



Shrewsbury

Town Council

MAY 2021



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UPDATE FROM COUNCILLOR ALAN MOSLEY, LEADER OF SHREWSBURY TOWN COUNCIL



Now that the dust has settled after the series of local government elections in Shrewsbury, I am delighted to be able to continue my role as the Labour Leader of Shrewsbury Town Council.

In that role, I hope to be able to stimulate and deliver additional progress on the many functions we offer for residents. It is clear that the Council plays an increasing role in advancing economic, social and physical well-being throughout the town.

I would like to explain a new initiative which I have put forward and which is critical to all our futures – the mitigation of the impact of climate change.

In 2019, the Council made its Climate Emergency Declaration and commitment to become Carbon neutral by 2030 and since then, I have chaired an informal Advisory Group supporting that commitment. This Group has been invaluable in assessing our plans and giving guidance in policy and its implementation.

However, I believe that now is the time to reaffirm the importance of that Climate Emergency Declaration and so we have set up a dedicated Committee to sit alongside our three existing Standing



Committees to focus on these overriding issues and develop further initiatives that not only work towards our Council's carbon neutrality but also supports the wider efforts of Shrewsbury as a whole to make the town carbon neutral as soon as possible.

The Committee will be innovative in being made up of not just Council Members, but it will also bring in co-optees as part of the Council's decision making process. These will be drawn from key local organisations with great Climate Change credentials. For example: The Environment Agency, Xtinction Rebellion, Friends of the Earth, The Shropshire Wildlife Trust and The Shropshire Partnership group.

As noted, this group will not just be concerned with our own

efforts as Shrewsbury Town Council, but is also dedicated to encouraging and supporting others in their efforts; be they businesses, other organisations or local groups across Shrewsbury. The Committee will also make recommendations on the use of the Council's substantial ring-fenced budget and will manage a new fund which will be set up to provide financial support for qualifying schemes needing additional help.

I was delighted to put the proposal forward at our Annual Council meeting last Monday and for it to be given approval as something that puts us at the forefront of efforts to confront and help resolve one of the greatest challenges which we all must face.

HELEN BALL, TOWN CLERK OF SHREWSBURY TOWN COUNCIL



Elections are always an interesting time for the Town Council.

This is the third set of elections I have gone through since being Town Clerk in Shrewsbury. People I speak to think I am rushed off my feet during the election period, but in reality, I am not.

Shropshire Council's Electoral Services Team oversee the Town Council elections so other than voting as an elector, that's my involvement. This has been very opportune during this campaign as I broke my leg in March so running anywhere wasn't an option.

This time around, we see seven new Councillors (Councillors Bentick, Dartnall, Davies, Lemon, Roberts, Wagner & Wilson) taking their seats and we wish them all well in their term of office and look forward to working with them.

We also say goodbye to seven Councillors (Councillors Adams, Burgess, Fraser, Jones, Mackenzie, Nutting & Roberts); they have served the Town Council well and in the case of Councillors Adams, Nutting & Roberts, Shrewsbury & Atcham Borough Council before the Town Council.

This year sees the number of single hatters increase to 5; this means we also have 5 other Shropshire Councillors to work with.

Being an officer, I remain politically independent, but it is about developing that teamwork between politicians and staff to ensure good policies and decisions are made and they are acted upon. Nowadays, it is also about working in partnership with others and we have done much to engage with our partners and stakeholders to pool skills, expertise and resources.

The start of an Electoral Term is a time to take stock of the issues and themes that have been gathered during the election campaign and develop a vision for the Town Council over these next four years. It will be good to work with all the Councillors to develop that vision and action plan. The last two years has really seen our emphasis change to supporting our Climate Emergency Declaration and commitment to being carbon neutral by 2030 and I'm

sure that environmental agenda will continue at a pace.

Of late, we have seen COVID recovery becoming more evident and many of our staff take active roles in that recovery plan. Our involvement in the Shrewsbury Recovery Task Force has seen us being able to test some of those ideas that we have been pressing for a decade, try things out – albeit temporarily – but where things have worked, press for permanent change, and I have no doubt the newly elected Council will want to push many of these actions further.

