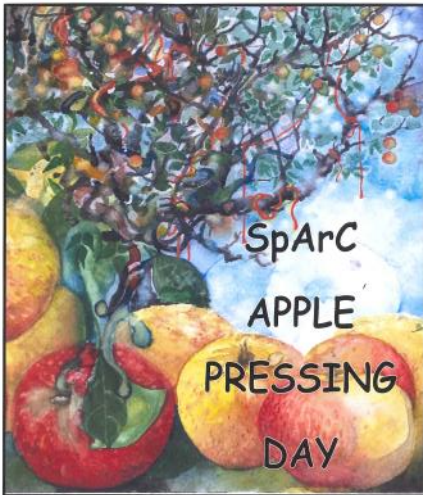




SPOTLIGHT



31 DAYS IN OCTOBER



SpArC COMMUNITY APPLE PRESSING DAY

Press your own apples - Sunday 20th Oct.
Public Hall, Station St. BC.

Book your 1/2hour slot from 9.30-4pm

phone 01588 638762 or email katetheplate@gmail.com

Bring your own apples and screwtop bottles 30p for 70cl
bottle/40p litre + 20p litre pasteurising

Also apple-cake and plant stall, donations welcomed

Save the SpArC on Facebook <https://savethesparc.org/>



THE 10TH RUSSET RAMBLE

ORGANISED
BY THE
BISHOP'S CASTLE
BOWLING CLUB

A 13 MILE

WAYMARKED WALK FROM BISHOP'S CASTLE

SATURDAY

12TH OCTOBER

2019 START BETWEEN
9AM & 10.00AM

COFFEE AND CAKE
ON THE WAY AND
SOUP AT THE END.

ENTRY FEE £13.00

* CLOSING DATE FOR ENTRIES 9TH OCT 2019. *
NO ENTRIES ON THE DAY. THERE WILL BE A LIMIT OF 200 WALKERS

WALKERS UNDER 16 MUST BE ACCOMPANIED BY AN ADULT.
SORRY NO UNDER 7'S. NO DOGS OR BIKES.

FOR MORE INFORMATION AND ENTRY FORMS
Contact Barry on 01588 620533 or jbarry54@hotmail.com

