



SPOTLIGHT



31 Days in May

MOJO FESTIVAL  **Crown & Anchor VAULTS**
3rd- 6th MAY


A weekend of top class Blues and Roots bands.
Plus a comprehensive selection of
Real Ales and Ciders



There is a £5 entrance fee .
Wrist bands can be purchased in advance.
For more info and the purchase of wrist bands
Contact : Mandy Green
07971213728

<p>THURSDAY 3rd</p> <ul style="list-style-type: none"> • Open Mic/Jam-hosted by Wayne Martin and Friends 9pm <p>FRIDAY 4th</p> <ul style="list-style-type: none"> • Slow Burner 9pm 	<p>SATURDAY 5th</p> <ul style="list-style-type: none"> • The Black and Blues Band 3pm • Paprika Blues Band 5pm • Hot Rod 55 7pm • Robin Bibi Band 9pm 	<p>SUNDAY 6th</p> <ul style="list-style-type: none"> • Two Faced Tom And The Bootleg Boys 5pm • The Wayne Martin Band 7pm • Tommy Allens Trafficker 9pm
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30 High Street, Bishops Castle, SY9 5BQ
For more info please call Mandy : 07971213728



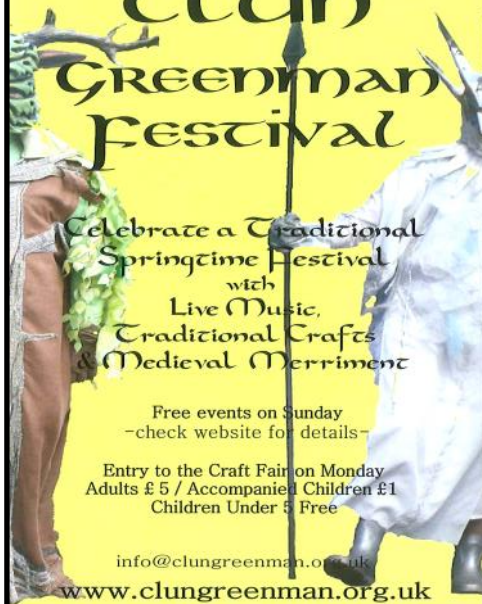
clun Greenman Festival

Celebrate a Traditional Springtime Festival
with
Live Music,
Traditional Crafts
& Medieval Merriment

Free events on Sunday
-check website for details-

Entry to the Craft Fair on Monday
Adults £ 5 / Accompanied Children £1
Children Under 5 Free

info@clungreenman.org.uk
www.clungreenman.org.uk



Please note that whilst every effort is made to ensure that all event details published are correct the producers of Spotlight cannot be held responsible for any incorrect information or changes to published events that may occur
Spotlight is published by Enterprise South West Shropshire, Enterprise House, Station Street, Bishop's Castle, SY9 5AQ.
Entries for Events are Free and may be left at Enterprise House or you can contact Gail Pickford on 01588 638038.
Spotlight is now available on-line at www.bishopscastle.co.uk

