

Pontesbury Newsletter



September 2022

Issue No: 289

Goodbye Chris & thanks for all the Newsletters

For those of you who have received the past 288 issues of the Pontesbury Newsletter, this is all down to the expertise of Chris Lawrie, the Editor. Chris has tirelessly given her time to produce this excellent local port of all information. On behalf of the people of Pontesbury, we all send a huge **THANK YOU to Chris!**

For all future articles and adverts, please contact Pontesbury Parish Council Deputy Clerk via email, deputy@pontesburypc.org.uk. Here's to the following 288 issues! Thank you Chris!

'Calling all Carers'

You are warmly invited to the first meeting of a new **Carers Group** for Pontesbury and the Rea Valley on **Friday 30th September 10.30-12 noon** and at the same time on the last Friday of every month thereafter, meeting in the Pavilion, Hall Bank, Pontesbury.

The group is for unpaid carers - family members, friends, neighbours who are supporting someone who cannot manage without that help. It will offer a chance for carers to meet and chat in a relaxed and supportive setting, to have some time for themselves, get more information about what local services and resources are available, and to share information with each other. The Carer's Group is free to attend, and activities and refreshments will be provided.

Carers will say about how the group is run and developed.

If you would like to attend, but have no one to support the person you care for - please contact Helen Tazewell on h.tazewell@nhs.net or Celia

Macintyre, as we hope to be able to accommodate 'cared for people' at this group if they are independent with personal care and able to be in a separate group while the carers group is meeting

If you can, please let us know if you hope to be able to come along on 30th September, contact: Celia Macintyre, Shropshire Carers Team: 01743 250679 or email

celia.macintyre@shropshire.gov.uk.

If you would like to come but are unable to get to the group due to lack of transport, please let us know, so that we can give thought to how we might be able to respond to transport needs going forward. Contact Celia or Helen - details above

The group is supported by Pontesbury and Worthen Medical Practice, Pontesbury Good Neighbours, Shropshire Carers Team, Age UK, Alzheimer's Society and Pontesbury Parish Council - we look forward to seeing you on 30th September.

Closing date for copy for the October edition is 10th September.

Please send all email contributions to deputy@pontesburypc.org.uk or hand into the **Pavilion**. Advertisers, please contact deputy@pontesburypc.org.uk for details on how to place your ad.

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News from Pontesbury Parish Council

We don't have a parish council meeting in August and use the summer to catch up on projects and start preparing our action plan and budget for the following year.

The next parish council meeting will be held on Monday 12th September, 7.30pm at The Pavilion.

The next Planning Committee meeting will be held on Monday 5th September 2022 at 6.30pm at the Pavilion. Please contact Deputy Clerk deputy@pontesburypc.org.uk if you would like to attend and/or raise any issues.

If you wish to comment on a planning application please use the Shropshire Council planning portal at <https://pa.shropshire.gov.uk/online-applications/> or pass your comments through Cllr A Hodges at ahodges@pontesburypc.org.uk. All new planning applications for the area are listed on the parish council website.

The Parish Council are hosting the next Feel Good Friday on Friday 7th October, with a 'Get Creative' theme. If you are a crafter, maker or creative activity provider, please get in touch with Nicki, deputy@pontesburypc.org.uk if you'd like to be involved with our event.

This month's key message relates to

INVESTMENT FRAUD

What is Financial Investments fraud?

There are many different types of investment fraud. They usually involve criminals contacting people out of the blue and convincing them to invest in schemes or products that are worthless or do not exist. Once the criminals have received payment, they cease contact with the victim.

How to protect yourself from Financial Investment fraud: Investment opportunities: Don't be rushed into making an investment. Remember, legitimate organisations will never pressure you into investing on the spot. Where people have made investments, you should not have to pay money in continually to get money out. Fraudsters initially start by saying they need, say, £100 to withdraw the money - then £1,000 - then £10,000 and so it escalates very quickly.

Always seek advice first: Before making significant financial decisions, speak with trusted friends or family members, or seek professional independent advice.

FCA register: Use the Financial Conduct Authority's (FCA) register to check if the company is regulated by the FCA. If you deal with a firm (or individual) that isn't regulated, you may not be covered by the Financial Ombudsman Service (FOS) if things go wrong and you lose your money. For more information about how to invest safely, please visit: <https://www.fca.org.uk/scamsmart>

What to do if you've been a victim of Financial Investment fraud: You could be targeted again: Fraudsters sometimes re-establish contact with previous victims claiming that they can help them recover lost money, this is just a secondary scam. Hang up on any callers that claim they can get your money back for you.

Identity theft: If you suspect your identity may have been stolen, you can check your credit rating

quickly and easily online. You should do this every few months anyway, using a reputable service provider and follow up on any unexpected or suspicious results.

Legal advice: In many cases of fraud there is a close correlation between what may be considered fraud and the civil tort of deceit and/or breach of contract, for which there are civil litigation options. You should always seek professional legal advice, or contact Citizens Advice to understand your options. You can also contact the Financial Conduct Authority's consumer helpline on 0800 111 6768 or report suspicious businesses or individuals by using the reporting form on their website.

Useful links: Citizens Advice www.citizensadvice.org.uk/ or Financial Conduct Authority (FCA) www.fca.org.uk. For more information on how to protect yourself from fraud and cyber-crime, or to update your crime report, visit actionfraud.police.uk.

Gentle reminder: Yes, we have put out messages about the WhatsApp scam before, but the public are still being targeted and losing money. Please continue to make family members and friends aware of this Scam, especially the elderly and vulnerable.