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

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

October 2019

1st	Clun WI Meeting 7.30pm at Haslehurst Community Centre.
1st	Onny Valley Social Club AGM 2.30pm at Norbury Village Hall
1st	Flicks in the Sticks present "Mary Queen of Scots" (C15) 7.30pm at Lydbury North VH. Call 01588 680302
1st	"Pop up Books" talk with Nick Howell for Bishops Castle Heritage Resource Centre. At the Town Hall, Bishops Castle. Call 01588 630023 for info and booking. Tickets £5
2nd	Stretch, Flex & Balance Class 5-5.50pm & Pilates Plus Class at 6-6.50pm at Bank House, Bishop's Castle. Also on 9th, 16th, 23rd & 30th. Call 07809 151052 to book. Small group classes
3rd	Jam Session at The Vaults, Bishop's Castle from 9pm
3rd	Ludlow Food & Craft Market all day in the Castle Square
4th	Marton Harvest Service & Supper 7pm at Marton Chapel & Village Hall. Adults £10 Children £5
4th	Flicks in the Sticks present "Fisherman's Friends" 7.30pm at Bedstone & Hopton Village Hall. Call 01547530282
5th	Bishop's Castle Antiques & Flea Market 9am-4pm in the Town Hall.
5th	"Sausages & Songs". An evening of Hymn Singing, Poems and the story of Ruth followed by Hot Dog Supper at The Green Methodist Chapel (SY15 6SY) 6.30pm.
5th	Trelystan Book Launch "Church, Township & Community" at St Mary's Church Trelystan 10am-12.30pm
6th	Blakemoorgate Cottages (Stiperstones) Open. See how the miners lived. 11am-3pm. Call 01743 792294
6th	Black Mountain Chapel Bettws y Crwyn (SY7 8PJ) Open Day 10.30am-4.30pm. See how the renovations are progressing on this building in the hills. Contact 01547510273 or 01588 640216 for info. Tea & Cake available
6th	Nearly New Sale & Coffee Morning 10am-12noon at Clun Memorial Hall. Tables £5. Entry £1. Call 07966835645
6th	A Afternoon of Music, beer & Cake at Bank House, Bishop's Castle with "C Joynes & Andrew Dr Abbott" 3pm. Donations on the door
6th	Linocut Workshop for beginners/improvers led by Dru Cole 9am-4pm at The Bleddfafa Centre £45. Call 01547 550377 or see www.bleddfafacentre.org
6th	Ludlow Antique Market 9am-4pm in the Castle Square
7th	Music Sessions at the White Horse Inn, Clun from 8.30pm
7th	Pilates Plus Class 5-5.50pm & 6pm - 6.50pm at Bank House, Bishop's Castle. Also on 14th, 21st & 28th. Call 07809 151052 to book. Small group classes
8th	Mainstone WI talk "Harveys Sherry" with Sandy Burton. 7.30pm at the Village Hall.
8th	SWSHAS talk "Dressing to Impress in the C19" with Eileen Baker 7.30pm at The Church Barn, Bishop's Castle
9th	Clun Royal British Legion Meeting 7.30pm at Haslehurst Community Centre.
9th	Bettws WI Meeting 7.30pm at the Village Hall.
9th	Flicks in the Sticks present "Fishermans Friends" 7.30pm at Leintwardine Community Centre. Call 07572442903
9th	Bishops' Castle Film Society present "Happy as Lazzaro" 8pm at the Three Tuns Inn, Bishop's Castle.
10th	Live Music at The Vaults, Bishop's Castle from 9pm
10th	Snailbeach WI AGM 7.30pm at the Village Hall. Call 01743 891406 for info
11th	BLAST Storytelling "Locks Open - Sheila Arnold". 7.30pm at The Town Hall, Bishop's Castle. Call 01588 630023 for info/booking or visit www.bishopscastletownhall.co.uk
11th	Talk "The Children of the Clun Valley - 1930-1950 and the Start of the NHS" with Dr Richard Harding. 6.30pm at Clunbury Village Hall. Tickets £3 on the door. Call 01588 660629 for info
11th	Flicks in the Sticks present "Fishermans Friends" 7.30pm at Knighton Community Centre. Call 01547520602