May 2018

1st	Flicks in the Sticks present "Film Stars Don't Die in Liverpool" 7.30pm at Lydbury North Village Hall Call 01588 680302.
1st	Exhibition by 3 artists at Bishop's Castle Town Hall. Call 01588 630023 for info. Continues until 26th May
1st	Onny Valley Social Club Afternoon tea and Entertainment 2.30pm at Norbury Village Hall. Call 01694781458
2nd-7th	Ludlow May Fair -Traditional Fun Fair in the Town
3rd	Family Prize Bingo at Bishop's Castle Primary School 6.45pm.
5th	Craven Arms Farmers Market 9am-2pm at the Discovery Centre.
3rd-6th	Bishop's Castle MOJO Festival. A weekend of Blues & Roots Bands. See advert on front page
3rd	Marches Embroiders & Textiles "Nuno Felting Workshop" with Jeni Holness & Ruby Reseigh at Aston on Clun Village Hall. Call Jane on 01588 630663 for info/booking
5th	Bishop's Castle Antiques & Flea Market 9am-4pm in the Town Hall
5th	Brunch & Coffee Morning at Leighton Village Hall 9.30am-11.30am. Childrens crafts available. Raffle & Cake Stall. In aid of Leighton Baby & Toddler Group
5th	"Spring Sale" - Soup Lunches, Bake it, Bring it, Buy Something 11am-2pm at Bedstone & Hopton Village Hall. Table Tops £5. Proceeds to "Stand up to Cancer". Call 01547530282
5th-7th	"Big Book Sale" at Clun Memorial Hall. Sat 10am-4pm, Sun 11am-5pm, Mon 10am-6pm.
5th-20th	"The Art of the Print" Antique Prints Exhibition at Aardvark Books Brampton Bryan
6th	Stiperstones Bird Walk 9.30am-12.30pm. Led by Leo Smith and Simon Cooter. Call 01743 792294 for info
6th	Sunday Lunch at Priest Weston Village Hall from 12.30pm Tickets £10. Call 01938561364.
6th	Blakemoregate Cottages Open 11am-3pm. Restored Miners squatter Cottages. Call 01743 792294
6th/7th	Clun Green Man Festival. 6th May The Frost Queens Fair in the Square. FREE entry 12noon-5pm. Street entertainment, Morris Dancing, the Clun Mummers, The Plantagenets, Music. Mon 7th 11am-5pm, Morris Dancing, Battle on the Bridge, Procession. Craft Fair on the Castle Grounds, Entertainment, Maypole, duck racing, Live Music . Green Maze interactive Sculpture. £5 entry, accompanied children £1. Under 5's Free.
7th	Meditation at Mainstone with Andrew Wood. 7.15pm at Mainstone Church. Call 01588 630148 for info
8th	Mainstone WI Meeting "Hanging Baskets" with Nicky Boyd. 7.30pm at The Village Hall
8th	Open Mic. Night at The Three Tuns Inn, Bishop's Castle from 9pm.
9th	Open Mic Night at the White Horse Inn Clun from 9pm
9th	Flicks in the Sticks present "Film Stars Don't Die in Liverpool" 7.30pm at Leintwardine Village Hall
10th	Norbury & District WI meeting "Awareness of Bees & Their Importance in the Environment" with Alison Wakeman. 7.30pm at Norbury Village Hall.
10th	Live Music at the Vaults, Bishop's Castle from 9pm
10th	Coach trip to Wolverhampton to see "Crazy for You". Call 01588 640506 for bookings/info
10th	Clun Senior Citizens Meeting 3pm at Haslehurst Community Centre.
10th	BC Footpath Walking Group walk "Pole to Pole" (9m). Meet at Harley Jenkins CP at 9.30am. Bring packed lunch. Call 01694 724664 for info
11th	Bishop's Castle May Fair. Traditional Fun Fair in the Town
12th	Ludlow Beer Run 1pm from Ludlow College -4pm Ludlow Castle. (Part of the Ludlow Spring Festival)

