

for Beambridge Clunbury Clunton Coston Cwm Kempton Little Brampton Obley Purslow The Llan & Twitchen

Happy Birthday Your Majesty

Clunbury Parish celebrations to mark the Queen's 90th birthday began with a church service. In his sermon, the vicar commended her for her faith, example and service to our country and Commonwealth. The church looked beautiful thanks to Mary Jones and Julia Brereton's talent with flowers. Mary had put together a display of photographs marking events in the Queen's life; there is scarcely a picture left in her house with a frame. Did anyone notice the Queen's racing colours in Julia's pedestal display? Following the service our dedicated bell ringers performed a quarter peal which rang out in joy around the village.

Celebrations continued in style with a Bring and Share lunch at the village hall.



George, Jeremy & Clive share a joke

Even the rain did not dampen the enthusiasm of villagers who enjoyed an amazing array of savoury and sweet foods and great conversation. Glasses were raised to the Queen and all were in good voice as we sang Happy Birthday and the National Anthem. Judith Payling and Barbara Freeman began a collection of memories to be included in a time capsule as a landmark for future generations.

Eirlys Ellams



Ruby & Toby hoola-hooping



Your Show Needs You!

Purslow Show
Monday 29 August



Volunteers needed to help on the day particularly with the gymkhana
Contact Nick (gymkhana organiser) on 660330

To volunteer for any other task (gate, car parking, selling raffle tickets...)

Contact Annie on 660140

Please support the show

Never mind if it's raining put on your wellies and mac and come anyway!

Clunton Scrumper's Cider Evening

2 July, from 6.30pm
Harry's Yard, Fold Farm, Clunton
Entrance £5.00
Light refreshments
FREE CIDER



Contact Anne Shepherdson 660309

Please send your contributions by the 20th of each month

Church Events

St Cuthbert's, Clungunford

Reflective Music

featuring Salt of the Sound

Tuesday 5 July at 7.30pm

A café style event

with light summer refreshments

Bishops Richard of Hereford and Alistair of

Ludlow will be guest speakers

Everyone welcome!

Coffee morning

The Orchard, Clunton

Saturday 16 July from 10.30am

*to fund a handrail in St Mary's Church
to aid getting up and down the steps to the
altar*

£1 for tea/coffee and biscuits

Bring and buy, cakes, plants, books, etc

Raffle

All welcome!



St Swithin's Church,
Clunbury

Patronal Festival

Sunday 17 July at 6.30pm

Songs of Praise

followed by Pimm's

and soft drinks

To choose a hymn for the
service

contact Christina on 660424

or Pat on 660169

All welcome



Clunbury Church Pet Service

Calling all careful owners and polite pets
in the Clun Valley benefice to

St Swithin's Sunday 31 July, 11.15am

*Service (shortened for those quadrupeds and bipeds who have
a short attention span), to give thanks for all the love and joy
we receive from our companions and working animals*

All welcome from guinea pigs to donkeys



If the weather is kind the service will be outside

Light refreshments afterwards

water will be available throughout

Owners responsible for their own pets and their
doings at all times

Please keep dogs on a lead

Cuthbert in Disguise

The annual holiday club will take place from
2 pm until 5 pm each afternoon between

Monday 1 & Friday 5 August

St Cuthbert's Church, Clungunford.

School children of all ages are welcome

A variety of art, craft, music and sport
activities each day with refreshments. This
year 'The Animal Man' will be visiting and
some of the activities will take on a
camouflage/disguise theme.

Booking forms available from local churches and

Aston-on-Clun village shop from 1 July

or email catherinelishman@hotmail.com

or phone Catherine on 660231 for further details

Clunbury Village Hall

Flower Arranging Workshop

with Daisy Davies, City & Guilds trained flower arranger

Saturday 30 July, 10.00am -1.00pm

Come and be inspired using flowers from your garden

All welcome for coffee and cake (£2) at 11.30am

Proceeds in aid of Air Ambulance

Tickets £12 (inc refreshments) from Lynne Thompson 661180. Limited places



Meadows Medical Practice in Crisis

Around eighty concerned patients packed into Clunton Village Hall on 23 June to hear a presentation by Dr Juliet Bennett about the difficulties facing The Meadows Medical Practice which operates surgeries in Clun and Knighton. This followed a meeting in Knighton attended by several hundred people from both communities.

In June The Meadows Medical Practice issued a public consultation document explaining the severe problems they are facing and the options open to them. Primary care services across the country are under extreme pressure due to increased demand and financial constraints. The situation at the practice has been exacerbated by the planned retirement of Dr Davies later this year and the difficulty in finding a replacement partner— advertisements have attracted no applications. Recruiting a salaried GP or long term locum is equally difficult. This problem is not peculiar to Clun and Knighton. Around three hundred practices nationwide face closure and 210 practices closed last year mainly due to a lack of doctors in general practice or student doctors training to be GPs.

