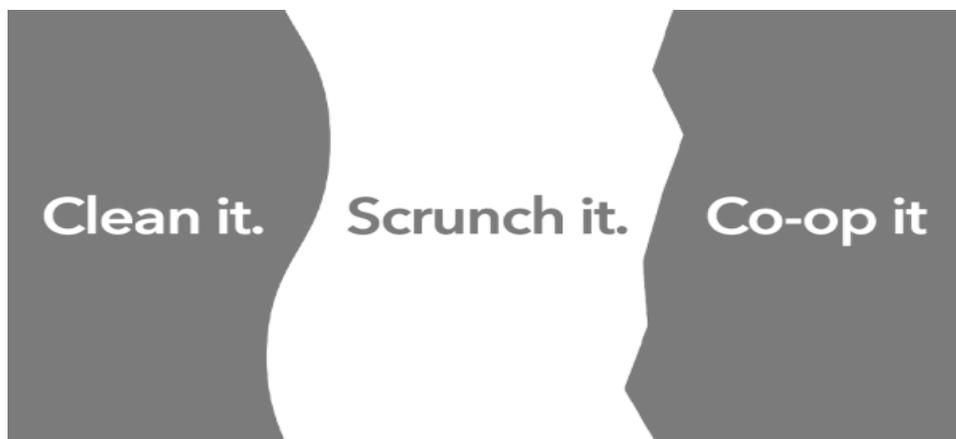


What's on in November 2021!

Wed 3rd	WI	the lounge of The Miners Institute	7:30pm
Sun 7th	Sunday Social	Chapter House Parish Church	3:30pm
Wed 10th	'Low Maintenance Techniques for your Garden'	Weston Rhyn Gardening Club at Weston Rhyn Institute	7:30pm
Thur 11th	St Martins Parish Council	St Martins Centre,	7:00pm

Please let us know the time and date of your events in December and January for the next edition of Village Life (free on the What's on pages) by no later than Wednesday 17th November 2021.

If you send us an article for the next edition, please bear in mind that it will be delivered at the end of September, so any events you report on will have happened before then. If you want to mention any upcoming events or activities please make sure they are in October or November (or Later).



- We've removed over 331 tonnes of plastic from our fresh fruit and veg packaging over the last two years. But we need your help to do even more. Right now, you can recycle your soft plastics

- Ordinary carrier bags
- Bread bags
- Crisps, nuts, snacks bags
- Pouches – microwave rice, pre-cooked mussels, petfood, etc
- Fruit & veg nets, bags and wrappers
- Plastic sauce sachets
- Biscuit wrappers
- Cling film
- Pizza wrapping film Flower wrappers
- Petfood wrappers

BUT NOT

- Compostable carrier bags
- Compostable and biodegradable bags & wrappers
- Plastic bottles
- Plastic trays

at 1,500 Co-op stores across the country (Chirk is on the list) – and we're aiming to offer this service at another 800 of our stores by the end of 2021. For a list of all the packaging we can accept go to

<https://www.coop.co.uk/environment/soft-plastics/packaging-list>

Please note that the labelling on packaging may not be up to date with the soft plastics recycling scheme. As such, not all soft plastics will currently be labelled as recyclable. We are working hard in this space to ensure that labelling is clear, and hope to bring an updated label early next year.



Clean it. Scrunch it. Co-op it.



Changes at St Martins Scout group

At the minute due to a shortage of leaders, St Martins are only operating a Scout Troop, running on a Thursday night. However we are pleased to announce that after October half term, we will be restarting the Cub Pack. Cubs is open to all children ages 8 to 10.5, and we may be able to take current Beaver age children aged 7.5 or older. We apologise that the Beaver Colony cannot currently run.

From November 2021, the details are:

Cubs (age 8-10.5): Thursdays 6-7.15 at the scout hut. Contact Chris Burnell on openfields@btinternet.com

Scouts: (age 10.5-14): Currently Thursdays 7-8.30pm at the scout hut. From November 2021: Thursdays 7.30-9.00. Contact Dave Cripps on 2ndstmartinsscouts@gmail.com

UNLOCK4U24 LOCKSMITHS

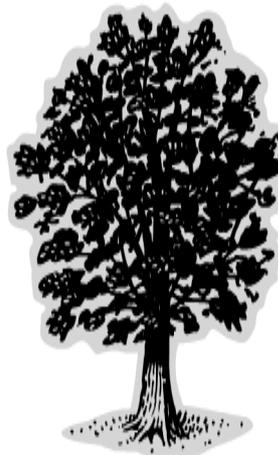
UPVC, UPGRADES, NEW FIT

KEVIN

07805 864 669
(24HR)