Take Five To Stop Fraud

Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040.

For further information visit:
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www.takefive-stopfraud.org.uk/



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the PAVILION

The Pavilion Report – Summer 2022



Summer arrived with style at the Pavilion, with our new patio furniture being used regularly. You are more than welcome to make use of the beautiful Pavilion garden, bring along your lunch, or just sit in the sun reading or chatting to friends. The Pavilion is open mornings Monday to Saturday, and afternoons when the Library is open.

With many thanks to the FOPL Gardeners (Jenny, Caro & Imogen), who have taken such good care of the plants during this hot weather – they look absolutely stunning - come and have a look. Thank you also to Age UK Dementia Support Café who have grown sunflowers, sweet peas and some herbs in raised beds.



Pavilion Committee. The parish council has now set up a standing committee to oversee the Pavilion management, with the Deputy Clerk managing the day to day running of the building alongside Anna Lawson (Building Assistant). The committee meetings will take place on the 3rd Monday of each month starting at 6.30pm, anybody welcome. The Agendas will be posted on the Council's website and noticeboards as with other committees.

Carbon Audit. Working to the Council's Climate Emergency Plan, a carbon audit of the building has been commissioned. The Council are working with Marches Energy Agency, with the aim of increasing efficiencies in the building, understanding the best way that the Pavilion can be less reliant on traditional electricity and increase the use of renewable energy.

Recent events

The Pavilion has hosted two private hirings for christenings, a very colourful time was had by young & old, with bouncy castles inside and even an ice cream cyclist on the patio.

Following the sad news of Peter Traves, U3A members and friends gathered together to watch the funeral via an online link. U3A member, Doreen, said "It was good to see this community facility used in this way. Peter's funeral was very dignified and so many people shared this emotional occasion."



The Parish Council have commissioned Emma Lawrence's iconic Pontesbury picture on canvas, so a wonderfully large copy can be hung in the Pavilion and other community venues. Left is Emma presenting the picture to Chairman, Councillor Duncan Fletcher.

A selection of paintings, poems & recollections by local artists in "Celebration of the Hill" were exhibited, free to view in the Meeting Room, Pavilion throughout August. Thank you to everyone who took part.

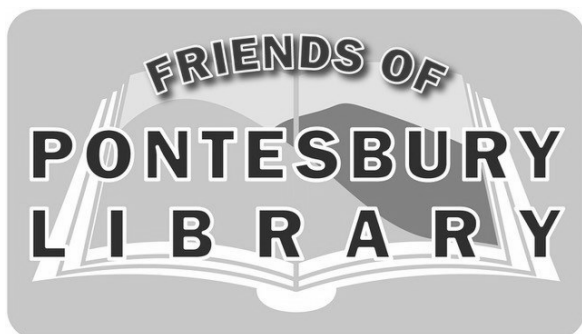
A Feelgood Friday event was held to celebrate all local carers during National Carer's Week. Activities and workshops took place, with Shrewsbury djembe drummers giving a hands-on class on the patio. A huge thank you to Pontesbury WI for serving refreshments throughout the event and to everyone who took part – such great community spirit.



The Pontesbury Climate Emergency Action Group have hosted two talks during Shropshire Love Nature Festival: on 28th July - Restoring Shropshire's Verges – An Illustrated talk by Janet Cobb; then on 3rd August - The Trees Outside Woodlands Project in Shropshire, by Nick Rowles, Shropshire Council.

So much is going on at the Pavilion, to find out more, please see the TV screen in the Library for the What's On listings and take a look at the Monthly Events posters on the noticeboard.

Looking to hire a room, the Pavilion has rooms, large and small to hire. Please contact Anna Lawson, Building Assistant via email admin@pontesburypavilionc.co.uk or call in to have a chat.



News from the Friends of Pontesbury Library

In July we mourned the sudden loss of our dear friend and supporter Peter Traves. Peter embodied all that a library represents within a community. He was a lifelong lover of books, of writing and learning, and he contributed in innumerable ways to the thriving library that we enjoy. His wife Merle is one of the Trustees of FOPL, and we share our deepest sympathies with her and her family. The Pavilion, where the Library is based, offered a sanctuary space for the local community when his funeral was live streamed, enabling those who could not attend in person to remember him together.

Also in July, Trustees of FOPL attended a meeting to discuss Shropshire Council's draft strategy for the future of library services across the county. The strategy acknowledges that the two things people value most in a library are the friendly, helpful staff, and unrestricted opening times. We certainly enjoy the former, and are very keen to keep the library open as much as we can. Shropshire Council are inevitably under constraints to make economies within the library service. In Pontesbury we are fortunate in having a very committed and engaged community to support the service both financially and practically, with many people volunteering quietly month after month to help with fundraising and providing refreshments for our monthly coffee mornings and other events. As a charity, we are committed to subsidising the council budget to the tune of £3,500 per year to

ensure our library stays open. Rawden Parslow from SC was encouraging in his praise of the way Pontesbury library operates; as a model it ensures we are somewhat protected against significant cuts in our service in the next few years, whereas other areas may be less fortunate. Our location in the Pavilion, where other community events also take place, is another factor that favours the continuation of the service, but we cannot afford to be complacent.