May 2018

12th	Bishops Castle Community College PTA Car Boot Sale 9am-1pm. £5 per Car £10 per trailer, £15 per Van set up from 8am. Pay on the gate.
12th	Knighton Community Market 9am-12.30pm at the Community Centre. Special Garden Theme
12th	Bishop's Castle Round & About Walks. Ramble, Scramble or Amble to beat Blood Cancer. Closing date May 7th. To apply visit Bloodwise.org.uk/round-and-about .
12th	"Anything Goes" Tabletop Sale 10am-3pm at Marton Village Hall. Tables £5 Call 01938561626 for info
12th	Live Music and Dancing with "Cajun Country Revival" 8pm at Castlering Wood, Beggars Bush. LD8 2PD. Bar, Food. Tickets £12 from The Workhouse, Presteigne or by phone from 01544350407 or 01547560231
12th	Jumble Sale at Edgton Village Hall 2pm. Plants, Books, Jumble, Tea & Cake. Call 01588 680366 for info
12th	Christian Aid Coffee Morning 10am at Clun Methodists Hall.
12th/13th	Ludlow Spring Festival & Marches Transport Festival. Real Ales, Local Producers, Classic Cars & Live Music. See www.ludlowspringfestival.co.uk
12th/13th	NGS Open Gardens at Upper Shelderton House, Clungunford SY7 0PE. Open 2pm-5pm. Adm £4, Children Free. Teas available. Call 01547 540525 for info.
13th	Bishop's Castle Remembers 1914-18 "Back to the Garden" Music & Words with the Village Quire 3pm at the Town Hall. Call 01588 630023.
13th	Shropshire Wildlife Trust bird walk "Birds in Spring in Woods & Water" led by Pat Fairweather 5am. 1.5 to 2hrs walk. Call 01588 640921 for info.
13th	NGS open Garden Guilden Down Cottage, Clun 2-6pm. £5 Children Free. Home made teas. 01588 640124
13th	Afternoon Tea & Fizz followe by Pocket Opera Trio Performance COSÍ FAN TUTTE at Walcot Hall, Lydbury North from 4pm. Call 01588 680570
13th	Open Gardens at The Arvon Centre, The Hurst, Clun 2-5pm. Home of playwright John Osborne. Tea & Cake available For info see www.arvon.org or call 01588 640658
16th	Onny Valley Social Club Trip "New Brighton" Contact 01588 650607 or 07971882553 for info
16th-20th	Bishop's Castle Walking Festival. Five Days of Guided Walks in the Shropshire Hills. See www.WalkingFestival.co.uk for info.
17th	Lydbury North WI Meeting "Orchids & Ferns" with Rob Harris 7.15pm at Lydbury North Village Hall
17th	Marches Embroiders & Textiles talk "A Delight in the Traditional" with Brenda Scarman 1.30pm at CasCA Craven Arms Call Jane on 01588 630663 for info.
17th	Live Music at the Vaults, Bishop's Castle from 9pm
17th	Ludlow Food & Craft Market 9.30am-4pm in the Castle Square
17th	Coffee Morning at Abbeyfield, Bishop's from 10.30am
17th	Bingo at Clun Memorial Hall 7.30pm. In aid of the "Children's Playground Appeal" Also on 31st May
17th	Bishop's Castle WI Meeting "One Egg or Two?" with Rosemary Prosser 7.30pm at the Methodist Hall.
18th	Flicks in the Sticks present "Paddington 2" (PG) 8pm at Clungunford Parish Hall. Call 01588 660727
18th	"Juneberries-The Uk's New Superfruit?" a Talk at Hightown Community Room, Clun 7pm. Tickets £6 OTD
19th	Live Music with "Vicki Swann & Jonny Dyer" 8pm at Bishop's Castle Town Hall. Call 01588 630023
19th	Clun Produce Market 10am at Hightown Community Room Clun.