Huw Manford

Trees & Gar-
dens



- Hedge Trimming
- Tree Surgery
- Landscaping
- Fencing
- Micro Digger & Operator

Fully Insured

Contact:

ELLIS



C

SWEEPS LTD

MIKE ELLIS

CHIMNEY SWEEP

EMAIL - elliscsweeps@gmail.com

www.elliscsweeps.co.uk

Parkley House, The Trench

Ellesmere, Shropshire, SY12 9DT

The Institute of Chimney Sweeps

AGA & RAYBURN FLUES

CCTV INSPECTIONS

CHIMNEY REPAIRS

WOODBURNER SERVICING

CHIMNEY COWLS / TERMINALS

BIRD GUARDS



01978 710709 - Tel

07952913440 - Mob

Ifton Meadows

By Wilfred J. Evison

If we take a walk on Ifton Meadows, then all around we'll see
Views of the Berwyn Mountains and Shropshire hills and trees
The Wrekin shows up a hazy blue, the Longmynd a greyish white,
The Breiddens looking strong and black, against the failing light.

For fifty years this was a pit, with dirt and filth and grime,
The chimney belching smoke all day, the spoil heap thick in slime
Over a thousand miners hued the coal from down below
And by the gate you'll see a coal tub set in concrete, on show



The mine's been shut since sixty eight, the chimney taken down.
The winding gear has long since gone, but the weighbridge is still sound.

As we wonder aimlessly around, let your thoughts turn to the past
And in your mind you'll see the men, and hear the hooter's noisy blast.

No doubt you'll wonder what's the reason for the council's loving care

Could it be the fact that a local man was mayor?

No, I think the real reason was the Aberfan disaster

And the children buried there.

I Was So Stiff I Even Struggled To Put On My Socks!

Do You Feel As Stiff As A Board?

Is Your Sore Back Getting You Down?

Are You Terrified That Minor Niggles Will Become
Bigger Problems?

*Have You Thought About Trying Wendy's Move
More Freely Classes?*



Contact Wendy For More Information And Claim Your **FREE** Taster Class
(Limited Spaces)

Email Your Name And Phone Number To wendy@timeandfitnessforyou.com

Or Phone Wendy **07970 964 622**



Deliverers needed

We are always needing deliverers for about an hour every other month. We try to keep the rounds small and the weight of the magazines light. Ideally delivering the weekend of publishing which is usually the last weekend of the month of issue. You can pick up your bundles midweek by arrangement. Can you deliver around:

Oak Drive

Moor Bank, Moors Lane

Berwyn Drive, Puddle Lane, Overton Road

Overton Road-3

Cedar Close and Church Close

Please contact Jenny on 772063

Morgans

Oswestry



ToTes of hardwood |

Lucas batteries available in store
Lorry, car, commercial, tractor, motorcycle, leisure



REDBACK[®]
100% AUSTRALIAN BOOT COMPANY



redback safety and non-safety boots in stock now!

cement, post mix, sand & gravel



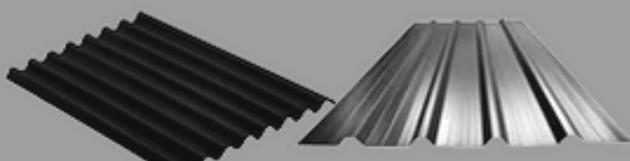
log stores available and can be made to size



Balmoral Dog Kennels



decorative aggregates and sleepers – the perfect way to transform your garden



all Types of roofing sheet available

oil Tanks in store now and we offer local delivery



Propane in sizes 6kg, 13kg, 19kg and 47kg
butane in sizes 7kg & 15kg

fork Truck gas in size 18kg
Morgans provide a personal and professional service for all of your needs. Please speak to one of the



Mile End Business Park, Oswestry, SY10 8NN

How is Shropshire coping with the virus?

Shropshire Council publish this data every week search

Shropshire Newsroom/COVID and look for the appropriate/latest date.



