30 minutes. The women's record is 14hr 34m set by Beth Pascall in 2020. The Lakeland 24 Hour record has also been improved with the current holder, Andy Berry, successfully reaching 78 summits in the allotted time.

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If you feel like a challenge and the Longmynd Hike is a bit too easy. These are just some of the Ultra Races around the world.

Hardrock Silverton, Colorado

Runners have 48 hours to complete this bad boy: 100.5 tough miles that go through roads and dirt trails along the San Juan Mountains. Participants climb around 33,000 feet and descend another 33,000 feet, and the highest point is over 14,000 feet on Handies Peak. Every year, the course changes direction, and you're not a finisher until you kiss the infamous "Hardrock" at the end. Oh, and be careful: the course is so harsh that even elite runners fall, get lost, or dislocate their shoulders.

Trail du Mont Blanc Chamonix, France

It's not every day you get to run through three countries. The Ultra Tail du Mont Blanc is a 106-mile loop that starts at Chamonix, France. Hitting 10,000 feet of elevation several times along the way, participants will circle around the intersection of France, Italy, and Switzerland. Needless to say, the views are pretty fantastic. But don't let the scenery fool you—runners spend a lot of time on the mountains instead of enjoying them from the bottom. There are other events within the UTMB, but this mountain race is the cream of the crop.

Self Transcendence 3,100 miles Queens, New York

If you want to torture your body while simultaneously seeing sweeping views, the Self-Transcendence race is not it. As the longest certified road race (and possibly the most miserable, mentally), this ultra historically starts at 6 a.m. one summer morning in Queens. From then until midnight every day for 52 days, participants run the same route (an average of 59.6 miles per day) for 52 days. The race originated in 1997 and has been enticing runners ever since. Why? We have no idea.

Dragon's Back Wales

There are lots of mountain races out there, but this one has its participants running for five days across Wales—not to mention over 50,000 total feet of ascent. Competition is tight for this off-the-beaten-path, trackless mountain race. Runners can look forward to a total of more than 200 miles. While this quest sounds painful, runners can also expect incredible scenery, with a bonus of a few ancient castles along the way.

Tour de Geants Aosta Valley, Italy

There's a saying these days that 200 miles is the new 100, and Tor des Geants is one of the O.G.'s of going double the distance—the name literally means "Tour of the Giants" in Italian. Runners face not only 205 miles, but almost every type of weather imaginable as well as enough elevation gain to climb Everest two and a half times.

Spartathlon Athens, Greece

For all the history nerds out there, the Spartathlon is for you. The race is what it sounds like: the route that Pheidippides was said to have run from Athens to Sparta—150-plus miles. Besides feeling like a Greek titan, runners will enjoy some perks like muddy terrain, crossing vineyards and olive groves, and ascending and descending the near 4,000-foot Mount Parthenon at night.

The world just got a little more boring.

Patrick Marks died on 20th September 2023 at Severn Hospice, Shrewsbury.



I've often heard it said that until you have spent at least three generations in Shropshire, you are an incomer. Patrick Marks was, like so many of us, an incomer, arriving in Snailbeach's Lower Works in August 2013. Thankfully, there's something very accepting about these hills and Pat and Maria were quickly embraced as friends and neighbours.

Pat will, in my mind, be forever sat on the bar stool nearest the door in the Stiperstones' lounge bar with his friends Ray, Ron, Nick, Andy, John and Les. Together they spent many hours putting the world to rights, before heading home for their collective dinners.

A born raconteur, he had worked and travelled extensively in the music industry, spending time with pop and rock stars across the globe. He had a story for every occasion and could generally offer informative or salacious gossip on everyone that you cared to name.

He was born in 1950 over in the wilds of Staffordshire. At 18, he was at the optimal age to enjoy the era of flower power and spent 1968 selling shoes in London and savouring the various "herbal and pharmaceutical" opportunities that London had to offer at that time.

From 1972-76, he moved back to the Midlands and took a degree in Education and Performing Arts at Madeley College of Education and Keele University, where he first met the lovely Maria. Graduating, he then set out to use these skills to help teach severely emotionally disturbed teenage boys. It was a short-lived career of a few years and he soon found himself gravitating towards the somewhat different area of stage lighting (his original interest in this being borne from the fact that it gave him free access to gigs and parties).