Whilst we have a new electoral term and new councillors, the mantra of Shrewsbury Town Council remains the same: Putting Shrewsbury First



Helen shares a joke with Town Crier Martin Wood during the last Shrewsbury Flower Show in 2019

Meet your new Councillors

Residents of Shrewsbury headed to the polls at the beginning of this month to cast their votes in both the Unitary and Shrewsbury Town Council elections.

Once the votes had been counted and the results announced at Shrewsbury Sports Village on Sunday, there were a number of major changes in Councillors elected to serve on the Town Council.

We welcome the following seven new Councillors:

Alex Wagner
Councillor for Bowbrook

Chris Lemon
Councillor for Radbrook

Mary Davies
Councillor for Abbey

Rosemary Dartnall
Councillor for Column

Bernie Bentick
Councillor for Meole

Elisabeth Roberts
Councillor for Harlescott


Rob Wilson
Councillor for Copthorne

Our new Councillors and their contact details can be found on the last page of this newsletter and on our website.

[List of Councillors](#)



Our Committees



**CLIMATE CHANGE
STANDING**

David Vasmer (Chairman)
Bernie Bentick
Alex Wagner
Julian Dean
Alan Mosley
Rosemary Dartnall
Kate Halliday
Alex Phillips




The new committees were agreed at the Annual Meeting of Shrewsbury Town Council




**RECREATION
& LEISURE**

Kevin Pardy (Chairman)
Bernie Bentick
Phil Gillam
Kate Halliday
Chris Lemon
Alex Wagner
Becky Wall
Rob Wilson



PLANNING

Nat Green (Chairman)
Rosemary Dartnall
Mary Davies
Kate Halliday
Chris Lemon
Pam Moseley
David Vasmer
Becky Wall



**FINANCE & GENERAL
PURPOSES**

Alan Mosley (Chairman)
Pam Moseley
Rosemary Dartnall
Alex Phillips
David Vasmer
Nat Green
Mary Davies
Julian Dean



HM Government



COVID-19

Meeting up again?

Stick to six.

Stick to groups of up to six people or two households and keep a safe distance. Because the more people you meet, the more likely you are to get infected.

Let's take this next step safely.





IT'S ALMOST SUMMER AND THE QUARRY SPLASH PARK IS SET TO REOPEN

In a sign that the summer season is almost here, Shrewsbury Town Council has been working towards re-opening the award-winning Quarry Splash Park.

The park will be opened in line with the warmer weather.

The ever-popular water feature was opened in 2016 alongside the refurbished play area, which incorporates traditional play equipment such as slides and swings, as well as fountains and water features.

We have ensured that the area has had a thorough clean, the mechanisms for the water features have been serviced and our staff have received refresher training in readiness for the new season.

Helen Ball, town clerk for the Town Council, said: "We weren't able to open our Splash Park last year due to safety concerns around Coronavirus, so we're looking forward to opening it once

again this year now that restrictions are starting to ease.

"We will still have some social distancing rules in place and we would ask that families please observe them whilst they are using the Splash Park.

"Our Splash Park in the Quarry has become such a firm favourite with our visitors and it is great that the re-opening is now eagerly anticipated even more this

summer and is a go-to destination for families across the region."

Details of the Quarry Splash Park and play area can be found on our website at:

[Learn more about the Quarry Splash Park](#)



GRAB YOUR BLOOMING BUSINESS BASKETS

Shops and businesses in Shrewsbury can help play their part in ensuring the town's reputation as "the Town of Flowers" is maintained by displaying hanging baskets prepared by Shrewsbury Town Council.

With over 300,000 plants set to grace our parks, hanging baskets, roundabouts and planters over the next few weeks, our Town Council's workforce at the Weeping Cross greenhouse are nurturing the summer bedding plants to help make the town's streets and open spaces a floral masterpiece.

Hanging baskets for business premises are available from the Town Council for £50.00 each (inc. VAT) which includes delivery, maintenance and regular watering throughout the summer and then disposal at the end of the season.

Delivery of the baskets will take place during the first two weeks of June and collection once the summer season is over will be at the end of September.

Orders must be placed by May 28.

Last year during Coronavirus restrictions, the Town Council did not



feel able to offer the scheme to businesses.

Keith Roberts, chairman of the Shrewsbury in Bloom Committee, said: "Over the last couple of weeks both the Town Council and Shrewsbury BID have sent out letters to businesses in the town to promote the hanging basket scheme for this summer.