DEBORAH SHAW

Foot Health Practitioner

I have over 15 years of experience in providing foot care services and am a member of the Accredited Register of Foot Health Practitioners

For a professional and friendly service in the comfort of your own home, helping you with: -

- ◆ **Nail care**
- ◆ **Corns/Hard skin**
- ◆ **Fungal infections**

Please call me for an appointment:-

01691 777130

Business Support Programme

Management Accounts

Payroll Services

Auditing

Tax Planning

Business Start Ups

Accounts Preparation

SAGE software sales and support

Financial Services



Chartered Accountants and Business Advisers

Offices at: Ellesmere, Oswestry, and Llangollen

Telephone: 01691 622098

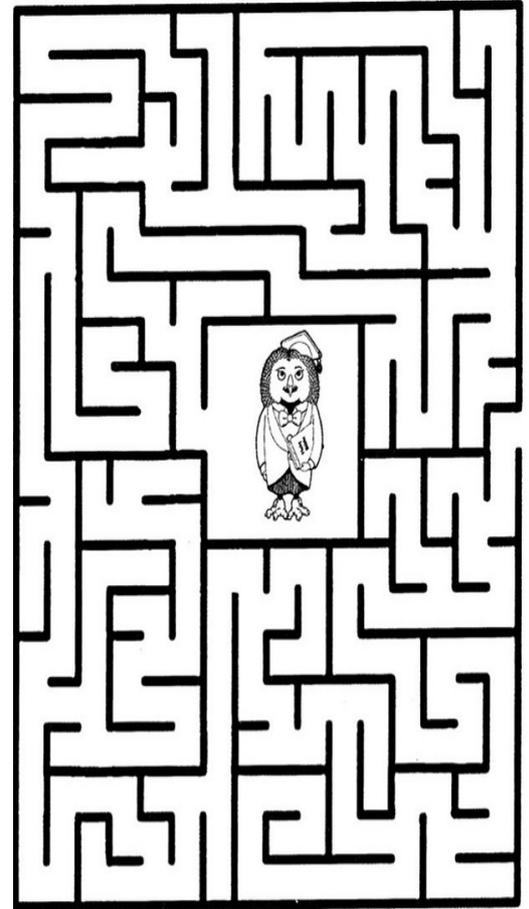
e-mail: partners@morriscook.co.uk

www.morriscook.co.uk

SUDOKU

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

MR. OWL'S MAZE



Here's a picture for you to colour.



Word Search—Wild Animals

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

Buffalo

Chimpanzee

Cougar

Crocodile

Eagle

Elephant

Gazelle

Giraffe

Gorilla

Hippopotamus

Hyena

Leopard

Lion

Mongoose

Monkey

Parrot

Porcupine

Rhinoceros

Tiger

Warthog

Zebra

A ROBERTS



Landscaping and tree care

- Trees pruned, trimmed & shaped
- Garden clearance
- Hedge cutting
- Patios and Fencing
- All rubbish removed

01691 770054
07725 819414

26 Cherry Tree Drive, St Martins
Shropshire SY11 3EQ



Len's Plaice

Opening Times

	Lunch	Evenings
Mon	11:45 - 1:30	5pm - 9:30
Tues	Closed	Closed
Wed	11:45 - 1:30	5pm - 9:30
Thur	11:45 - 1:30	5pm - 9:30
Fri	11:45 - 1:30	5pm - 9:30
Sat	11:30 - 2pm	Closed

01691772413

Closed Bank Holiday Mondays



Oswestry Market...



A unique, diverse, historic and award winning market.

Every Wednesday, Friday & Saturday - Farmers' Market Last Friday Every Month

www.oswestrymarket.co.uk Contact 01691 680222





St. Martins FC 0 Ellesmere Rangers FC 8

The long local-rivalry between these clubs has traditionally provided some classic games over the years as both clubs have explored their playing options with both teams raising to their highest ever level of football playing in the; 'North West Counties League' Division 1 South, which stands at level 6 in the 'English FA System'. Sadly, this game didn't live-up to those 'classic game' standards with Ellesmere dominating the game from start to finish leaving St. Martins pondering if they have ever been beaten by so many goals in their long history?

The opening score for Ellesmere in the 9th minute was gifted to them via an own goal from their Saints keeper Jack Jones? who miss-judged a cross into the box from Adrian Barnet. Painfully and ironically for St. Martins that mistake typified the nature of the team's performance on the night which Ellesmere took full

advantage of scoring three goals in a comparatively competitive first half and an astonishing five goals scored against a bedraggled Saints in the second half concluding with a staggering 8 -0 victory.