By 1982 Patrick was travelling the UK in the back of a VW van accompanied by a small touring lighting rig for concerts and events and by 1985, he had progressed entered the heady ranks of international lighting design.



Pat worked across the globe with a diverse range of musicians; designing and overseeing the stage lighting of Aswad, Aztec Camera, Gary Numan, Five Star, Big Country, The Pretenders, Nigel Kennedy and Depeche Mode.



Perhaps his defining career move was in 1989, when he became the touring lighting designer for the quintessentially British rock band, Status Quo (who over the years have enjoyed some 60 chart hits) with whom he worked for twenty-five years.

Something of a dapper dresser when he was in the mood, Pat also became a key lighting designer for fashion shows including the world-famous London Fashion Week.

Perhaps Patrick's biggest challenge was Status Quo's marathon "Rock Till You Drop" extravaganza in 1992, where they performed live in four arenas - Glasgow, Birmingham, London and Sheffield - in 11 hours and 11 minutes.

A qualified pilot and driver of fast cars, Patrick's retirement to Shropshire must have been something of a culture shock. From days on the road to days in the pub, he told me repeatedly that he had never been happier, with the opportunity to enjoy his garden and his rich mix of friends.

Between 2017 and 2020, Patrick took on the heady role of editor of the Snailbeach District News, a role he pursued with the same obsessive perfectionism that had driven his working life. Working with his good friend Roy Anderson, he turned out a magazine of which he was palpably proud.

He was a great friend of Snailbeach Village Hall, overseeing the introduction of a new heating system and lighting, as well as designing and operating the lights for visiting performances. With Julian Bromhead, he established the wild-flower border outside the village hall.



I will leave the final words to Nick Southwick,

"I will always remember some time ago discussing with Patrick and companions that since having acquired our O.A.P's bus passes that it would be judicious to take a day's outing on the Minsterley Motors bus to visit the big town of Shrewsbury. We had planned to "have a half" in as many hostelries as possible before catching the last bus back to Snailbeach, little did we know how many of these hostelries existed in the town.

On catching the last bus back Instead of alighting at Snailbeach, Patrick suggested that we should just have one more for the road at "The Office" (AKA the Stiperstones Inn). After consuming the last quaff, it suddenly dawned on Patrick that he should have been home hours ago as it was his and Maria's wedding anniversary. Maria had prepared a meal and Pam the vicar had been invited. No Patrick! Oh dear, Maria wasn't very happy, so Patrick was in big trouble when he finally arrived back home. Hic!

I can't remember how Patrick got home that evening but the next time we met Patrick told me that divorce proceedings had been mentioned, of course it wouldn't have come to that as Maria and Patrick had the greatest of fondness and love for each other.

To escape his predicament, I gathered that Patrick blamed the whole misdemeanour on me. I'll will always remember Patrick as being highly intelligent, creative and entertaining who cared so much for the village".

Earlier this year, Pat was unexpectedly diagnosed with an aggressive brain tumour, but despite this, he remained upbeat and accepting of his disease. Pretty much up until the end, he remained Pat (in a bed!). He felt that he had lived an extraordinary life and died with no regrets.

Pat leaves Maria, son Josh, stepson Daniel, daughter Ellie and granddaughter Florence. He will be greatly missed by his family, friends, the Merlot wine industry and all at the Ardbeg Whisky distillery.

Pat, we miss you! Dave Crane



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Joss Naylor, MBE is an English fell runner who set many long-distance records, and a sheep farmer, living in the English Lake District. As his achievements increased he became better known as the King of the Fells or simply the Iron Man.

He considered the 72 peak Lakeland circuit as his own greatest achievement, setting a record which stood unbroken for 13 years. He was appointed an MBE for his services to sport and charity, and is included as one of Britain's top 100 sports personalities in the 2007 book Best of British: by sports journalist Jon Henderson. Co-founder of the London Marathon Chris Brasher described Joss Naylor as 'The Greatest of Them All', a title he bestowed on Joss when he ran 72 Lake District mountains in 24 hours.