October 2019

11th	Flicks in the Sticks present “Fishermans Friends” 7.30pm at Clun Memorial Hall. Call 01588 640109
11th	Da Vinci Italian Pop-Up dining at Lydbury North Village Hall. Three course Italian Menu. Email nadia.davinci1996@gmail.com for info. See www.lydburynorthvillagehall.org events page for more info
12th	“Russett Ramble” 13 mile way marked walk in aid of the Bishop’s Castle Bowling Club. Contact jbarry54@hotmail.com
12th	“Finding Silence” Day Retreat 9.30am-5pm at The Bleddfa Centre £50. Call 01547 550377 or see www.bleddfacentre.org
12th	Workshop “Block Printing” 10am-12noon at The Bog Visitor Centre , Stiperstones. Call 01743 792484 for info/booking
12th	Macmillan Coffee Morning from 10.30am-12noon at Chapel Lawn Village Hall. £1 entry Tea, Coffee & Cake, Local Produce stall, Plants & Flowers, Bric a Brac & Books, Raffle. Call 01547 530002/530347
13th	Live Music with Johnny & Hywel at Marton Village Hall . In aid of St Marks Church. Call 01938 561645
13th	Ludlow Book & Craft Market all day in the Castle Square
15th	Bishop’s Castle WI talk “Shrewsbury Street Pastors” 7.30pm at the Methodist Hall.
16th	Onny Valley Social Club Trip to Llangollen Railway. Leaving at 9am. Call 01588 650607 or 07971 882553 for info/booking
17th	Lydbury North WI meeting talk “Christmas Decorations” with Joanna Weaver. 7.15pm at the VH
17th	Ludlow Food & Craft Market all day in the Castle Square.
17th	Live Music at The Vaults, Bishop’s Castle from 9pm
17th	NLive Screening “A Midsummer Nights Dream” at Aston on Clun Village Hall 7pm. Call 01588 660493
19th	Live Music at Bishop’s Castle Town Hall with “Vicki Swan & Jonny Dyer” 7pm Call 01588 630023 to book or visit www.bishopscastletownhall.co.uk
19th	Bishops Castle Farmers Market 9am-1pm in the Town Hall
19th	Arts International Group Exhibition at The Town Hall, Bishop’s Castle. Continues until 14th November.
19th	Live Music at the White Horse Inn, Clun. 9pm. Band TBC
19th	“High Tea “ at Hightown Community Room, Clun 5pm-7pm with String Quartet. Tickets £10 from Richard Bright at “Bright Flowers” or Caractacus. Call 01588 641180.
19th	Clunton Scrumper’s Apple Juicing Day 10am-4pm in the Village Hall. Light lunch, tea, coffee, cake. Please call to book a time 01588 660120/660309
19th	Flicks in the Sticks present “Fishermans Friends” 7.30pm at Everest Hall Llanfairwaterdine Call 01547510672
19th	“Exploring New Techniques in Watercolours” with Ruth Kirby at The Bleddfa Centre £45. Call 01547 550377 or see www.bleddfacentre.org
19th/20th	Ludlow “Showing Off” Contemporary Craft Fair. Sat 10am-5pm Sun 10am-4pm in Ludlow Castle Beacon Rooms.
20th	Ludlow Antiques Market 9am-4pm in the Castle Square.
20th	Autumn Apple Day at The Discovery Centre, Craven Arms 11am-3pm. Free entry. Get crafty with apples, family fun day. Call 01588 676060 for info
21st	Music Sessions at the White Horse Inn, Clun from 8.30pm
22nd	Book Launch with Sue Vincent-Dodd – “Peggy Seddon of Middlewich”. 7pm at Bishop’s Castle Town Hall. Free entry.
23rd	SWS Gardening Club talk “Diluted: A gardener and their relationship with water” with Darren Lerrigo. 7.30pm at Lydbury North Village Hall.

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23rd	Workshop “Willow Weaving” 10.30am-12.30pm at The Bog Visitor Centre , Stiperstones. Call 01743 792484 for info/booking
23rd	Bishops’ Castle Film Society present “The Man Who Shot Liberty Valance” 8pm at the Three Tuns Inn, Bishop’s Castle.
24th	Live Music at The Vaults, Bishop’s Castle from 9pm
25th	Flicks in the Sticks present “Fishermans Friends” at Marton VH 7.30pm. Email felicitybevan@gmail.com
25th	Flicks in the Sticks present “Rocketman” (15) 8pm at Clungunford Parish Hall. Call 01588 660781
25th-27th	Mega Book, CD & DVD Sale at Bishop’s Castle Town Hall
26th	Bonfire & Firework display at The Discovery Centre, Craven Arms. Call 01588 676060 for info/booking
26th	Film “A Private War” 7.30pm at Aston on Clun Village Hall. Call 01588 660493/660893 for info/booking
27th	Live Music at the White Horse Inn, Clun from 5.30pm (TBC)
27th	Autumn Brocante Sale at Aardvaark Books, Brampton Bryan 10am-3pm
27th	Ludlow Craft & Country Market all day in the Castle Square.
28th	Half term film “Toy Story 4” 5.30pm at The Discovery Centre, Craven Arms. Call 01588 676060 to book
28th-1st	Half Term Holiday Fun “Instincts of a Superhero” 1-2.30pm at the Discovery Centre, Craven Arms. Call 01588 676060 to book. £4 per accompanied child.
29th	Quiz at the White Horse Inn, Clun from 9pm
29th	“Superhero Cooking” at the Discovery Centre Craven Arms 10am-11.30am. For age 3-11yrs. Call 01588 676060 to book a place. £7.50 per accompanied child
29th	Bishops Castle Civic Society Annual Awards at The Methodist Hall 7.30pm followed by a talk “Scurvy - Cause and Cure” with Dr Henry F Oakeley FRCP.
31st	Ludlow Halloween Market all day in the Castle Square.
31st	Live Music at The Vaults, Bishop’s Castle from 9pm
31st	“Spooky Halloween Crafts” 3-5pm for age 3-11yrs. £4 per accompanied child. Drop-in session at The Discovery Centre, Craven Arms. Call 01588 676060