May 2018

19th	Bishop's Castle Farmers Market 9am-1pm in the Town Hall.
20th	Ludlow Antique & Collectors Fair 9am-4pm in the Castle Square
21st	White Horse Music Sessions from 9pm at the White Horse Inn, Clun
21st	BC Footpath Walking Group walk "Welshpool" (6m). Meet at Harley Jenkins CP at 9.30am. 01938 555950
22nd	Bishop's Castle Carers Group trip on the Llanfair Light Railway, with wheelchairs. Call 0333 323 1990
23rd	SWS Gardening Club talk "Structure in the Garden" with Gordon Malt 7.30pm at Lydbury North VH
23rd	Coach trip to Malvern to see "Sherlock Holmes, the Final Curtain". Call 01588 640506 for bookings/info
24th	Live Music at the Vaults, Bishop's Castle from 9pm
25th	Live Music at the White Horse Inn with "The Mick Clarke Band" from 9pm
26th	Craft Fair at Bishop's Castle Town Hall from 10am. Call 01588 630023 for info
26th	Knighton Community Market 9am-12.30pm at the Community Centre
26th	"The Big Breakfast" 10am-12noon at Lower Farmhouse, Lydbury North. Call 01588 680067. Proceeds to the Church Roof Fund.
27th	Ludlow Craft & Garden Market 9.30pm-4pm in the Castle Square
27th	Quiz at the White Horse Inn from 9pm
27th/28th	Open Gardens at Walcot Hall, Lydbury North 1.30pm-5.30pm. Teas in the Ballroom. £4 entry. Children Free
28th	Family Entertainment at Ludlow Castle 10am-5pm. See www.ludlowcastle.com for info.
28th	Bank Holiday Brocante Market at Aardvark Books Brampton Bryan 9am-3pm. Music and Refreshments
30th	Friends of Bishop's Castle Library visit to Hay Festival. Call 01588 638215 for info/booking.
30th	Children's Half Term Event, Stories and Spring Crafts 10am-11.30pm. £3. Call 01588 638215 to book
31st	Live Music at the Vaults, Bishop's Castle from 9pm
31st	BC Footpath Walking Group walk "Around BC" (12, 8 & 5m). Meet at Harley Jenkins CP at 9.30am. Bring packed lunch. Call 07910198477 for info

3 ROUND & ABOUT WALKS



**RAMBLE
SCRAMBLE
AMBLE**
around
Bishops Castle

to beat blood cancer

SATURDAY MAY 12, 2018



**Closing date for applications:
MONDAY MAY 7
£18 online, £19 by post**

**For information and to apply, visit
Bloodwise.org.uk/round-and-about**

Bloodwise

Bishop's Castle Walking Festival

May 2018

**in the Shropshire Hills
16 – 20 May 2018
– the friendliest of walking festivals**

Email: bcwalkingfest@gmail.com
www.walkingfestival.co.uk

SpArC Theatre Events - May 2018
Tickets 01588 630321/638038 www.sparctheatre.co.uk

Thurs 3rd 7.15pm
Tickets Adults £13 U18 £8



Royal Ballet: “Manon” Live ROH screening via Satellite
 *****“As vixen, coquette and victim, the Royal Ballet’s Francesca Hayward, Natalia Osipova and Marianela Nuñez all touch greatness in the coveted role of Kenneth MacMillan’s tragic heroine.” *The Guardian*
 Kenneth MacMillan’s source for Manon was the 18th-century French novel already adapted for opera by Massenet and Puccini. The premiere was given on 7 March 1974 MacMillan’s spectacular ensemble scenes for the whole Company create vivid, complex portraits of the distinct societies of Paris and New Orleans. But it is Manon and Des Grieux’s impassioned pas de deux – recalling the intensity of MacMillan’s earlier Romeo and Juliet – that drive this tragic story, and make Manon one of MacMillan’s most powerful dramas.
 *****“There are no minor characters in this ballet. You could write a novel about any of them.” *The Guardian*

Tues 15th May 2pm
Tickets Adults £3
Accompanying Carers FREE



Film: Paddington 2 (PG) Accessible
 If you need to laugh out loud -come and see this film- If you have seen it -some and see it again Settled in with the Brown family, Paddington the bear is a popular member of the community who spreads joy and marmalade wherever he goes. One fine day, he spots a pop-up book in an antique shop — the perfect present for his beloved aunt’s 100th birthday. When a thief steals the prized book, Paddington embarks on an epic quest to unmask the culprit before Aunt Lucy’s big celebration *****“*Definitely Bears RepeatingBack from darkest Peru, our hero is at the mercy of unscrupulous actors, but generosity, emotional depth and top-class clowning win the day*” *The Guardian* ***** Please Note: Not in Shropshire school holidays, Usual Bar plus Tea and biscuits £1, No stairs, tables & chairs, Hearing loop, low level lighting- Free Dial-a-ride bus service from Bishops Castle and Lydbury North please phone 01588 638350