"The hanging baskets are one aspect of the floral features that help to ensure the town looks good for our residents and visitors alike.

"With the price of the Town Council's hanging baskets remaining the same as two years ago, they are great value for money as well as a colourful way of enhancing the town, which really helps to make a difference to the visual appeal of Shrewsbury."

"We take great pride in the fact that Shrewsbury in Bloom is a partnership between residents, businesses and the commercial sector, the Town Council and various

other stakeholders, and this is a fantastic opportunity for the business community to support our Town of Flowers image – which we believe is one of our greatest assets."

For companies within Shrewsbury who would like to place an order or require further information, please contact Gary Farmer on 01743 257651 or email

[Email Gary](#)

Alternatively:

[Download Hanging Basket Form](#)



New Green Trial Initiative for Town Council Bus Shelters

Shrewsbury Town Council staff have installed a sedum roof on one of its bus shelters on Radbrook Road as part of a trial to assess their effectiveness at reducing carbon in an urban setting in the town.

The Town Council declared a Climate Emergency in 2019 and is actively looking at ways to reduce its carbon footprint to become carbon neutral by 2030.

Mark Harris, asset maintenance officer for the Town Council, said: "As part of the Council's commitment to declaring a Climate Emergency, we are looking at ways to reduce our carbon footprint. The trial of the sedum roof will enable us to gauge their effectiveness, especially in an area along a main road where levels of pollution are higher.

"Our sedum roof is a low-growing feature with a shallow root system, which won't become overgrown once it is established. The long-term maintenance of this green roof means that our staff won't have to water, deadhead or mow the plants on a regular basis – all they have to do is a yearly feed, some weeding and a check to see if the roof is draining well."

A living roof, planted over a waterproof membrane, will help to provide a habitat for wildlife as part of an urban wilderness, which will attract beneficial insects, birds, bees and butterflies.



Mark Harris added that the plants will also help to filter pollutants and carbon dioxide out of the air. "We are looking forward to seeing the results of this trial, and whilst this may be one small step towards helping to reduce harmful emissions, we need to

consider the long-term effects on the climate and biodiversity as well as the health of our residents and visitors."



TREE PLANTING INITIATIVE FOR SHROPSHIRE

Shrewsbury Town Council has teamed up with Shropshire Council to create a Community Tree Nursery project to ensure that a ready supply of trees is available for the county.

With £500,000 of funding secured by Shropshire Council from the Department for Food, Environment and Rural Affairs (Defra), the two Councils are working together to provide a community tree project under the Trees Outside Woodlands scheme.

The aim of the scheme is to try different approaches to encourage planting trees in locations that would not normally be considered woodland, which can include hedgerow trees, urban trees and small clusters of trees within fields.

Helen Ball, Town Clerk, said: "Whilst there is a desire to plant more trees to help the environment by reducing our carbon footprint and encouraging wildlife, it is often difficult to find suitable locations where the trees can be planted.

"We have been in discussions with Shropshire Council's Tree and Biodiversity Teams on how we can work together to ensure that the whole county can benefit from the Trees Outside Woodlands project and supply the quantity of trees needed to meet both Councils' targets for tree planting schemes.



"The Town Council has its own tree nursery at our greenhouse which we use for some of our tree planting needs. Our staff have already taken over 20,000 shrub and tree cuttings last year and have grown them on to a size where they are big enough to be planted out. By expanding our existing tree nursery facilities at our greenhouse, we will be able to develop a Community Tree Nursery to benefit both Shrewsbury and Shropshire."

Shropshire Council has agreed to provide the necessary improvements to the existing infrastructure to

accommodate the increase in tree whip capacity from part of the funding from Defra with the aim of creating a tree nursery to meet future requirements.

The Trees Outside Woodlands project will run until March 2023 with the findings helping to develop more effective programmes of funding for tree planting in the future.

The Town Council declared a climate emergency in 2019 and made a commitment to ensure its activities and operations are carbon neutral by 2030.





Replacement Bridge in Rea Brook LNR

In early spring, the Town Council's Countryside and Green Space team replaced a footbridge in the Rea Brook Valley Local Nature Reserve.

Matt Wilcoxon, the countryside and greenspace manager for the Town Council, said: "Our team noted that some of the boards on a timber bridge required replacement.