SpArC Theatre Events - October 2019

Tickets 01588 630321/638038 www.sparctheatre.co.uk

Thurs 3rd 7pm
Tickets £12/£8



Screening - “Wise Children” (15) ***** ‘Fantastic. Life-enhancing, brilliantly uninhibited, all-singing and dancing... Stars? I’m not sure why you would stop at five.’ The Observer ***** ‘It’s pure, unadulterated theatre with an airtight company, subject, direction, and production. Rice not only blind-casts the whole piece, but single-handedly gives a masterclass on how to play with gender.’ Broadway World Wise Children By Angela Carter. Multi-award-winning director **Emma Rice** brings her unique, exuberantly impish vision to Angela Carter’s great last novel in this brand-new theatre production. A big, bawdy tangle of theatrical joy and heartbreak, *Wise Children* is a celebration of show business, family, forgiveness and hope, with a generous dash of Shakespeare, scandal and mischief, taking the audience on a rollercoaster ride of emotion. ***** ‘An explosion of theatrical glee’ The Times. In Brixton, Nora and Dora Chance – twin chorus girls born and bred south of the river – are celebrating their 75th birthday. Over the river in Chelsea, their father – and greatest actor of his generation – Melchior Hazard turns 100 on the same day. As does his twin brother Peregrine. If, in fact, he’s still alive. And if, in truth, Melchior is their real father after all filmed live at York Theatre Royal in March 2019.

SpArC Theatre Events - October 2019
Tickets 01588 630321/638038 www.sparctheatre.co.uk

Thurs 10th 11am
Tickets £5



Live Theatre – “Hey Diddle Diddle” - Goblin Presents – Hey Diddle Diddle. A hilarious adventure filled with music and puppetry, for ages 3+. Please note priority booking offered to all the primary schools .Show duration approx 1hr. When the full moon shines bright here’s magic in the air, and all the animals come out to play. Stay up late with flying cows, jazzy cats and runaway crockery and as we jump and jive to the music in a brilliant new take on the classic nursery rhyme. Ever wondered how a cow jumped over the moon? Or why the dish ran away with the spoon? With original songs played live on stage, brilliant puppetry and lots of laughter, this new show is a wild and musical celebration about the importance of imagination. Goblin are an acclaimed theatre company who make shows for young people and families.

Fri 11th 6pm
Tickets £4/£6



Film - “Toy Story 4” - Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realize that they’re worlds apart when it comes to what they want from life as a toy. *****This feels throughout like a project that comes straight from the heart. It is dealing with love, loyalty and sacrifice. Woody’s undemonstrative nature and Bo Peep’s fiercely independent nature make the film all the more affecting. Adults and kids alike will find its mix of comedy and pathos hard to resist.” The Independent.