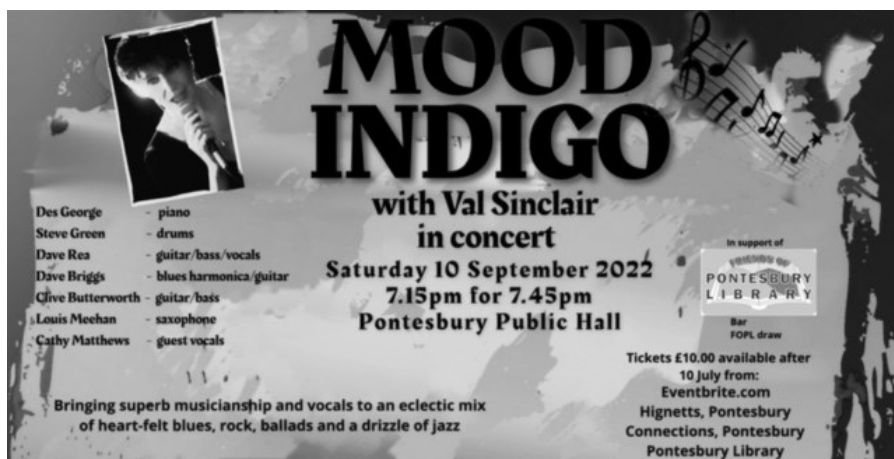
It is clear that we need to continue to nourish and grow our library – we welcome new volunteers for the committee and fundraising events, which are always fun and sociable occasions, and we do need a new Chair of Trustees. Please do have a chat with Bev, Kay or Sue, our librarians, or contact Yvonne Davies, if you are interested in volunteering for the Friends of Pontesbury Library in any capacity: yvonne@pontesburylibrary.co.uk

Winners of the lottery for July and August were:

July: 1st Mike Mortimer; 2nd Yvonne Holyoak; 3rd Victoria Walton

August: 1st R.S & S.Kelly; 2nd, Jackie Winwood; 3rd David Jones

In September, there will be a coffee morning on Saturday 3rd, with the monthly lottery draw, and a spectacular fundraising concert on Saturday 10th (details elsewhere in this newsletter).



The library was filled with eager artists when Malcolm Whittall led an entertaining cartoon workshop.



Community
Good
Neighbours
Pontesbury & Rea Valley District

Upcoming Events

Can we help you?

If you are feeling isolated from the community, lonely or just wanting to meet new friends in your area, Community Good Neighbours can help you reconnect with like-minded people. We can help you in any setting you will feel safe and comfortable, be it one of our monthly coffee mornings, a small gathering, a garden or even just regular weekly telephone calls.

Our team of friendly volunteers are also able to help you if you are unable to collect prescriptions from the dispensary at the Medical Practice or Lunts Pharmacy. They can also assist you by delivering your groceries, especially via 'Click & Collect' service at the Co-op, Pontesbury. This service ensures that no money has to exchange hands and deliveries can be left at a safe distance on your doorstep.

If you think you or someone you know may benefit from our support, call **07944 891 953** and leave your name and phone number, and we will get back to you.

You can also contact us via Facebook, search Good Neighbours Pontesbury to add us as a friend, or 'Community Good Neighbours - Pontesbury and Rea Valley' to join our group.

www.goodneighbourspontesbury.org.uk

help@goodneighbourspontesbury.org.uk

Telephone: 07944 891 953

September 2022

Coffee Morning 9th September -
10:30am – 12:00pm - Plough Inn
All are welcome to come along.

For all upcoming events please view our
Facebook page for all updates.

Community Good Neighbours Club 100

**Congratulations to our August Club 100
Winners!**

Ali Brookes	£30.00
Karen Powell	£25.00
Nick Hignett	£20.00
Joan Lee	£15.00
Diane Goodwin	£10.00

If you would like to be in with the chance of winning one of these cash prizes and have yet to join Club 100, please contact Sharon Davies or via our Email/Facebook/Telephone number listed below.

We have cash prizes of £30.00, £25.00, £20.00, £15.00, and £10.00 up for grabs! Each draw will be made on the 1st of each month and winners will be contacted via telephone and advertised on our Facebook page, 'Community Good Neighbours Pontesbury' and here in the Parish Magazine the following month.

secretary@goodneighbourspontesbury.org.uk
or our website

www.goodneighbourspontesbury.org.uk

Telephone: 07944 891 953

You can also contact us via **Facebook**, search **Good Neighbours Pontesbury** to add us a friend or '**Community Good Neighbours - Pontesbury and Rea Valley**' to join our group.

RECORDER PLAYERS WANTED!

A small, friendly recorder group (11 members) that meets fortnightly in Church Stretton on Thursday afternoons would like to welcome **two** new members. We play a wide range of music – Early Music to 21st century compositions; there opportunities for one-to-a-part playing. New members need to be able to play a range of recorders so we can make our meetings as flexible and challenging as possible.

If interested, please phone for more information: Frances Williams 01694 722656

JUST ONE THINGto help save the planet

Tip No 6. Reduce the amount of plastic in you shopping

Most of us are aware that plastic is a problem – it is difficult to get rid of and recycle as well as causing untold problems to wildlife.

Popping plastic into the recycling bin is not the end of the problem - official figures have shown that 45% of our recycling is transported abroad and the average household threw away 66 pieces of plastic per week according to the 'Big Plastic Count' in May.

So, please avoid buying goods in plastic packaging in the first place !



Pontesbury Climate Emergency Action Group



Pavilion Pumpkin Patch

Following on from the success of the Spring Blossoms community making project in Spring 2021, we are asking you again to get creative and join us in growing our very own Pavilion Pumpkin Patch.

We would welcome pumpkins of any size made from any medium to provide colour and fun for autumn in Pontesbury. Links to patterns and ideas can be found on the Pavilion website and facebook page and there is a display at The Pavilion with patterns to take away. If you are still stuck for ideas – Come along to our Feelgood Friday – Get Creative event on Friday 7th October where you can learn some making skills to help you to create your pumpkin.