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FOR AN APPOINTMENT



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

Heather's Report for October 2023

1. **Shrewsbury Relief**

Road. The Government has now promised to fund this road in full. IF this happens, my colleagues and I (who mainly represent rural Divisions) will be pressing very hard for any savings made to be spent on repairing our rural road network which is still in a lamentable state.

2. **Culverts and drains.**

The recent heavy rains have revealed just how many roadside drains are blocked hence all the floods across our road network in the wake of Storm Babet. Please let me know of any blocked near you via the contact details shown below.

3. **Grit Bins.** Winter is not that far away. Please let me know if there are any grit bins near you that need filling before we get any snow or ice!



Key Phone Numbers

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Montgomery Medical Practi 01686 668217

Royal Shrewsbury Hospit 01743261000

NHS Non-Emergency Helpline 111

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One of the most exciting long distance running records is held by **Charlie Engle, Ray Zahab and Kevin Lin**, who spent over 100 days in the Sahara Desert. This is the first group of modern runners to cross this fearsome desert, enduring through a whooping 4,000 miles of heat, dust, sand, and blistering nothingness. These runners certainly didn't experience a smooth run through the entire course of their challenge: on their journey, they had to come to terms with illness, diarrhea, and injuries, if the stark winds, abrasive sand and striking heat weren't enough.



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Team details

Safer Neighbourhood Sergeant: Sgt 0640 Jenni Price
Safer Neighbourhood Police Constable: PC 3331 Stuart Cooté
Police Community Support Officer: PCSO 6160 Shaun Culliss
Police Community Support Officer: PCSO 40516 Calvin Brown
Team Email: bccar.snt@westmercia.pnn.police.uk

West Mercia Police contact numbers

Emergency: 999 **Non Emergency:** 101

Bishops Castle Police Station (not for reporting): 101, Extension 7704901

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

Crime stoppers: 0800 555 111

Website: www.westmercia.police.uk

Twitter: @SouthShropCops

Facebook: Bishop's Castle Policing Team Rural Watch



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

14th September 2023 – 15th October 2023

CRIME REPORTED	DETAILS	LOCATION	NOTES
Theft of livestock	Friesian cow stolen	Meadowtown	Last seen on the evening of 10 th October. Cow not with herd the next day
Assault		Worthen	
Harassment		Worthen	

Crime Prevention - Lighten up your home

It's that time of year again when the darker nights are upon us. A simple method of leaving a light on in your home in the evening or late at night can significantly reduce the chance of being a victim of a burglary. This time of year there is generally a peak in dwelling burglaries across the county. Thankfully we do get very few dwelling burglaries in our policing area but having a light on may help deter any opportunist thieves looking to target outbuildings.

The 'Lighten up' top security tips are:

- A well-lit home gives the impression someone is in and not unoccupied
- Use timer switches to turn lamps on when you are out
- We recommend dusk 'til dawn lighting, which is the type that stays on through the hours of darkness, switching off before the sun comes up.
- Don't just set a light on a timer in the hall or landing area, try and set the lights up in room
- Consider other types of lighting, such as devices that simulate the light of a TV
- Invest in external lighting such as PIR lights to light up outbuildings and yards
- Always lock windows and doors and keep gates and side entrances well secured



After two weekends without game The Stars were back in the groove with a comfortable 5-0 victory over the Red Barn.

An excellent player manager's hat-trick for Jamie Hyne sealed the game with supporting goals from Ethan Kinsey and

Craig Harris.

For news of more league fixtures and the up and coming cup game against Meole join the facebook group 'Snailbeach White Stars'



The Spine Race is an ultramarathon held over a distance of around 268 miles (431 km) from Edale, England, to Kirk Yetholm, Scotland, along the Pennine Way. Participants are allowed seven days to complete the course. The race has been held annually since 2012.

Jasmin Paris set a new race record in the 2019 Race finishing the 268 miles (431.3 km) on 16 January in 83 hours 12 minutes and 23 seconds. Becoming the first woman to win the event overall, she surpassed the overall record of 95 hours 17 minutes set by Eoin Keith in 2016 and the previous female record of 109 hours 54 minutes achieved by Carol Morgan in 2017. During breaks in the race she expressed milk for her baby.