Following this early gift, Ellesmere's pace and precision finishing punished the Saints whose continual loss of possession and dubious marking provided opportunities that Ellesmere grabbed via goals scored by Harvey Lewis in the 16th and Ex-Saints forward Karl Bailey in the 18th minute.

Ellesmere were able to maintain their dominance by scoring early goals in the second half as David Howarth grabbed his hat-trick scoring goals in the 46th, 56th and 68th minutes. In contrast, Saint's Sharif Mussa chipped attempt to score flew past Ellesmere keeper Asley Spittlehouse but over the bar to safety. Reeling with confidence now, Harvey Lewis headed home a perfectly placed cross from Branon Tanomjit and to emphasise his team euphoria Joseph Loughnane scored the goal of the game, as his pace saw him latch onto a long ball down the left wing from Owen Lloyd to fire past Jack Jones to complete Ellesmere's 8th goal securing his club's place at the top three of the 'North West Counties League Division 1 South' and leaving St. Martins bottom of that league.

New Mills FC 4 St. Martins 0

St. Martins FC made the longest journey of the season to play New Mills FC, with a degree of apprehension as their opponents were sitting high in the 'North West Counties League Division 1 South' in contrast to the Saints who are struggling close to the bottom of the League.

The opening play provided evidence of that situation with New Mills dominating the early stages of the game as their winger, Jack Polland, shot hit the Saints bar following several rapid attacks. The Saints weathered the storm and created several chances, the most impressive of which was Danial FatiCone break-through as he sailed past two markers but his shot skimmed the New Mills post.

Shocked by the Saint's close attempts, New Mills hit back in the 37th minute as Richard Tindall took advantage of the space allowed him to tern from just inside the box and fire home past a despairing dive from Saint's keeper Jack Jones. To add to the Saint's anxiety their centre-forward, Tom Ash, who was leading the forward line really well, had to leave the pitch with a damaged ankle.

Early in the second half Jack Jones was called open again as he made two consecutive stunning saves. In turn, New Mills keeper, Dylan Forth made a spectacular save from Saint's Steve Affonga as the tempo of the game rouse with both teams creating chances. It was New Mills however who eventually grabbed their chance in the 74 minute, as their winger Teddy Osipiton turned Saints Craig Barnett drove into the box and fired home from a difficult angle 25 yards out to create a 2-goal lead.

As the Saints embarked on their counter-attack they left their defence frail as two mistakes caused them the concession of a third goal, first Elliot Cooke's gave the ball away in his attempt to pass to his keeper then Keeper Jack Jones in an attempt to resolve that mistake promptly passed the ball to New Mills forward, Benito Lowe who gladly accepted the gift by firing the ball into the empty Saint's net in the 76th minute.

Man of the match Benito Howe who had commanded the midfield for New Mills added insult to injury for Saints, when receiving a defence splitting pass to fire home into the top corner of the net scoring his team's 4th goal in the 79th minute, confirming a 4-0 win that took them to the top of the 'North West Counties League Division 1 South' and leaving Saints reflecting on the fact that they had conceded late goals again, a reality that could have been worse but for several outstanding saves from their keeper Jack Jones.

St. Martins 2 Alsager Town 2

Seeking their first win of the season St. Martins FC started this game with a degree of caution which Alsager took advantage of dominating possession and threatening with swift and direct passing particularly via the wings. The first chance fell to Alsager as Addi Osmand's long-ball split the Saints defence and fell conveniently at the feet of James Forest who cut inside from the left wing and fired just wide of Saint's keeper [Ricardo Longato](#). Longato was

tested again minutes later saving Alsager's George West's fears drive from distance. Asager scored what had become an almost inevitable first goal in the 19th minute as Ben Darby's shot was saved yet again by Longato but this time the ball fell to George West whose low drive from the six-yard box opened the scoring.

This goal appeared to have awakened what had been a heather-to inactive Saint's attack so the game swung from end to end as Harry Murray's pass into the Alsager box found Rahuf Mak. Mak cut into the box and played the ball into Jordon Harper's feet who's first movement in possession was obstructed by Alsager's Craig Sigley leaving Referee Craig Sigley with no doubt at deciding a penalty for St. Martin's which Jordon Harper confidently placed into the back of the net. What had become a classic end-to-end encounter was typified in the 38th minute by an excellent long pass from Saints Fernando Osagie that split the opposing defence to find Craig Barnett whose shot whistled past the post followed by a header from Alsager's Stefan Sorenson that was punched to safety by Longato.