Fri 18th 7.45pm
Tickets Adults £5 U18 £4



Film: The Way (12A)
 A Film as part Bishop’s Castle Walking Festival – A father heads overseas to recover the body of his estranged son who died while traveling the “El camino de Santiago,” and decides to take the pilgrimage himselfStarring Martin Sheen, *****“*Gentle, likable and profoundly touching, it makes you want to dig out the hiking boots and make the same journey.*” *Empire* *****“*This touching film is marked by heartfelt performances from Sheen and a stellar cast. This, along with an inventive, sentiment-free story and the unforgettable beauty of “The Way”*” *Common sense Media*

Thurs 24th 7.30pm
Tickets Adults £11 U18 £6

“A real world class banjo player.”

Tom Robinson 6 Music



Live Music: The Dan Walsh Trio
 “*Absolutely terrific*” **MARK RADCLIFFE, BBC RADIO 2** Nominated for best musician at last year’s BBC Folk Awards, Dan Walsh combines ‘virtuoso playing and winning songwriting’ (MORNING STAR). Describing what Dan does is no easy task but at the heart of it is British, Irish and American folk music delivered with a healthy dose of funky grooves – all performed with his unique and dazzling take on clawhammer style banjo helping to challenge all preconceptions about the instrument. Add to all that poignant songs, astonishing musical departures and lively humour and the result is a truly memorable live show which has wowed audiences across the world from intimate seated rooms to huge dancing crowds in festival fields. New album ‘Verging on the Perpendicular’ is Walsh’s fourth solo album and again has received much critical acclaim and is accompanied by a hectic touring schedule taking in the UK, USA, Canada, Australia and New Zealand. Both solo and as a member of the award winning Urban Folk Quartet, as well as guest appearances on stage with Imelda May, Joss Stone and the Levellers, this unique and eclectic musician has stunned audiences across the world.
 Dan Walsh is a Deering Banjos artist and also uses the Banjolit Dr Arm

Dates for your Diary June 2018

1st	Half Term Holiday Fun– Vikings at The Discovery Centre, Craven Arms for age 3-11. call 01588 676060
1st	Film “Early Man” (PG) 6pm at SpArC Theatre, Bishop’s Castle. Call 01588 630321/638038 to book
2nd	Arts Alive present Louise Jordan in “No Petticoats Here” 7.30pm at Chapel Lawn Village Hall. Ticket £10 Call 01547 530871 or 07721739973. See www.louisejordan.co.uk
2nd	Craven Arms Farmers Market 9am-2pm at the Discovery Centre.
2nd	Bishop’s Castle Antiques & Flea Market 9am-4pm in the Town Hall
2nd-30th	Art Exhibition by Michael Howard at Bishop’s Castle Town Hall 10am-4pm . Call 01588 630023 for info
3rd	Blakemoregate Cottages Open 11am-3pm. Restored Miners squatter Cottages. Call 01743 792294
3rd	Ludlow Antique and Collectors Fayre 9am-4pm in the Castle Square.
3rd	Talk “Stonehenge & the Myth of Bluestone Quarries” with Dr Brian John 3pm at BC Town Hall. Call 01588 630023 for info/booking
4th	Meditation at Mainstone led by Wendy Graham. 7.30pm at Mainstone Church.
5th	Onny Valley Social Club trip to Ludlow Food Centre 11.30am. . Call 01588 650607 or 07971882553 to book
5th	The Three Tuns, Bishop’s Castle Open Mic. Night with Jonny Keeley from 9pm
6th	BC Footpath Walking Group walk “Much Wenlock” (7m). Meet at Harley Jenkins CP at 9.30am. Bring packed lunch. Call 01694 724654 for info
7th	Ludlow Food & Craft Market 9.30am-4pm in the Castle Square
7th	Jam Night at The Vaults, Bishop’s Castle from 9pm
7th	NT Delayed Live Screening of “Macbeth” 7pm at SpArC Theatre, BC. Call 01588 630321/638038 to book
8th/9th	Opera A la Carte perform The Barber of Seville at Walcot Hall, Lydbury North 1.30pm. Call 01588 680570
8th/9th	Bishop’s Castle Ska & Reggae Festival at The Vaults. Captain Accident & The Disasters, The Mighty Vipers, Brian Copsy Band, Fight the Bear and more..Friday 9-11pm Sat 3pm-11pm
8th-10th	Bishop’s Castle Open Studios & Art & Antiques Weekend 10am-5pm See www.bcopenstudios.co.uk
9th	Macmillan Coffee Morning at Marton Village Hall
9th	Abbeyfield, Bishop’s Castle Strawberry Tea 2.30pm-4pm. Stalls, Plants, Cakes, Tombola. All Welcome
10th	Painting Retreats with Lin Brown “A Haiku Journey; Marking the Moment” 10am at Stapleton VH. Call 01939 210640 for info or visit www.wayofcreativity.org
10th	Ludlow Craft & Garden Market 9.30am-4pm in the Castle Square.
12th	Mainstone WI Meeting “Craftwork” with Karen Dixon. 7.30pm at Mainstone VH.
12th	Afternoon Film “UP” (U) at SpArC Theatre Bishop’s Castle 2pm. Call 01588 630321/638038 to book
12th	BC Footpath Walking Group walk “Oswestry” (8m). Meet at Harley Jenkins CP at 9.30am. Bring packed lunch. Call 01588 620702 for info
13th	Open Mic Night at The White Horse Inn, Clun from 9pm
14th	Norbury & District WI Meeting “Colour Me Beautiful” with Carolyn Hills. 7.30pm at Norbury VH
14th	Music Night at The Vaults, Bishop’s Castle from 9pm
14th	Bishop’s Castle Civic Society AGM 7.30pm at The Methodist Hall. Guest Speaker John Burt