If you have any spare orange, yellow or green wool and knitting needles / crochet hooks that someone else could use, please drop them into The Pavilion. There will be a 'Best in show' prize and look out for some Halloween fun amongst the pumpkins!

Pontesbury Women's Club

Tuesday 13th September
Nick Hignett will talk about
'Local History'

And following our 'History' Theme
Tuesday 11th October
Dorothy Nicolle will tell us about
'Shrewsbury'

PWC meets at 7.30pm on
The second Tuesday of the month
at Pontesbury Public Hall
Visitors and New Members are
always welcome



NEIGHBOURHOOD MATTERS

www.neighbourhoodmatters.co.uk to find out what's really happening in your area and keep in touch with West Mercia Police through a free messaging service



WE'RE IN THE MOOD FOR A MUSIC EXTRAVAGANZA - RAISING FUNDS FOR 'FRIENDS OF PONTESBURY LIBRARY' 'MOOD INDIGO' WITH VAL SINCLAIR

When we moved from Cambridge to Pontesbury 18 months ago, we arrived just in time for the country's second lockdown! Like many other musicians/vocalists, I'd lost all my concert and festival work, but, as an avid reader, I was also bereft at not being able to join Pontesbury library until restrictions were lifted. All libraries are in a fragile situation regarding funding so I'm really pleased to support the Friends of Pontesbury Library and perform this concert with a great line-up of local musicians.

Working as a 7-piece band, 'Mood Indigo' is putting its own stamp onto a real mix of music - covering Joe Cocker to Nina Simone, Snow Patrol to Duke Ellington, Manfred Mann to Bob Dylan, Etta James to Melody Gardot..... and more! In addition, we have the lovely Cathy Matthews from Cambridge joining us for some guest vocals. We hope to deliver something really special and would love to see a full Public Hall on Saturday 10th September in support of FOPL. "Good music for a good read." See the advert in the newsletter for ticket information [page 6].

Val Sinclair



Pontesbury Platinum Jubilee Carnival & Party - Sunday 5th June 2022 - What a Day!!!!

How fabulous was that? Despite the dreary summer's day, fabulous crowds lined the streets of Pontesbury to cheer on the float revellers. From wonderful classic vehicles, to dancing floats and scouts on bikes, runners and, of course, the Queen in a vintage Rolls Royce. Thank you also to the llamas for taking part and bringing the eclectic parade to a culmination on the Mary Webb School field - here are some of the photos of the carnival:



Thank you Habberley Hillbillies, Brit Awards by The Plough Inn, 100 years of Hignett's of Pontesbury, the Pontesbury Players, 1st Rea Valley Scouts, Pontesbury Runners - all the classic vehicle drivers and owners & WW2 Military vehicles, The Plough Garage for driving the Queen, the Alpacas & to all the volunteers and people who lined the streets cheering!

A massive thank you to everyone!

Pontesbury Platinum Jubilee Celebrations - Scarecrows, Carnival, Music Stalls.

Apart from the weather, what was not to love about the Pontesbury Platinum Jubilee Celebrations. A big thank you to Pontesbury Parish Council for coordinating the events, and a bigger thank you to you all for taking part - three cheers all round!!! There were so many marvellous and creative scarecrows around the village, from Paddington Bear to a Votes for Women suffragette. Too many to include photographs of all the spectacular scarecrow designs, but here are a few ...



... and the humour of the creators, just brilliant. Well done to everyone who made a scarecrow, thank you very much for embracing the spirit of the weekend. To those who walked around the village looking at all these marvellous designs and the great handiwork, thank you too - it was a weekend to remember.

A massive thank you to everyone!



.... and what about all the wonderful vintage vehicles, weren't they great to see driving through the streets of Pontesbury. Thank you to all the drivers & passengers for taking part in the carnival and bringing your vehicles to show at the event. Thanks also to Bob Crowther and Gordon Potter for bringing along your vintage tractors, the children really did love getting up on the tractor seats.



Thank you to The Plough Garage for chauffeuring the Queen and delivering her safely to the event. Also thank you to Leanne & Michelle for organising the Bake-Off, & to all participants: prizes sponsored by Allcare, thank you again. Thank you to Val Sinclair, Music Matters for organising all the music; to Phil Bradshaw, Climate Change Group & Veolia for supplying the recycling bins & to Budget Skips for your support.



So many thanks you's for such a brilliant day - which could not have taken place without all our sponsors, listed below. A special mention to Shropshire Homes who sponsored the hire of the stage, which was a great asset to the day. Thank you also to the Willner's for your personal donation, it was much appreciated.



To the performers: Brian Carrington, Tin Soldiers, Sadie-Beth and Good Grief, wow, thank you for playing despite the weather. To the audience, an even bigger WOW, you were all great, dancing with your brollies. Also thanks to Cllr Sharon Davies & team, who were serving your burgers & sausages, supplied by Hignett's and Co-op. The bar was provided by The Plough Inn, thank you again. Thanks to all the stallholders, you were great! To the Parish Cllrs and volunteers who supported the event, another massive thank you - we could not have put on this event without your valuable support.



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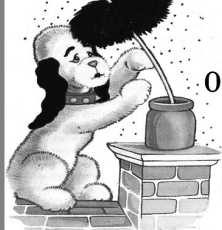
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2ND - MR ARTHUR HUGHES.
3RD - MR HAROLD WILLIAMS.