This hectic encounter continued at the start of the second half as Alsager's substitute Ryan Malone's right-wing attack concluded with a shot that flew over the bar and minutes later Malone latched onto a James Forrest cross only to see his volley disappear out of the ground. Alsager had started the second half positively and it was no surprise when Joseph Collins played into a gaping space in the Saints defence but the Alsager winger shot flew over the bar. The Saints were caught out again with a similar defence splitting pass which fell to Patrick Davin who chipped the Saints keeper to take the lead for Alsager in the 56th minute.

Just minutes later Saints stalwart, Tom Ash, followed Davin's chip strategy but his chipped shot dipped just wide and minutes later Jordon Harper saw his volley sail over the bar. The game ebbed and flowed with both teams failing to finish off good creative moves. With the last seconds of the game ticking away Alsager looked victors but a Mark German's long floating free kick into the six-yard box deceived Alsager keeper Oldham, who caught the ball but fell over the line into the back of the net to provide Saints with a deserved equaliser drawing the game 2-2.

St. Martins FC 1 Cheadle Town FC 5

Keen to register their first win of the season St Martins FC dominant the opening minutes of their home game v Cheadle Town in the North West Counties League Division 1 South, yet the first real chance of the game fell to Cheadle as their centre forward Andy Hunt hit the bar. In the 32nd minute a close exchange of passes spilt the Cheadle defence to leave Sam Roberts free to calmly and accurately place the ball into the back of the net taking a deserved lead for the Saints. Towards the end of the first half Cheadle started to take control of the game missing a couple of easy chances until the 40th minute when Andy Hunt levelled the score with a simple tap-in from the six-yard box.

Cheadle started the second half as they concluded the first, on the front-foot, so it was no surprise when Pat Davin caught the Saints defence square yet again to take the lead for Cheadle in the 52nd minute. Cheadle direct play particularly via the wings frequently opened the St's defence and Ryan Usher confirmed his team's dominance in the 70th minute blasting home one of many crosses that were bombarding the Saints defence, to secure his team's third goal.

To add to the St's despair, In the 89th minute Christian Soda scored Cheadle Heath's 4th goal following a controversial scramble in the goalmouth which left the Saint's keeper, Ricardo Longato injured. Two minutes into extra time (90 & 2) Andy Lunt finished-off a carbon-copy break down the wing and cross into the box to score his second and his team's 5th goal, leaving the Saint's still searching for the first win of the season.

Cammell Laird FC 4 St. Martins FC 1

St. Martins FC raised the expectations of those fans that were able to travel to Cammell Laird 1970 FC to view the Saint's attempt at registering their first win of the season, as Rahuf Mak calmly placed the ball into the corner of the goal to take an amazing goal lead in the 2nd minute of this game.

The Saints managed to maintain that lead until the 30th minute when following a period of pressure that saw Cammell Laird hit the woodwork and several chances fly past the posts, Nathan Haynes tapped home the equalizer from six-yard box finishing a two-touch exchange of passes between several sharp thinking forwards that opened up the space to score far too easily.

In the 48th minute of the game Ryan Smith scored another simple but effective goal to take a deserved lead for Cammell Laird leaving the Saints with, what suddenly appeared a large hill to climb. The Saints tried their best but were now playing against a strong wind and were dealt a deadly blow in the 70th minute, conceding what appeared to be a questionable penalty which was swiftly hammered home by Kieran Hamm to increase the home team's advantage to 3-1. To add insult to injury for the Saint's, Regan Rubin hammered home Cammell Laird's forth and decisive goal to leave St. Martins reflecting on another game they lost even though they had initially taken the lead significantly conceding fatal goals in the last quarter of the game.