Local runner / walker **Phil Clarke** has successfully completed this extreme challenge.

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7pm - 8pm Intermediate Crochet.
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£3 a session or £5 for both
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The Stiperstones Inn

Christmas Menu

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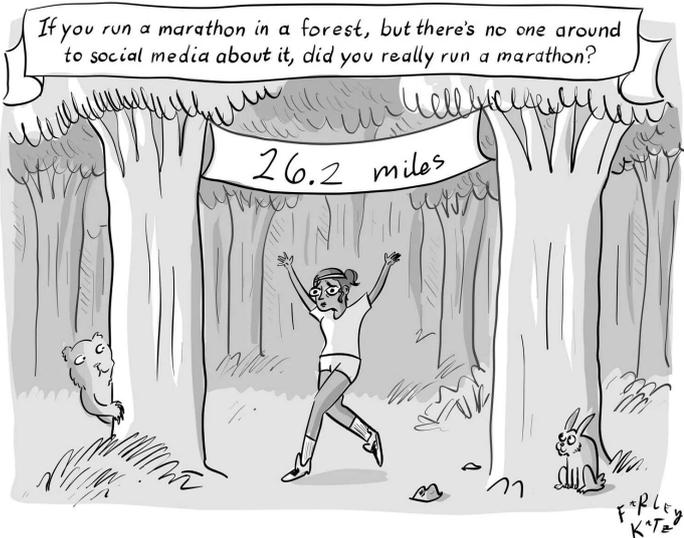
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An easy and a tricky puzzle today.



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



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

THE ULTIMATE DIFFERENCE...

I'm not going to beat around the bush here, the number 1 difference between fit and unfit people is how they feel about exercise and nutrition.

Fit people have positive associations with exercise, they focus on how good it makes them feel, and how much better they look. Whereas unfit people see exercise as a massive effort, the money it costs (gym, clothes, personal training, etc!) and all of the sweat involved!

It all really comes down to how much pleasure and pain you associate to a habit as to whether or not you will embed it into your daily life or not.

POSITIVES BENEFITS OF EXERCISE & DIET:

- Improves health
- Burns calories
- Positively affects self-esteem
- Makes you feel good mentally
- Helps you live longer
- Improves circulation
- Enhances quality of life
- Allows you to do more (activities like walking all day in the wind and the cold)
- Your dog will be healthier too.

NEGATIVE EFFECTS OF EXERCISE AND DIET...

- Takes up time
- Costs money (gym membership, equipment, clothes, healthy food, etc)
- Requires discipline and focus and must be kept up
- Exercise makes you sweaty!
- Risk of injury
- Exposing your not so fit body in public

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CHANGE OF OPENING TIMES AT ENTERPRISE HOUSE

Enterprise House, your local business and community support centre in Bishop's Castle, is changing its opening hours to ensure higher staffing levels on the days it is open. We will now be open all day from 9am – 5pm Monday, Tuesday, Thursday and Friday, closing only on a Wednesday. The full range of Enterprise South West Shropshire services from customised IT support, printing and publishing, flexible work and meeting spaces through to community information and personalised support for community groups, businesses and local events will now be available on these days. Whatever you need we are here to help, and you are welcome to get in touch on 01588 638038 / info@enterprisehouse.org.uk or call in to find out more.

Bishop's Castle Library, also run by Enterprise House, continues to be an active and vibrant community hub

welcoming people on Mondays 10am – 1pm, Tuesdays and Fridays 10am -5pm and Saturdays 9am-1pm. This winter we will once again be a Warm Hub and everyone is welcome. In addition to our extensive range of fiction, non-fiction and audio books, we also offer free computer access, magazines and local papers and craft activities for children. We now host a monthly hearing support hub on the 2nd Tuesday of the month (appointments to be prebooked by calling 01743 342 168) plus a drop in clinic with the local dementia awareness co-ordinator on the 3rd Friday of the month between 10am & 12 noon and further outreach support is planned for the new year.

With many exciting projects planned to support South West Shropshire communities, including an online community events calendar and community support drop-ins, the coming months will see us continuing to evolve and fulfil our valuable role supporting the local and business community.