Dates for your Diary June 2018

14th	Film "Three Billboards outside Ebbing, Missouri" (15) 7pm at SpArC Theatre, Bishop's Castle. Call 01588 630321/638038 to book or visit www.sparctheatre.co.uk to book online.
15th	BC Footpath Walking Group Planning Meeting at Bank House, 4 High St, BC 10.30am. Call 01588 630026
15th	Flicks in the Sticks present "Murder on the Orient Express" (PG) 8pm at Clungunford Parish Hall. Call 01588 660727
15th/16th	Annual Book Sale at Bishop's Castle Library. Friday 10am-7pm Sat 9.30am-1pm., including Tea & Coffee Morning on Fri 15th 10am-12noon.
16th	Family Fun Day at The Discovery Centre, Craven Arms 11am-4pm. Call 01588 676060 for info
16th	Bishop's Castle Farmers Market 9am-1pm in the Town Hall
16th	Bolthole Jazz present "All that Jazz" with guest dancer. 1920's & Swinging 1930's Sextet. 7pm at Leasowes Bank Farm, Ratlinghope. SY50SW. Call 01743 790903 or email chrisboltonlevin@hotmail.com
16th/17th	Lydbury North Gardens Open Weekend. 2pm-6pm Tickets £5 email lydburnorthopengardens@gmail.com
16th-1st	Ludlow Fringe Festival. Music, street theatre, dance, comedy, performing and visual arts See www.ludlowfringe.co.uk for info
17th	Ludlow Antique and Collectors Fayre 9am-4pm in the Castle Square
17th	Satellite Screening from the Royal Ballet "Swan Lake" 2pm at SpArC Theatre, Bishop's Castle. Call 01588 630321/638038 to book or book online at www.sparctheatre.co.uk
17th	Secret Gardens of Ludlow. Open Gardens from 12noon-6pm. Lunches & Teas available
18th	White Horse Music Sessions at the White Horse Inn, Clun from 9pm
18th	BC Footpath Walking Group walk "Bromyard" (8m). Meet at Harley Jenkins CP at 9.30am. Bring packed lunch. Call 01588 630531 for info
18th	BC Carers Group-Carers Week Tea Party at Sandra Morgan's House, Twitchen Call 03333231990 for info.
20th	Onny Valley Social Club trip to Wye Valley & Butterfly Zoo. Call 01588 650607 or 07971882553 to book
21st	Marches Embroiderers Guild Talk "Working with Wool" with Lorna Hollom 1.30pm at CasCA Craven Arms. Call 01588 630663 for info.
21st	Lydbury North WI meeting "Self Help Africa" - food & the future with Sally Howlett 7.15p at the VH
21st	Music Night at The Vaults, Bishop's Castle from 9pm
21st	Film "Mountain" 7.30pm at SpArC Theatre, Bishop's Castle. Call 01588 630321/638038 to book or book online at www.sparctheatre.co.uk FREE event donations welcome (SpArC Fundraiser)
21st	Ludlow Food & Craft Market 9.30am-4pm in the Castle Square
21st-24th	Church Stretton Walking Festival. See www.churchstrettonwalkingfestival.co.uk
22nd	Live Music at Bishop's Castle Town Hall with "The Elliott Sansom Trio" (Clun Valley Jazz) 8pm. Call 01588 630023 or book online at www.bishopscastletownhall.co.uk
23rd/24th	Clun Open Gardens. 1pm-5pm each day. Tickets £6. Up to 19 Gardens open. Teas and Plants
24th	Tour D' Arts Alive Charity Cycle. Four Routes to choose from. See www.tourdartsalive.co.uk
24th	Ludlow Book & Craft Market 9.30am-4pm in the Castle Square
25th	Live Music at The White Horse Inn, Clun with "Without Warning" from 9pm
30th	Bishop's Castle Antiques & Flea Market 9am-4pm in the Town Hall