Anniversary Gifts

BY YEAR

YEAR	TRADITIONAL	MODERN	FLOWERS
♥ 1 st	PAPER	CLOCKS	CARNATION
♥ 2 nd	COTTON	CHINA	LILY OF THE VALLEY
♥ 3 rd	LEATHER	CRYSTAL/GLASS	SUNFLOWER
♥ 4 th	FRUIT/FLOWERS	APPLIANCES	HYDRANGEA
♥ 5 th	WOOD	SILVERWARE	DAISY
♥ 6 th	CANDY/IRON	WOOD	CALLA
♥ 7 th	WOOL/COPPER	DESK SETS	FREESIA
♥ 8 th	BRONZE/POTTERY	LINENS/LACE	LILAC
♥ 9 th	POTTERY/WILLOW	LEATHER	BIRD OF PARADISE
♥ 10 th	TIN/ALUMINIUM	DIAMOND JEWELRY	DAFFODIL
♥ 11 th	STEEL	FASHION JEWELRY	TULIP
♥ 12 th	SILK/LINEN	PEARLS	PEONY
♥ 13 th	LACE	TEXTILE FURS	CHRYSANTHEMUM
♥ 14 th	IVORY	GOLD JEWELRY	DAHLIA
♥ 15 th	CRYSTAL	WATCHES	ROSE
♥ 20 th	CHINA	PLATINUM	ASTER
♥ 25 th	SILVER	SILVER	IRIS
♥ 30 th	PEARL	DIAMOND	LILY
♥ 40 th	RUBY	RUBY	GLADIOLUS
♥ 50 th	GOLD	GOLD	YELLOW ROSE
♥ 60 th	DIAMOND	DIAMOND	WHITE ROSE

Friends Don't Let Friends Pay Full - DontPayFull.com



Shapes & Shades

Springfield
Ellesmere Road
St Martins

01691 777791



DELS, GARDENING & MAINTENANCE

3 Model Cottages,
Ponty-blew,
Chirk,
Wrexham.

DELWYN

DBS Checked
Gardener/General Maintenance
& Patio Cleaning.

01691 777764
07926811697

Times Gone By

Who can put a name to this place.



Do you know where this gate is?

It was brand new in 2014 but
where is it?

Times Gone By



Have you seen this mural recently? And who painted it?



Can you name all these miners?

And do you remember when it was taken and why?

St Martins W.I. August Outing

Our August meeting was an outing to a National Garden Scheme garden at Welshampton. This was kindly opened just for our W.I. There was a guided tour and talk first and then we had the lovely gardens and pond with ducks all to ourselves. The weather was beautiful and our hosts served us tea, coffee and homemade cakes to complete a perfect afternoon.

Our W.I. have a meeting on 6th October and 3rd November at 7.30 pm in the lounge of The Miners Institute and visitors will be very welcome to come along.

Village Life Advertising Costs

Do you need to let people know you're in business, where you are and what you do? Why not advertise your business in this magazine. This publication is delivered to every home in the parish not just the village and to most of the businesses by a band of brilliant volunteers (at present 1450 Copies) .

How do I do this, I hear you ask..... First decide what size you want, then the contents (remember the basics, Name, telephone number, address and what you do, some kind of logo helps to capture the eye) then email it to me at smartinsvillagelife@gmail.com and I'll send you an application form. When you return the form with a cheque, I'll take it to the Editorial Committee and if they agree (they usually do) it will be in the next edition.

	Per issue	Annual
Charges: Business Card	£11	£55
Quarter Page	£16.50	£82.50
Half page	£33	£165
Full page	£55	£275

If you pay for the whole year, you pay for 5 and get one free.



News from Big Local



**NATIONAL
LOTTERY FUNDED**

As we are getting used to life without restrictions again it is really good to see and hear of lots of different things restarting across our Villages. We are delighted to be able to support some of these, and there is still a bit of money in the grant budget so if your community group needs a bit of financial help to get going again after Covid then please do get in touch.

Functional Fitness MOTs

We are partnering with Shropshire RCC to deliver a range of Health and Wellbeing sessions and workshops. This is starting with the Functional Fitness MOT's for over 65s, providing a personalised plan to help improve your strength and balance and prevent falls. The sessions in Gobowen and Weston Rhyn are open to everyone and there will be one in St Martins at a later date. Places are limited so booking is essential.

My Money Matters

An exciting step towards a return to a face to face service with offering a monthly drop-in in each village for those who cannot receive over the phone support. Free citizens advice telephone support from Karen will continue for residents living or working in the Three Parishes. For more information or to arrange a telephone appointment, contact Karen Williams mon-weds from 9-5 on 07526 169 305 or 01743 644 941.

Eat Well for Less

Partnering with OsNosh in Oswestry we are hoping to help tackle food waste and to 'Eat Well for Less' by putting together some helpful videos and running a few sessions. OsNosh currently have a Community Share Table on Wednesday and Fridays at The Centre, Oswestry, 10.30 – 1, where you can choose to make a donation towards a hot meal and groceries. This is helping to save food from going to landfill and supporting the work of OsNosh - providing fresh produce and meals to those in need. This service is available to everyone in Oswestry and surrounding area.