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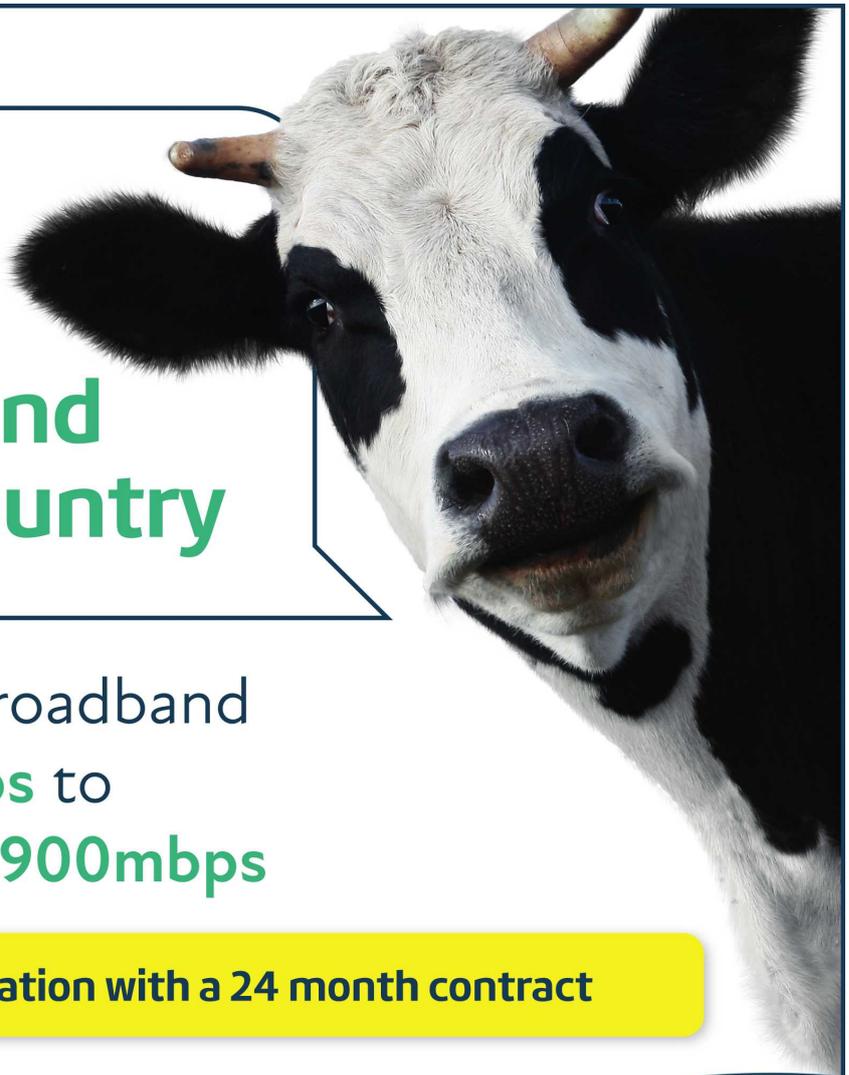


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There is perhaps no runner as legendary as Ethiopia's **Haile Gebrselassie**, who during the nineties on the track and after 2000 in marathons achieved world records in 13 different events and races. He is also regarded as the 3rd fastest human in history and even in his mid 30s, he managed to score the fastest time ever performed by anybody over the age of 35. Remarkable and excellent on all levels.

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- All vehicle repairs
- Servicing - all makes and models
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Unit 12 - Malehurst Industrial Estate
Minsterley - Shropshire - SY5 0EQ

info@pontesburygarageservices.co.uk

FAST - FRIENDLY - RELIABLE

Tel: 01743 296162



"If the hill has its own name, then it's probably a pretty tough hill." - Marty Stern

"Jogging is for people who aren't intelligent enough to watch television." - Victoria Wood

"How do you know if someone ran a marathon? Don't worry, they'll tell you." - Jimmy Fallon

"It's unnatural for people to run around the city streets unless they are thieves or victims. It makes people nervous to see someone running. I know that when I see someone running on my street, my instincts tell me to let the dog go after him." - Mike Royko

"Your sweat is your fat crying. Keep it up." - From a runner's T-shirt

"The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back." - Franklin Jones

"Run like there's a hot guy in front of you and a creepy one behind you." - Unknown