"As they were removing the rotten boards, they found that the runners and the frame underneath had also become rotten.

"The team has worked hard to install a new bridge at this location with the additional benefit that this new one is wider than the old one. We hope that this will make it easier and safer for our visitors to use this area."

For more information on the Rea Brook Valley Local nature Reserve, click the link and find suggestions for a circular walk:

[Learn about Rea Brook Valley](#)





Bloom Photo Competition Call for Iconic Photos of Shrewsbury

There's still time to submit your iconic photographs of the town for our Shrewsbury in Bloom Portfolio competition, with the two winners featuring on the front or the back cover of the Shrewsbury in Bloom Portfolio this summer.

Whilst all Britain in Bloom competitions were cancelled last year, judging will be taking place this year based solely on the Portfolio entry.

The Bloom Portfolio as a unique record of life in the town over the course of the last twelve months.

Shrewsbury in Bloom isn't just about the plants and flowers we see around the town, but includes our horticultural excellence, environmental responsibility and community participation.

Keith Roberts, Chairman of the Shrewsbury in Bloom Committee, said: "Although we've been inundated with flood waters at the beginning of the year, and we're still dealing with the Coronavirus pandemic, we are now starting to see the flowers bloom around the town. This is a great chance for our residents to take iconic photos of the town, if they are out for

their daily exercise whilst practicing social distancing.

"The photos don't necessarily have to be of flowers but can be of buildings or places of local interest that show the beautiful town we live in."

Photos should be taken within the last twelve months in the town of Shrewsbury.

Entries should be emailed to Hilary Humphries at any time until the beginning of July 2021.

[Email Hilary](#)



NOMINATIONS SOUGHT FOR BLOOMING MARVELLOUS FLORAL DISPLAYS

The Shrewsbury in Bloom Committee is asking members of the public to submit their nominations for this year's Town of Flowers competition.

With a change to the usual format, the Committee is looking for entries in the following categories:

- best residential front garden category
- Best residential back garden category
- Best commercial premises
- Best floral feature for hanging baskets and/or containers

The annual competition is open to residents and business premises located within Shrewsbury Town Council's seventeen wards.

Judging has usually been undertaken by Members of the Committee visiting each nominated premises. To help keep everyone safe this year, it has been decided to hold the competition with the submission of photographs.

For more details, including entry criteria and a nomination form, please see the Town Council's website below:

[Learn about Town of Flowers Competition](#)

Entries, including date-stamped photos, should be submitted to Debbie Enthwistle

[Email Debbie Enthwistle](#)

or by post to: Shrewsbury in Bloom Town of Flowers Competition, Riggs Hall, The Library, Castle Gates, Shrewsbury, SY1 2AS, by midday Friday 30 July.

Judging of the photo entries will then take place in August.

Keith Roberts, chairman of the Shrewsbury in Bloom committee, said: "It has been a very tough year for everyone and with people spending more time at home, there has been a marked increase in people improving where they live, including a greater interest in gardening.

"And it is this increased interest and hard work undertaken by the people of Shrewsbury that the Committee would like to acknowledge through this year's competition.

"Gardening is also a great way for people to look after their mental health and wellbeing and it is always lovely to see people take time to look after their gardens. This is a great way for us to acknowledge the effort that goes into producing such delightful displays."

Shrewsbury in Bloom is a non-profit committee, which brings together interested groups and individuals to implement a programme for Shrewsbury's floral enhancement, environmental improvements and community projects. It is the driving force behind Shrewsbury's entry into the Heart of England in Bloom and Britain in Bloom competitions.



List of Forthcoming Council Meetings

Annual Meeting/Mayor Making

17th May 2021 18:00

Planning Committee: North West Relief Road

24th May 2021 18:00

Planning Committee

25th May 2021 18:00

Recreational and Leisure Committee

26th May 2021 18:00

Annual Council Meeting

1st June 2021 18:00

Finance and General Purposes Committee

14th June 2021 18:00

Planning Committee Committee

15th June 2021 18:00

Full Council Meeting

28th June 2021 18:00

For more information visit the meeting page

**Shrewsbury Town
Council List of Meetings**





Shrewsbury

Town Council

**Allotments
Public Open Space
Leisure & Recreation
Play Areas
Shrewsbury in Bloom
Christmas Lights
Events & Festivals
Footway Lighting
Mayor of Shrewsbury & Civic Events
Bus Shelters
Youth Services
Memorials on Town Council Assets
Toilet Facilities in Shrewsbury**

Telephone: 01743 281010

Email: enquiries@shrewsburytowncouncil.gov.uk

Which Council does What?