Three Parishes Means Business

Paul Newman of Be a Better Fish and JC's Careers Services is still available to help residents affected by job loss or job insecurity, as well as being on hand to assist residents with their new small business or changes to business after Covid. Please do get in touch if you

have a small business or new business idea

have recently left full-time education and are struggling to get on the career ladder,
are currently furloughed, but worried about your long-term job security

Or have, unfortunately, already faced redundancy and need to find new ways to earn an income.

If finding work is currently a problem for you, then please do get in touch; we are here to help!

If anyone would like to know more about the service available, then please contact the Be a better fish Club via www.beabetterfish.com or call *Paul directly on 07534 975 440*.

Please get in touch if you would like any more information about any of the projects or anything Big Local, we would love to hear from you *Contact Tiz on 07709 674 619, 01691 656882 or email: t.deakin@big-local.org* Find us on Facebook



Functional Fitness MOTs

Are you feeling less steady on your feet? Measure your strength, balance & stamina against “normal” for your age, try a free exercise taster and find out how to stay upright and active. Book your 2½ hour appointment NOW!

9.30 am - 2.00pm

Thursday, 30th September
Gobowen Scout Hall
SY11 3JS

Tuesday, 12th October
Weston Rhyn Village
Institute
SY10 7RG



Booking is essential as appointments are limited

Contact Shropshire RCC's
Wise & Well Team

01743 360641

enquiries@shropshire-rcc.org.uk



Three Parishes

Big Local

Weston Rhyn • St Martins • Gobowen



Shropshire
Council

Shropshire RCC is a company limited by guarantee, registered in England and Wales No. 4652487. Registered Charity No. 1096779

Functional Fitness MOT



Around half of all women & a third of all men in England damage their health through lack of physical activity. As we age, we are more likely to be inactive. Falls in older people are common & often devastating. Good strength & balance are fundamentally important to reduce the risk of falling. Attending exercise classes or defined exercises at home can improve strength & balance.

If you are between 60 and 95 and feel at risk of falling, then come for a Functional Fitness MOT! Members of Shropshire Rural Communities Charity and their colleagues will measure your ability on a few simple tests. Each test has “normal values” for people of different ages, which will show whether you are “doing well” for your age or whether you could benefit from being more active.



Try a short Exercise Taster and find suitable local activities and online exercise websites from your fitness tester. Also, watch a film about how to reduce your risk of falling, develop a personal Falls plan and see how to get up from the floor after a fall.

Take home your fitness test results, action plan & information about health, activity & staying steady.



How can you join in?

Email: enquiries@shropshire-rcc.org.uk or leave a message for Susie on 01743 360641.

An optional donation towards the work of our Charity would be much appreciated.

OIL BOILER

Service and Repairs



Specialising in

- ◆ Servicing,
- ◆ Breakdowns
- ◆ Maintenance

On all Oil Fired Boilers

OFTEC QUALIFIED

Call now for prompt service

#Stuart Jones

01691 682480 - 07940 757503

Dean Lewis

St Martins

PLUMBING & HEATING

Installation & Servicing
Central Heating Systems

Boilers

Bathrooms & Showers
Washing Machines etc.

All Work Guaranteed

TEL: 01691 777408

MOBILE: 07808 909482

PANEL-FIX

Motor Body Repair Specialists

Tel: 01691 777555 / 778209

Email: panelfixmortorbody@gmail.com

- ◆ All work guaranteed
- ◆ 35 years in Business
- ◆ We use a modern spray bake oven
- ◆ We can refurbish most damaged panels saving on costly new panels
- ◆ We also refurbish and weld plastic bumpers

Darrell & Lee Cooke

Unit 1b St Martins Business Park

Ellesmere Road, St Martins

Oswestry, SY11 3BE



Keep your home safe with a
professional sweep

NACS Certificate with every sweep Registration: 10/691

- Stoves and liner installer
- Pots, cowls, bird guards
- Flue and stack repairs
- Fire and stove maintenance
- CCTV camera inspection



01691 770916

**Vic Cooke
&
Sam Cooke**

21 Oaklands Road, Chirk Bank
CHIRK, Wrexham, LL14 5DP

Email: stackitsweep@gmail.com

Web: www.chimneysweepwrexham.co.uk