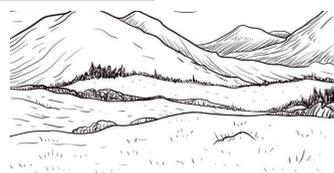
"I don't believe in jogging. It extends your life, but only by about the same amount of time you spent jogging." - Marshall Brickman

"Running won't solve all your problems. But then again, neither will housework." - Unknown

Longmynd Hike

M	B	C	O	R	N	D	O	N	M	A	O	C	L
E	A	L	S	E	G	D	I	R	B	I	A	E	P
T	B	R	O	H	N	S	C	A	R	A	D	O	C
R	H	A	D	L	E	Y	D	N	T	A	R	K	F
C	H	U	R	C	H	S	T	R	E	T	T	O	N
A	S	T	I	P	E	R	S	T	O	N	E	S	H
P	R	H	H	I	G	H	P	A	R	K	R	E	Y
L	O	N	G	M	Y	N	D	S	H	E	L	V	E
A	K	H	T	E	L	G	A	R	D	I	O	N	L
R	K	H	A	B	B	E	R	L	E	Y	G	C	W
P	T	E	D	O	C	G	B	G	D	E	U	P	A
O	M	R	D	M	R	A	F	K	N	A	B	Y	L
R	F	Y	R	L	R	N	Y	F	I	F	T	Y	A
H	K	N	A	B	E	L	O	P	S	S	C	A	B

- HIGHPARK
- RHADLEY
- FIFTY
- HABBERLEY
- POLEBANK
- STIPERSTONES
- CARADOC
- SHELVE
- BRIDGES
- BANKFARM
- CHURCHSTRETTON
- RAGLETH
- LONGMYND
- LAWLEY
- CORNDON



552/553 Bishops Castle Stiperstones Shrewsbury Monday - 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 & sceptre	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
Copthorne 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

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
Copthorne 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 & sceptre	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	

552/553
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

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	

Minsterley Motors
Telephone 01743 791208

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

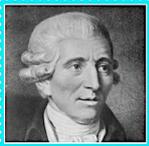


775 Tuesdays only

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

Minsterley Motors
Telephone 01743 791208




Haydn Nelson Mass
Pergolesi Magnificat

Marches Choir and Sinfonia
Alistair Auld - Conductor
Hannah Davey - Soprano

Saturday November 25th
7:30 pm
St John's Church, Bishops Castle

Tickets £15 on 07806 433394
and from TicketSource
Children and Students FREE
www.marcheschoir.org.uk





COFFEE MORNING

Saturday 2ND December 2023
10.00am – 12.00noon
Hope Village Hall
In aid of Hospice at Home



Stalls: Cakes

Raffle

Christmas Stall

Lucky Squares

Seasonal Refreshments



Donations welcome beforehand, please contact
Clare Bennett - 01743 790419 or Deborah Davies -

Save card, save stamps - its Christmas Message Time.

Messages must reach me by 21st November - don't leave them in the shop or the pub they won't appear until Valentine's Night. Minimum donation **£5**



cash or cheque to Snailbeach News or even better email to sammy@snailbeachdistrictnews.co.uk and pay by transfer



Snailbeach Newsletter Santander Sort Code : 09-01-54 Account No: 05629702

BINGO

Family Fun Night

In aid of Hospice at Home

FRIDAY 15th DECEMBER 2023

Doors Open from 7.00pm

(Eyes Down 7.30pm)

Hope Village Hall

Bingo Books
£10 for 6 or £5 for 3
To include a strip of raffle tickets

Donations of Raffle Prizes would be greatly appreciated.
Please contact Clare (790419) or Deborah (891414)

Refreshments will be available on the night



Andy 'Elvis' King
A live tribute to
ELVIS PRESLEY

WELCOME TO Fabulous LAS VEGAS NEVADA

Endorsed by Priscilla Presley

Tel UK: +44 (0) 7733 908 676
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Pontesbury Public Hall
Friday 15th December 7.30pm
Tickets £12 from Hignetts, Connections,
Library eventbrite.co.uk
Bar, Raffle
Proceeds in aid of Friends of Pontesbury Library