Do you know which Council empties your dustbins, plants and maintains the flowers around the town, or is responsible for education and social care in the county?

We know it can be confusing and it's not always easy to find out who is responsible for what. This information is designed to help point you in the right direction.



Shropshire
Council

**Education
Housing
Council Tax & BeneÔts
Waste Collection & Re-cycling
Social Care
Public Rights of Way
Highways, Gritting, Street Lights & Potholes
Towpath gates & Cleansing of towpath
Public Protection
Planning
Libraries
Leisure & Recreation
Shrewsbury Shopping Centres
Museum & Art Gallery / Visitor Information Centre
Youth Provision
Car Parks & Blue Badges
Bus Passes**

Telephone: 0345 678 9000

Email: customer.service@shropshire.gov.uk

If someone is in trouble in the water, call 999 immediately

Inland? Ask for
the Fire Service



At the coast? Ask
for the Coastguard



NFCC
National Fire
Chiefs Council



HM Coastguard

#**BE WATER AWARE**



UPDATE

New Way for People to Help the Homeless in Shrewsbury

There is a new way for people to support the homeless by using their bank card in a new initiative in the town centre.

Rather than giving the homeless their loose change, people can now use their bank card in a new Alternative Giving card machine in the shop window at The UGC (formerly Multiyork furniture) on Castle Street.

This new scheme is a partnership between Shrewsbury BID and The Ark, which works on the front line to help people off the streets and access support services to help them rebuild their lives.

The money will go directly to The Ark and will help the charity to provide a range of services to help the homeless get back on track.

For those who prefer to donate cash, secure cash donation boxes are available at the railway station, the Square and Frankwell footbridge.



[Photo credit: Shrewsbury BID]

Mental Health Awareness

We're at the end of Mental Health Awareness Week.

Our checklist (which is not exhaustive) provides some ideas on how to combat stress and anxiety:

1. Spend at least 30 minutes a day doing something you enjoy
2. Set clear boundaries with work/study
3. Check in with someone close to you
4. Explore your nearest green space
5. It's ok to ask for help



6. Don't suffer in silence
7. It's ok to make mistakes
8. Accept who you are
9. Get active each day
10. Take a break from social media

If you, or someone you know, is suffering in silence, help is available to support you and your loved ones.

The guide from Shropshire Council provides a list of local organisations or visit their website for more information.

**Shropshire Council
Coronavirus Information**





Looking after your mental health during lockdown

Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

Looking after your mental health is important, and there are lots of local services available to support you and your loved ones:

www.togetherall.com - an online community for Shropshire residents who are stressed, anxious or low

Shropshire MIND – Call 01743 368647 or email: manager.shropshiremind@gmail.com

Samaritans – call 116 123 for a confidential safe place to talk about whatever is getting to you

Young Minds Parents Hotline – 0808 8025544 (9.30am – 4.00pm) free, confidential online support any adult worried about the mental health of a child or young person

Free bereavement counselling – 0345 678 9028

Kooth – free safe and anonymous online support for young people: www.kooth.com

Childline – call 0800 1111

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on **0345 678 9028**



HANDS



FACE



SPACE



www.shropshire.gov.uk

We are with you Shropshire May - Focus on Cannabis

We Are With You Shropshire has been looking at how cannabis can affect a person's body:

- Getting factual information about substances can help you to make informed decisions and to keep safe
- Remember the only way to eliminate all the risks is not to use substances at all
- Check the posts from We Are With You Shropshire

(@WithYouShrops) throughout May and spread the word – tell your mates

- If you need support with drug or alcohol use contact the charity on 01743 294700 or

Email We Are With You

CANNABIS » THE LAW

CANNABIS IS A **CLASS B DRUG** - IT'S ILLEGAL TO HAVE FOR YOURSELF, GIVE AWAY OR SELL.