Sun 13th 2pm
Tickets £13/£8



ROH Screening– Don Giovanni (Mozart) - Via satellite from the Royal Opera House. Sexual intrigue, jealousy, wit, anger... and retribution! The new Royal Opera Season begins with Mozart’s engaging masterpiece, which follows Don Giovanni, the woman he serially seduces, and the vengeance that finally catches up with him. The opera is renowned for its ever-shifting portrayals of complex characters, fast-moving action and mix of the comic and the heartfelt. .Sunday 13 October 2019 Live performance from Tuesday 8th broadcast via satellite. Sung in Italian with English subtitles. Approximate running time: about 3 hours 30 minute

Thurs 17th 7pm
Tickets £12/£8



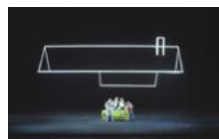
NLive “A Midsummer Nights Dream”- *The course of true love never did run smooth.* A feuding fairy King and Queen of the forest cross paths with four runaway lovers and a troupe of actors trying to rehearse a play. As their dispute grows, the magical royal couple meddle with mortal lives leading to love triangles, mistaken identities and transformations... with hilarious, but dark consequences. Shakespeare’s most famous romantic comedy will be captured live from the Bridge Theatre in London. This NTLIVE event is a live recording of a performance in front of an audience- it is not a live broadcast

Tues 22nd 2pm
All Tickets £3
Accompanying Carers FREE



Afternoon Film “This Beautiful Fantastic” - British Romantic Comedy. The story of Bella Brown (Jessica Brown Findlay of “Downton Abbey”), an aspiring children’s book author and reluctant librarian who lives next door to a curmudgeonly retired widower. When Bella , a reclusive young woman is threatened with eviction unless she gives her garden a makeover, she sets to work watched by her scornful and curmudgeonly next-door neighbour, Alfie. Accessible Films are kindly Supported by the Friends of Bishop’s Castle Community, Care Home and Hospital. Please Note: Not in Shropshire school holidays Usual Bar plus Tea and biscuits £1, No stairs, tables & chairs, Hearing loop, low lighting- Free Dial-a-ride bus service from Bishops Castle and Lydbury North please phone 01588 638350

Thurs 24th 7.30pm
Tickets £13/£8



ROH Screening “Don Pasquale” (Donizetti) - Live cinema relay New production. Royal Opera favourite Bryn Terfel heads the cast for this new production of Donizetti’s comedy of domestic drama across two generations. The witty story of a middle-aged man whose supposed young wife runs rings around him – with her own ulterior romantic purpose in mind – has long delighted and surprised audiences, not least as presented with the sparkle of its music and the virtuoso skill of its performers. Sung in Italian with English subtitles. Approximate running time: about 2 hours 30 minutes.