STOP PRESS. . . AN EXHIBITION

Friends of the Hill are planning an exhibition for Spring 2023 about Pontesford & Earl's Hill and what it means to people. Do you have memories of what the Hill was once like or any stories, photographs, artefacts that you'd be happy to share? Maybe you enjoy walking, running, climbing the hill and have more recent stories to tell? Perhaps you were one of the many people who walked the hill regularly during lockdown?

If so contact yvonne@pontesburylibrary.co.uk or leave your name and a contact number at the library. Friends of the Hill would love to hear from you!

Pontesbury WI. met on Monday 11th of July. We had a very good meeting on a very hot sunny day. Our guest speaker was Simon Martin, an excellent story teller. He told us a number of short stories with great charm and humour. Indeed the WI ladies really enjoyed the experience of being taken to a different world where each story had a meaning for today's world. Everyone really enjoyed listening to Simon.

After listening to Simon the hostesses Marion Burgess, Barbara Raybould, and Irene Windows served lovely homemade cakes and drinks. Simon judged the single stem of the month competition. First and second place went to Lena Rowson third place went to Marion Burgess.

The raffle this month was won by Shona Wood who took home a lovely plant.

Sue Brooke's will be hosting a WI afternoon tea at her home on the afternoon of 21st July - we are all looking forward to sitting in her beautiful garden in the sunshine and eating cakes.

The Pontesbury WI will be entering the Shrewsbury Flower show WI competition again this year. Shona Wood, Maxine Pittaway, Sally Passant and Barbara Scott are busy preparing our entry.

Our next WI meeting will be held on Monday 12th September. Natalie Cumming will be our guest speaker. The title of her talk will be The Fiddle.

If you would like to join the WI new members are most welcome. We meet at Pontesbury Pubic Hall on the second Monday of the month. Please contact Irene Windows President on 791903 for further information. Maxine Pittaway Events Organiser.



Minsterley Eisteddfod Presents
A wonderful evening of music by mixed choirs

Of One Accord & Cantores Beati Chamber Choir

Minsterley Parish Hall

Saturday October 15th 7pm

Tickets at £10 are available from

Mrs Jill Blyth 01743791908 or

minsterleyeisteddfod@gmail.com

Refreshments & Raffle available

Proceeds for Minsterley Eisteddfod

Longmynd Hike

1st - 2nd October

**This 24 hour 50 mile competition is now
open for entries**

If you have been missing the challenge of some rugged outdoor exercise then this is your chance to get out there and tackle 8,000 feet of climbing and eight summits, including Stiperstones, Corndon and Earl's Hill.

For further details, including the route, rules and conditions and entry fee visit:
www.longmyndhike.org.uk

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Planting Solutions
Traditional Hedgelaying

01743 891231 or 07974 300328

Seasoned Logs for Sale

Friends of St George's Churchyard

We at St George's are looking to develop a "Friends of St George's Churchyard" group, which will consist of representatives of the Church Council, parish councillors and residents from of the Village and wider community

We are looking for people who care about the churchyard (often referred to as Pontesbury Cemetery) and want to see it continue to be a valued resource for the whole community: a place of peace and tranquillity where visitors can come to mourn loved ones and enjoy a beautiful, green space in the centre of our busy village.

The group would take responsibility for the recruitment of volunteers, devising a maintenance schedule and possibly organising fundraising social events. It would liaise with the parish council and PCC as necessary.

There is an open meeting for anyone interested in finding out more at St George's on Thursday 6th October at 2pm. Tea and cake provided.

Anyone who wants a prior conversation may contact Greg at rectorpontstip@gmail.com



Holy Trinity Minsterley is looking for a volunteer to take on the role of treasurer. The role requires some familiarity with accounting and an ability to use computerised spreadsheets.

Full training will be provided, with the present Treasurer willing to shadow the role as long as required. An honorarium is payable.

For a job description and for an informal discussion about this role, please contact Greg Smith at rectorpontstip@gmail.com

REA VALLEY FOODBANK-

Rea Valley Foodbank is a newly constituted organisation that has been established to provide food to Minsterley, Pontesbury and surrounding villages. Launching on **Tuesday September 27th at Holy Trinity Minsterley from 10-12** and every Tuesday morning thereafter; and **every Thursday morning at St George's Pontesbury**. We are working in partnership with Foodbank Plus, guaranteeing there will always be enough food however many customers the foodbank serves.

Rea Valley Foodbank has arisen out of a partnership between five local churches (Anglican, Congregationalist, and Baptist) and other supporters, including Good Neighbours Pontesbury. We have a wonderful pool of colleagues who will staff the foodbank, undertaking a variety of different roles. However, we do need your support. You can make food donations at any of these locations:

- The Coop Pontesbury
- Holy Trinity Minsterley
- Hope Church
- Hignett's
- Pontesbury Baptist Church
- Pontesbury Congregational Church
- Minsterley Methodist Chapel
- St George's Pontesbury

We are seeking other locations to make donating food as straightforward as possible. There is an up-to-date list which is refreshed weekly at www.barnabascommunityprojects.org/shrewsburyfoodbank

We are also seeking financial partners, those who will take out a small standing order to ensure our long-term viability. For details as to how to do this, please contact our Treasurer, Jonathan Brown, at jonathan.starfish@hotmail.com Independent foodbanks only survive through the generosity of their supporters and the hard work of their volunteers.