» **POSSESSION** CAN GET YOU UP TO **5 YEARS IN PRISON** AN UNLIMITED FINE OR BOTH

» **SUPPLYING** SOMEONE ELSE, EVEN YOUR FRIENDS, CAN GET YOU UP TO **14 YEARS IN PRISON**, AN UNLIMITED FINE OR BOTH

IF CANNABIS IS BEING **SOLD UNDER YOUR ROOF** THE POLICE COULD PROSECUTE YOU

» **DISCRETIONARY WARNING SCHEME** - IF YOU'RE CAUGHT WITH A SMALL AMOUNT OF CANNABIS THAT YOU ADMIT IS FOR PERSONAL USE, HAVEN'T BEEN IN TROUBLE BEFORE & CO-OPERATE WITH THE POLICE WITHOUT AGGRESSION THEY MAY CHOOSE TO ISSUE YOU WITH THIS WARNING ON THE STREET - IT WILL BE RECORDED BUT YOU WON'T HAVE A CRIMINAL RECORD.

» **FIXED-TERM FEE NOTICE** - IF YOU'RE CAUGHT WITH CANNABIS A SECOND TIME, THE POLICE CAN ISSUE AN ON-THE-SPOT FINE FOR £80. IF YOU PAY WITHIN 21 DAYS, THERE'S NO CRIMINAL RECORD.

» IF YOU'RE CAUGHT A **THIRD TIME** YOU'LL BE ARRESTED & TAKEN TO THE POLICE STATION

DRIVING WHEN HIGH IS DANGEROUS & ILLEGAL. IF YOU'RE CAUGHT DRIVING UNDER THE INFLUENCE YOU MAY RECEIVE A HEAVY FINE, DRIVING BAN OR PRISON SENTENCE

» HOW YOU'LL FEEL

» **STONED - CHILLED OUT & RELAXED**

» **HAPPY, CHATTY & GIGGLY**

» **THINGS MAY LOOK, SOUND OR FEEL DIFFERENT & TIME MAY SEEM TO SLOW DOWN**

» **REALLY HUNGRY 'THE MUNCHIES'**

» **FAINT, LIGHTHEADED, DIZZY OR NAUSEOUS**

» **REALLY SICK 'A WHITEY'**

» **ANXIOUS, CONFUSED OR PARANOID**

THE WAY YOU FEEL

CAN DEPEND ON:

// HOW MUCH YOU TAKE

// HOW STRONG IT IS

// HOW OFTEN YOU USE IT

// HOW YOU'RE FEELING

BEFOREHAND

// WHO YOU'RE WITH

// WHERE YOU ARE

» IMPACT ON YOUR MIND

» **LACK OF MOTIVATION** TO DO STUFF

» **DISTURBED SLEEP** & LOW MOOD

» **INCREASED MOOD SWINGS & PARANOIA**

» **CONFUSION & PSYCHOLOGICAL DISTRESS**

» **FORGETFULNESS & TROUBLE REMEMBERING THINGS**

» **INCREASED ANXIETY, PANIC, ANGER** OR EVEN AGGRESSION

» **HARDER TO CONCENTRATE** & LEARN NEW THINGS

» **SEEING OR HEARING THINGS THAT AREN'T THERE (HALLUCINATIONS)**

» **TRIGGER A SERIOUS RELAPSE** FOR PEOPLE WITH PSYCHOTIC ILLNESSES LIKE SCHIZOPHRENIA

EFFECTS CAN LAST FOR DAYS & MIGHT ONLY SETTLE DOWN IF THE PERSON STOPS USING - SOMETIMES IT DOESN'T SETTLE DOWN EVEN THEN

STUDIES HAVE SHOWN A LINK BETWEEN LONG TERM CANNABIS USE & MENTAL ILLNESS

THE RISK IS INCREASED IF:
> YOU HAVE A FAMILY HISTORY OF MENTAL HEALTH ISSUES
> YOU STARTED USING IN YOUR TEENAGE YEARS

» IMPACT ON YOUR BODY

» **BLOODSHOT EYES**

» **TIREDDNESS & LACK OF ENERGY**

» **DIZZINESS, NAUSEA OR SICKNESS 'A WHITEY'**

» **INCREASED APPETITE AFTER USE 'THE MUNCHIES'** - ALTHOUGH SOME PEOPLE REPORT A LOSS OF APPETITE WHEN NOT USING

» **LUNG PROBLEMS** SUCH AS WHEEZING, COUGHING, CHEST INFECTIONS & MAKING ASTHMA WORSE

» **INCREASE HEART RATE & DECREASED BLOOD PRESSURE**, WHICH IS PARTICULARLY HARMFUL FOR PEOPLE WITH HEART PROBLEMS

SMOKING WITH TOBACCO CAN;