Dates for your Diary November 2019

1st	Live Music at The White Horse Inn, Clun from 9pm with "The BC Allskas"
2nd	Halloween Party at Chirbury Village Hall 7pm. Food, Drink, Disco, Fancy Dress. £12 Adults U16's £5
2nd	Live Music at The White Horse Inn Clun with "Smith & Johnson" from 9pm
2nd	Table Top Sale at Marton Village Hall
2nd	Live Performance at Aston on Clun Village Hall, Little Bulb Theatre & Farnham Maltings present "Mountain Music" 7.30pm at Aston on Clun Village Hall. Call 01588 660493/660893 for info/booking
2nd/3rd	Frost Fair at The Discovery Centre, Craven Arms. Handmade Crafts & Christmas Gifts. 10am-4.30pm
3rd	Ludlow Antiques Market 9am-4pm at the Castle Square
4th	Pilates Plus Class 5-5.50pm & 6pm - 6.50pm at Bank House, Bishop's Castle. Also on 11th & 18th. Call 07809 151052 to book. Small group classes
4th	Live Music Sessions at The White Horse Inn, Clun from 9pm
5th	Clun WI Meeting 7.30pm at Haslehurst Community Room
5th	Flicks in the Sticks present "A Private War" (15) 7.30pm at Lydbury North Village Hall. Call 01588 680302
6th	Stretch, Flex & Balance Class 5-5.50pm & Pilates Plus Class at 6-6.50pm at Bank House, Bishop's Castle. Also on 13th & 20th. Call 07809 151052 to book. Small group classes
6th	BC Film Society present "Capernaum" 8pm at The Three Tuns, Bishop's Castle
6th	Friends of Stonehouse AGM and talk "Bishop's Castle—Working towards a Dementia-friendly Community" with Valerie Woodmansey at the Methodist Hall, Bishop's Castle 7pm. Call 01588 638338 for info
7th	NLive present "Hansard" 7pm at Aston on Clun Village Hall. Call 01588 660493/660893 for info/booking
7th	Jam Session at The Vaults, Bishop's Castle from 9pm
7th	NT Live present "Hansard" 7pm at SpArC Theatre, Bishop's Castle. Call 01588 638038/630321 or visit www.sparctheatre.co.uk to book. Tickets £12/£8
7th	Ludlow Food & Craft Market all day in the Castle Square
8th	BLAST Storytelling, Join Val Littlehales, Terry Tandler, Saints and Witches: Suzanne and Jake Tumnus. 7.30pm at The Town Hall, Bishop's Castle. Call 01588 630023 or visit www.bishopscastletownhall.co.uk
9th	Live Music from Clun Valley Jazz at Bishop's Castle Town Hall with "The Daniel Karlsson Trio" 8pm. Call 01588 630023 or visit www.bishopscastletownhall.co.uk for info/booking
9th	Fruit Tree Pruning workshop with Karem Limbrick at the Discovery Centre, Craven Arms. 10am-1pm. Call 01588 676060 for info/booking. £25 per person.
10th	Arts Alive present Kapow Theatre Company in "On The Edge" Comedy Theatre Show. 7.30pm at Snailbeach Village Hall. Call 01743 791327 for Tickets/Info..
10th	ROH Screening of Concerto/Enigma Variations/Raymonda ACT III (via Satellite) 2pm at SpArC Theatre, Bishop's Castle. Call 01588 638038/630321 to book of visit www.sparctheatre.co.uk . Tickets £13/£8.
12th	Coach trip to Ikea. Contact Tim Wood on 01588 640506 for info/booking
12th	Mainstone WI AGM & Canapes with Lesley Yeoward 7.30pm at The Village Hall.
12th	SWSHAS talk "Clocks & Clockmakers of Bishop's Castle" with Chris Robinson. 7.30pm at The Church Barn, Bishop's Castle.
13th	Marches Meadows Group Talk "Growing Native Orchids in Meadows & Gardens" 7.30pm at The Church Barn, Bishop's Castle. £3 admission
13th	Bettws WI Meeting 7.30pm at The Village Hall
14th	Snailbeach WI talk "Swifts Bakery - Family History of Baking" 7.30pm at the Village Hall. Call 01743 891406