PAUL BEBB AUCTIONS -SALE FIXTURES.

Bishop's Castle Public Hall, Station, Bishop's
Castle. Shropshire

Tel: 01743 462763 Mobile: 07974 118467

VIEWING Fri 4.30pm

AUCTION STARTS 6.30pm

Sat VIEWING from 8.30am

AUCTION STARTS 10am

May 2018	4th/5th	18th/19th	25th/26th
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Citizens Advice Shropshire

Bishops Castle Outreach

Citizens Advice Outreach will be open at
Enterprise House on the following dates:

10am-12noon

Mon May 21st

Enterprise House

Enterprise House • Station Street • Bishops Castle • Shropshire • SY9 5AQ

01588 638038 Phone/Fax

enterprise.house@bishopscastle.co.uk

www.bishopscastle.co.uk

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Training
Faxing



We can help you with your event Publicity
Posters/Tickets/Flyers can all be produced
from a single A4 Poster (your design or ours)

help2change

Painful Hips, Knees or Back?

- Are you aged 45 or older, had hip, knee or back pain for more than 3 months?
OR
- Are you 45 or older, suffer with Osteoarthritis for more than 3 months with no recent trauma?



Do you want advice and education about Joint Pain and how we can work in close partnership on an agreed care plan to help you with this?

Do you want to learn new skills to enable you to carry out normal activities and be more active without fearing pain?

If you answered "yes" to any of these questions, then a new way of delivering Joint Pain care is likely to help.

'Managing your Joint Pain' clinics are now available in Bishops Castle. Advisors will work with you to help you reach your goals.

For more information or to book an appointment please ring: **0345 6789 025**



Bishops Castle Short Walks - Every Monday 10.30 am

Meet at Enterprise House- Short sociable walks of 30-60 mins in lower part of town.

Ring 01743 255059 for info

ENTERPRISE HOUSE OPENING HOURS

MON 9AM-5PM, TUES 9AM-7PM, WED 9AM-4PM

THURS 9AM-5PM, FRI 9AM-7PM, SAT 10AM-1PM

THE OFFICE CLOSSES EVERYDAY FOR LUNCH 1-1.30PM

Enterprise House IT Resource Centre Enterprise House, Station Street, Bishop's Castle. SY9 5AQ
Tel/Fax 01588 638038 email:enterprise.house@bishopscastle.co.uk. www.bishopscastle.co.uk

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