» **CAUSE ORAL, THROAT & LUNG CANCER & HEART DISEASE**

» **AFFECT FERTILITY & YOUR ABILITY TO HAVE CHILDREN & INCREASE THE RISK OF YOUR BABY BEING BORN SMALLER THAN EXPECTED**



we are
withyou
SHROPSHIRE



@WithYouShrops



@wearewithyoushropshire



We Are With You Shropshire



5 Minutes with....

Helen Ball, Town Clerk of Shrewsbury Town Council



How did you get involved in local government?

I started out as Parish Clerk to Newbald Parish Council in East Yorkshire. Typing minutes, a few letters, spot of book-keeping was the advert. I got the job – how easy was that? Start date was 1st April 1997 (April Fool's Day). Soon found that the accounts hadn't been done for the previous year, as new regulations had come into force and then to compound matters the previous Clerk had buried a body in the wrong plot. Parish Clerk mantra right from Day 1 – always expect the unexpected.

What motivates you?

As a Town Clerk I am motivated by doing a good job for the community I serve. You become a Clerk 24/7 and invariably never switch off from the role. My kids will tell you how I have dragged them to look at Parish Council Noticeboards, inspect Parish Council Toilets and taken pictures of Parish Council floral features whilst on holiday.

What are you passionate about?

My passions are my two little pooches Splashy & Archie. Both are rescue dogs. Splashy came from Hillbrae Rescue Centre in Telford and Archie was rescued from a Kill Pound in Northern Spain. They always make me smile, even though one of them was the cause of me breaking my ankle recently.

What has been the greatest influence on your life?

My Grandad. He had a sense of mischief and adventure. We would sit for hours with an Atlas and he would tell me about the places he visited during the Second World War; he taught me the card game Cribbage and he would never let me win and he'd buy me chewing nuts every week. He taught me about the importance of family and the things you do together, being honest and true to yourself and being kind.



Helen has 24 years experience as a Town Clerk

What is the best piece of advice you've ever been given?

"Only worry about the things you can control". We have the ability to overthink things and this in turn causes us great anguish particularly around what might happen, but if they are things that we have no control over what is the point of worrying?

When the pandemic is over, and all the restrictions are lifted, what will be the first thing you will do?

One of the big things I have missed during lockdown is going to football matches. I am a seasoned Sheffield Wednesday fan, having had a season ticket for over 30 years and even after I moved from Yorkshire to Shropshire 12 years ago, have continued to make that 200-mile round trip to watch them. I have missed that camaraderie of watching the game, shouting at the referee and analysing the match with those up, down, left and right of me. Alas, it's First Division football for us next season but hey, I can go to an away match 2-miles down the road at Shrewsbury Town.

And Just for Fun:

What is your favourite quote?

"Sometimes you will never know the value of a moment until it becomes a memory." It's from Dr Seuss. We live in a very material world where possessions are important to many, but do people value those possessions? My kids are unlikely to tell me about anything I have bought them over the years, but their memories of times we have shared are far more precious.

If you could give your younger self any piece of advice, what would it be?

If it scares you it might be a good thing. I think my younger self lived in her comfort zone too much. Nowadays I live so far out of it I'm not sure what it is any more.

If you could have dinner with one celebrity, dead or alive, who would it be and why?

It would have to be Abraham Lincoln. I went to Chicago some years back and I bought a book about him called Team of Rivals and it's a fascinating account of his leadership during the American Civil War, his preservation of the Union and the development of democracy, not to mention the abolition of slavery. Wonder what he would think of the world today?

What do you think of garden gnomes?

Every good garden should have them. I have four; they are all Sheffield Wednesday Gnomes. So tacky they are cute and make me smile.

Which fictional character would you bring to life and why?

Hermione Granger and her wand. A quick spelliamus and we'd all be sorted.

What's your hidden talent?

I'm a champion Twiddlywinker. I once tiddlywinked across the Humber Bridge. It took 6 hours and I lost loads over the side.



SHREWSBURY TOWN COUNCILLORS

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