If you have any questions about Rea Valley Foodbank, please contact its Chair, Revd Greg Smith at:

rectorpontstip@gmail.com

Getting Support in Pontesbury

Community Good Neighbours, Pontesbury and Rea Valley <i>Tel: 07944 891953</i>	Get in touch with a local Good Neighbour help with small errands and support to stay active and connected within the community.
Pontesbury Community and Care Co-ordinator <i>h.tazewell@nhs.net</i>	Assistance for all Pontesbury patients in need of help, support and advice by signposting to other useful services.
	Food
Shrewsbury Food Hub <i>Shrewsburyfoodhub.org.uk</i>	Surplus food share tables across Shrewsbury
Shrewsbury Food Bank <i>01743 343336</i>	Food parcels, debt advice, returning to work, digital inclusion, life-skills. Referral needed.
	Money, Utilities
Local Support & Prevention Fund <i>0345 678 9078</i>	Council helpline which can help with essential living costs such as food, housing and bills.
Citizens Advice Shropshire <i>0344 499 1100</i> <i>Universal Credit Helpline 0800 144 8444</i>	Confidential advice and help to solve problems with debt, benefits, housing, legal matters & employment. Need help claiming Universal Credit? Call their dedicated Help to Claim helpline.
Keep Shropshire Warm <i>0800 112 3743</i>	Advice and grants for people struggling with heating and energy bills
Shropshire Council Housing Support <i>0345 678 9005</i>	Housing Support on all housing matters: rentals and homelessness.
Sevenside Housing <i>0300 300 0059</i>	Housing association. Advisors may also be able to help with debt, employment and benefits.
NHS Referrals & Advice Line <i>0800 196 4501</i>	Mental Health, Drugs & Alcohol For local mental health services
MIND helpline <i>01743 368647</i>	Mental health support
Shropshire Recovery Partnership <i>01743 294700</i>	Drugs and alcohol support
Shropshire Rural Support <i>0300 123 2825</i>	Mental health support for farmers and the rural community
Samaritans <i>116 123</i>	Free 24/7 helpline
Shropshire Domestic Abuse Helpline <i>0300 303 1191</i>	Families and Relationships Support for anyone suffering from domestic violence
West Mercia Women's Aid <i>0800 783 1359</i>	24hr helpline for women and children suffering from domestic violence.
Crossroads Together <i>01743 341995</i>	Wide range of support for unpaid carers.
Age UK Shropshire Telford and Wrekin <i>01743 233123</i>	Confidential advice for older people, their families and carers.

Getting Support in Pontesbury

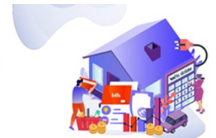
Cost of living help

Increases in the cost of food, fuel and utilities is affecting many households in Shropshire and we know that it is a worrying time for everyone. To help, we have brought together a number of useful links, tips and pointers on where and how people can find help across the county

(www.shropshire.gov.uk/cost-of-living-help/).

This will help people see the range of services we and our partner organisations have on offer. This includes a benefits calculator so that people can check whether they're getting the benefits they're entitled to, advice about energy bills and reducing energy costs from the Marches Energy Agency, as well as information about how to manage debt from Citizens Advice.

We also recently announced that every household in council tax bands A to D will receive £150 rebate towards rising energy costs, to be paid from April 2022.



To find out more about this, please have a look on our website ([Energy bills rebate](#) and newsroom ([Direct debit energy rebate](#)).

On a low budget? Want to save money?



Visit shropshirelarder.org.uk

to find out about low cost or free food and help with debt, benefits, housing and more in Shropshire

<https://www.shropshirelarder.org.uk/> also lists support available to you.



Keep Shropshire
Warm

0800 112 3743

advice@mea.org.uk

Anyone worried about their bills or staying warm at home can call Marches Energy Agency on 0800 112 3743 or email advice@mea.org.uk

If you are in need of some help with food please either contact the Community Good Neighbour's Scheme or Shrewsbury Foodbank who offer a wide range of support including help with food.

FOOD BANK AT BARNABAS IS OPEN:

Monday, Tuesday and Friday

(not open on Bank Holidays)

9.30am - 12pm

01743 343336 / 0742 174 5857.

<https://www.barnabascommunityprojects.org/shrewsburyfoodbank> also lists other support

available, such as help with cooking, budgeting and employment.

St. George's Church

www.st-george.org.uk

Services for September

4th 10.30am Morning Worship

6th 2.30pm Tea Service

11th 10.30 am Holy Communion

18th 10.30am Holy Communion

25th 10.30am Holy Communion (Harvest)

Cruckton Village Hall

Harvest Supper

Friday 16th September

7.30pm

Join us for a delicious casserole followed by dessert - bring your own wine or drinks

Tickets £12

Pontesbury Congregational Church

Services for September 2022

Sunday 4th 10:00 - Led by Congregation

Sunday 11th 10:00 - Rev. Debbie Martin

Sunday 18th 10:00 - Jan Hocking

Sunday 25th 10:00 - Rev. Debbie Martin

Methodist Church

Services for September

Sunday 4th 10:45 am Rev Richard Hall inc Holy Communion

Sunday 11th 10:45am Church Members

Sunday 18th 10:45am Harvest Festival

Sunday 19th 7pm Harvest Supper and Sale

Sunday 25th 10.45am with Church Members

Local News

Repair Café - a great success! A wonderful group of volunteers turned up with sewing machines and threads, all sorts of tools and paraphernalia to fix whatever came in the door. It was a sunny day so a couple of repairs spilled outside. We had a range of items from a precious vase, a collectable 70 year old doll, a balance bike, an axe, a pick axe, a pressure jet washer, a disembodied toy wooden mule, some spectacles and a wobbly chair. The volunteers did a great job managing to fix almost everything, which was fantastic. The aim was to save items from going into landfill and we certainly achieved that. The owners' faces were a delight, providing great reward to the volunteers. Reducing waste going to landfill is a good way to help the climate and the planet, which has limited resources.