Dates for your Diary November 2019

14th	Live screening of "42nd Street" 7pm at SpArC Theatre, Bishop's Castle. Call 01588 638038/630321. Tickets £12/£8
14th	Live Music at The Vaults, Bishop's Castle from 9pm
16th	Craft Fair at Priest Weston Village Hall 10am-12.30pm
16th	Live Music at Bishop's Castle Town Hall. Album Launch "Grey Wolf" and special guest singer Deborah Rose. 8pm. Call 01588 630023 or see www.bishopscastletownhall.co.uk for info/booking
16th	Live Music at The White Horse Inn, Clun from 9pm (Band TBC)
17th	Ludlow Antiques Market 9am-4pm in the Castle Square
18th	Live Music Sessions at The White Horse Inn, Clun from 9pm
19th	BC WI AGM and talk "Tufty Stuff - Upcycling of Old Woollens" with Fiona Lewis, plus sales table. 7.15pm at The Methodist Church, Bishop's Castle.
19th	Afternoon Film "Calamity Jane" 2pm at SpArC Theatre, Bishop's Castle. All Tickets £3. Accompanying Carers Free. Call 01588 638038/630321 to book or see www.sparctheatre.co.uk .
20th	BC Film Society present "Cold War" 8pm at The Three Tuns, Bishop's Castle
21st	Lydbury North WI Meeting 7pm at the Village Hall. Call 01588 680266 for info
21st	Ludlow Christmas Market all day in the Castle Square
21st	Film "The Sister's Brothers" (15) 7pm at SpArC Theatre, Bishop's Castle. . Call 01588 638038/630321 to book or see www.sparctheatre.co.uk .
21st	Live Music at The Vaults, Bishop's Castle from 9pm
22nd	Arts Alive present "Love Letters from Blackpool". A comic theatre piece 7.30pm at Leintwardine Village Hall. Call 01547 540169
23rd	Ludlow Christmas Lights switch on 2-5pm in the Castle Square. Fun afternoon plus Santas Grotto 2-4pm. Switch on 5pm
23rd	Film "Rocketman". 7.30pm at Aston on Clun Village Hall. Call 01588 660493/660893 for info/booking
23rd	Winter Shopping Event at Aardvark Books Brampton Bryan 10am-4pm
23rd	Pre-Christmas Craft Fair at St Georges Church Clun 10am
23rd	Mid Wales Opera present "Mrs Peachum's Guide to Love & Marriage" 7.30pm at SpArc Theatre, Bishop's Castle. Call 01588 630321/638038 to book or book online at www.sparctheatre.co.uk
23rd-24th	Ludlow Medieval Market 9.30pm-4pm in the Castle grounds & Castle Square
24th	Live Music at The White Horse Inn, Clun (Band TBC) from 9pm
26th	Quiz at The White Horse Inn, Clun from 8.30pm. (In aid of Clun Parent & Toddler Group)
27th	SWS Gardening Club talk "The Wildflowers of South Shropshire" with Fiona Gomersall. 7.30pm at Lydbury North Village Hall
28th	Midwinter Garland Making & Shropshire History with Cath Murphy at The Town Hall, Bishop's Castle 7.30pm. Call 01588 630023 or visit www.bishopscastletownhall.co.uk for info/booking
28th	Live Music at The Vaults, Bishop's Castle from 9pm
29th	Flicks in the Sticks present "Stan & Ollie" 7.30pm at Marton Village Hall
30th	Christmas Craft Fair at Bishop's Castle Town Hall from 10am.
30th	Film "Lion King" 5.30pm at The Discovery Centre, Craven Arms. Call 01588 676060 for info/booking
30th	Live Music at The White Horse Inn, Clun (Band TBC) from 9pm



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

PAUL BEBB AUCTIONS -SALE

Regular Auctions held at Bishop's Castle Public Hall, Station, Bishop's Castle. Shropshire
See website for latest dates www.paulbebbauctioneer.com or check facebook page
Tel: 01743 462763 Mobile: 07974 118467

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Check yourself or a member of staff can help

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KNOW THE RHYTHM OF YOUR HEART

It only takes 30 seconds - yet could save your life

KNOW YOUR PULSE

Is your heart rhythm too fast, too slow, or jumping around (irregular)?
It could be an arrhythmia (a heart rhythm disorder)
Learn to take your pulse to monitor your heart rhythm



KNOW YOUR ECG

Monitor your heart rhythm
with a mobile ECG device

It records your heart rhythm and
confirms if normal, AF suspected or
if you should discuss the results with
your doctor

For more information contact:
info@heartrhythmalliance.org



Office to Let

at
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Please enquire on
01588 638038



Citizens Advice Shropshire
Bishops Castle Outreach

Citizens Advice Outreach will be
open at Enterprise House on the
following dates:
Mon 10am-12noon
7th October
21st October

Enterprise House Opening Hours

**Mon 9am-5pm, Tues 9am-7pm, Wed 9am-4pm
Thurs 9am-5pm, Fri 9am-7pm, Sat 10am-1pm**

The Office closes 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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