Following this success we are aiming to hold our **next repair cafe on 10th September, the second Saturday in the month. Time: 10.00hrs to 14.00hrs in St George's church.**

Please come along as early as possible to give the volunteers chance to repair your item within that time. If you have clothes with holes or tears or a hem that needs rescuing, broken wooden items, possibly even simple bike repairs (spare parts will be a limiting factor) bring them along. Our wonderful volunteers would love to fix your items and extend it's life for you.

Enormous thanks to all the volunteers that were there at the first repair cafe plus those that have offered their time and skills for the next ones. Without these amazing people we couldn't deliver this event.

A huge thank you also goes to the church and those that enabled this to happen.

Di Carrington



Flower Club The July Flower club meeting was a workshop on arranging foam free as there is increasing awareness of the environmental cost of floral foam, which is a single-use plastic and it won't break down or degrade, and arrangers are wondering how to arrange without it. Our member and demonstrator, Penelope Harrison showed how easy it is to create alternative mechanics. She started with the good old reliable chicken wire and how to prepare a support which could be placed in a vase. This was brought up to date with an example using square wire mesh to form a more contemporary support. Her next example had a slice of tree trunk sitting over a glass vase, she had previously drilled random holes through the wood into which she placed a variety of flowers to produce an ethereal statement arrangement. The next arrangement used a triangle of twigs, infilled with a wire grid placed over a vase, which supported a tepee of contorted willow. Using the two provided surprisingly firm support, with the contorted

willow adding to the arrangement. She then used small sections of willow bent at different levels within a vase to make a grid, as flower stems were added through the grid, the arrangement became firmer. She also showed how to use one of the new types of biodegradable foam made from basalt rock which is spun into wool-like fibres.

It was then time for everyone to have a go at creating their own arrangement using one (or a mixture) of the methods. Everyone got stuck in and found that with a bit of adjusting, a wonderful arrangement could be made without damaging the planet. We were also able to have a go at using the biodegradable foam. It proved to be a fun and informative evening.

The September meeting will be Wednesday 28th September – Cynthia Preston Jones – Every picture tells a story. All meetings at Westbury Village Hall at 7.30.

Annual membership £30, Visitors £7 (deducted off membership)

NATURAL ENGLAND

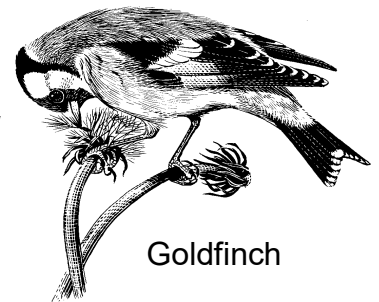
Notes from the hill

With the warm weather seen this year it has certainly been good for making hay and all of ours is safely gathered in and we even have some to spare if anyone wants to buy some small bales. However, the hay making this year has not been without some excitement.

We always wait until after mid-July to make hay to avoid damaging any nesting birds and often leave it a bit longer to allow more flowers to set seed, however this year we had the added complication of Curlew Country's head-started birds being released close by. With images of the worst scenario, of all of their carefully reared birds hunkering down in our hay fields as cutting started, we had our meadows cut as early as possible after mid-July so that there wouldn't be any casualties.

We also had a number of people wanting some of the hay to be used as green hay. This is where it is taken to other sites, straight after cutting, to drop seed and help other meadows become flower rich, and on top of that I had a few scything courses and a scything competition where we needed some grass to cut.

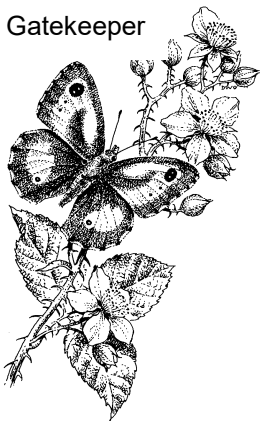
This staggered cutting of the hay was nice to do as it leaves some of the later flowering plants to set seed and this would have been the case in the days when farmers used to cut their meadows by scythe and work around the weather. Today with modern machinery a hay meadow is cut in minutes, whereas in the past it could be over a whole summer. At home, in the meadow that was once my lawn, I have delayed cutting it because I have been seeing a small flock of goldfinches enjoying the knapweed seeds every evening and I didn't want to remove the food that they were appreciating so much.



Goldfinch

This is true for many plants that we tend to tidy away at this time of year as they become tall and dry, but if you can leave an area of the garden untidy over winter it can be a great home for all kinds of wildlife, from pupating moths and butterflies to voles and frogs.

Gatekeeper



As I write this we are in the grip of another heatwave. This has been good for some of the butterflies with gatekeepers, ringlets and skippers being commonly seen, and we have even rediscovered a small colony of grayling at the north of the hill.

The hot weather, however, brings with it the worry of wildfires. These hot spells seem to be an increasing trend and I urge everyone to be vigilant against fires and barbeques and to ring the emergency services if there are any signs of fire on or near the hill.

Simon Cooter for Natural England staff at Rigmoroak.

Stiperstones Ukraine Project

A huge, huge thank you to all those who supported our recent concert which raised an amazing £2,207, enabling us to complete the building work and we are currently putting the finishing touches to the project to make it a welcoming home for our family. This project could not have happened without the generous support of so many people and we thank you from the bottom of our hearts. All we need now is our family who are currently waiting for the last of the four visas they need before they can begin the final leg of their journey.

TIME TO OCCUPY MIND AND BODY?



Looking for an interest that will engage both thought and hands? Want to learn a traditional craft? Want to develop further skills you

already have? Think you haven't got the skills or the imagination? If the answer was Yes to any of these questions then wood carving with Shropshire Woodcarvers could be what you need.

The group meets every Thursday evening, virtually on your doorstep, at Mary Webb school during term times as well as the second Saturday of every month. We offer a short free introduction (3 weeks) to carving, with tools and wood provided for beginners and regular workshops with one of the UK's recognised top master carvers.

Anytime is a good time to start, but **September 8th** is when our sessions restart. Why not drop in and have a look / chat and visit our

website – shropshirewoodcarvers.co.uk or email – shropshirewoodcarversgroup@gmail.com or phone 07791132852. Cheers Dave Taplin

QUIZ and CHIPS NIGHT

????????????????????????????????????



????????????????????????????????????

at

**MINSTERLEY PARISH HALL
(SY5 0EH – A488)**

FRIDAY 23rd SEPTEMBER

**Quiz Starts at 7.00pm with chips
served during the break**

**£7.00 per person (Bring your
own drinks)**

**Tables of four so bring a team or
join up with others on the night**

**Contact Susan or Alistair on
891985 to reserve places**

**All proceeds to the work of Holy
Trinity Church Minsterley**

????????????????????????????????????

the PAVILION

Pontesbury & Rea Valley

Carer's Group

**meeting last Friday each month -
starting 30th September
10.30 to 12 noon in the Pavilion**

For unpaid carers - family members, friends & neighbours who are supporting someone who cannot manage without that help. A get-together for carers to meet and chat in a relaxed setting. Cared-for people can also come along if they are independent with personal care and able to be in a separate group.

Contact 01743 250679 if you would like to come along.

Supported by Shropshire Council Carer's Team, Pontesbury & Worthen Community & Care Coordinator, with Age UK & Alzheimer's Society.



u3a
40th Anniversary



**Saturday
24 September**

14h00 - 16h00

📍 The Pavilion, Pontesbury
£ Free entrance

Join us for the u3a's 40th anniversary

Members and non-members alike are welcome

Come and see what the u3a can do for you!

Includes

- ✓ Live music by our Folk music group
- ✓ Special presentations on Shropshire
- ✓ Displays
- ✓ Tombola
- ✓ Free raffle
- ✓ Refreshments

learn, laugh, live

u3a
Pontesbury
& Rea Valley

Contact
David Taylor
01743 718 347



u3asites.org.uk
/pontesbury-
rea-valley

Learning for fun and friendship, for the retired and semi-retired

SEPTEMBER DIARY

Date	Time	Event	Venue
Sat 3 Sep	10am	Friends of Pontesbury Library Coffee Morning	Pavilion
Mon 5 Sep	6.30pm	Planning Committee Meeting	Pavilion
Thu 8 Sep	7-9pm	Shropshire Woodcarvers Group	Mary Webb School
Fri 9 Sep	10.30-12am	Community Good Neighbours Coffee Morning	The Plough Inn
Sat 10 Sep	10am-4pm	Shropshire Woodcarvers Group	Mary Webb School
Sat 10 Sep	10am-2pm	Repair Café	St George's Church
Sat 10 Sep	7.15pm	Mood Indigo with Val Sinclair in Concert	Public Hall
Mon 12 Sep	2pm	Pontesbury WI	Public Hall
Mon 12 Sep	7.30pm	Pontesbury Parish Council Meeting	Pavilion
Tue 13 Sep	7.30pm	Pontesbury Women's Club	Public Hall
Thu 15 Sep	7-9pm	Shropshire Woodcarvers Group	Mary Webb School
Fri 16 Sep	7.30pm	Harvest Supper	Cruckton Village Hall
Mon 19 Sep	7.30pm	Pontesbury Parish Council Pavilion Committee Meeting	Pavilion
Thu 22 Sep	7-9pm	Shropshire Woodcarvers Group	Mary Webb School
Fri 23 Sep	7pm	Quiz & Chips	Minsterley Parish Hall
Sat 24 Sep	2-4pm	u3a 40th Annivesary event	Pavilion
Tue 27 Sep	10-12am	Rea Valley Foodbank	Holy Trinity Minsterley
Wed 28 Sep	7.30pm	Flower Club	Public Hall
Thu 29 Sep	10-12am	Rea Valley Foodbank	St George's Church
Thu 29 Sep	7-9pm	Shropshire Woodcarvers Group	Mary Webb School
Fri 30 Sep	10.30am	Carer's Group	Pavilion
OCTOBER			
1-2 Oct	24hr	Longmynd Hike	
Thu 6 Oct	2pm	Friends of St George's Churchyard Meeting	St George's Church
Fri 7 Oct	10am	Feelgood Friday 'Get Ceative'	Pavilion
Sat 15 Oct	7pm	Of One Accord & Cantores Beati Chamber Choir	Minsterley Parish Hall

APPLE DAY

SATURDAY

1st October

12 – 4.30 pm

HOPE

VILLAGE HALL

- SY5 0JB



Cider presses available – bring your own containers

Eating apples (not wind-falls) collected for professional juicing

Refreshments including

**PORK & APPLE
BURGERS, APPLE PIES
AND CAKES**

RAFFLE and STALLS

Enquiries to Sarah
01743 892919 or email
treasurer

@hopevillagehall.
org.uk

**HOPE VILLAGE HALL
COMMITTEE**

REMINDER: Next newsletter deadline is 10th September, all info to deputy@pontesburypc.org.uk please.