Dr Bennett explained that the list size is rapidly approaching 4000 patients and that three GPs are necessary to run a two site practice. NHS England (NHSE) will not allow lists to be closed so the numbers are likely to go on growing. Split sites also inevitably involve increased running costs and being a cross-border practice compounds the problems.

The partners understand the worries and concerns of patients and staff but feel they have to secure the long term future of the practice in such a way that they are able to continue to provide safe and effective care, hence changes must be made. An NHS Support Team

confirmed that the current model would not be safe with only two GPs. They have suggested the closure of one site as a viable option. Dr Bennett then explained all the options.

Option 1. Do nothing – this puts the practice at significant risk of closure.

Option 2. Reduce services across the two sites – probably clinically risky and unlikely to be allowed by NHSE.

Option 3. Close Knighton and consolidate in Clun - clinical safety maintained; potential for staff redundancies; practice boundary will need to be redrawn, necessitating some patients to register elsewhere; an alternative GP provider already exists in Knighton; Clun site holds the dispensing licence, without which the practice could become financially non viable; services aligned with Shropshire; allows for collaborative working within our locality; premises at Clun site will need expansion but is large enough to continue in the interim.

Close Clun and consolidate in Knighton - clinical safety maintained; potential for staff redundancies; practice boundary will need to be redrawn, necessitating some patients to register elsewhere; no alternative GP provider in the Clun valley; dispensing licence potentially lost, calling financial viability into question; Knighton premises inadequate to accommodate change in service provision even on a temporary basis; paradox of English practice solely in Wales; possible increase in cross border issues.

Option 4. Try to expand the Knighton premises and recruit more staff - in an ideal world this could work well as the Knighton site has the smaller building and yet has seen the most growth in patient numbers. However it does not solve the problems of - increased workload and the clinical vulnerabilities

associated with lone working; cross border issues; securing funding for premises expansion; recruiting another GP.

Dr Bennett, Dr Davies and Dr Walton then answered numerous questions from the floor and made it clear that all constructive feedback is welcome.

The public consultation period ends on 6 July after which the Practice will formulate a proposal which will be put to NHS England who must approve any change to the Practice's contract. If you would like to make any comment or suggestion please do so by 6 July in writing by post to:

The Practice Manager,
The Meadows Medical Practice,
Penybont Road,
Knighton,
Powys LD7 1HB

or by email to: pmthemedadows@nhs.net

Links to the consultation document and the presentation used at the public meetings are available on The Parish Post website.

Go to www.theparishpost.org and select the Meadows Medical Practice tab.

Count Them In

The Royal British Legion and its sister charity, Poppyscotland, have launched a campaign, 'Count Them In', calling for **additional questions to be included in the next census in 2021**. These questions will seek to capture much needed data on the Armed Forces community - particularly Reservists and veterans - who are otherwise largely hidden from official statistics.

For details, follow the link www.britishlegion.org.uk/get-involved/campaign/count-them-in/ to the RBL website and hit the red **Pledge Your Support** button. Enter your postcode, which identifies your local MP, and send them the support request letter.

David Fairclough (Shropshire Council)

St Swithin's Unexpected Visitor

The Rev Robert Payne must have been more than a little startled when in the middle of Morning Prayers at St. Swithin's, Clunbury on 5 June he found himself under attack by a large flying shape. With admirable aplomb he



continued with his sermon and the rest of the service. In due course the flying shape was identified as a sparrowhawk and there were

concerted efforts to encourage it to regain its freedom. The Wadsworth boys, under the supervision of Pat, the organist, brought recordings of birds but to no avail. Parishioner Julian Spenceley offered it water and a couple of dead pigeon chicks with equal lack of success. Finally it was locked in for the night, and happily next morning, flew out. Fortunately there was little damage except for messy droppings which Julian cleaned up.

Samantha Bellamy suggested that the sparrowhawk might have been unusually foresightful. Sam, who has studied such things, refers to the fact that in medieval times, it was customary for those in authority to keep their own bird of prey, the noblest birds being kept by the highest nobility. We do not know for sure, but perhaps the sparrowhawk was the bird 'of the church' and had come to stake his claim. It's as good a story as any - unless you know better. *Sylvie Nickels*



Photo by Julian Spenceley

Town and Parish Councils to Fund Local Services?

The South West Shropshire Local Joint Committee (LJC) comprises representatives from Parish and Town Councils and the relevant Shropshire Councillors. On 14 June the LJC held a special 'summit' meeting to discuss members' reactions to the budget cuts and possible routes forward proposed by Shropshire Council (SC) and to draw up plans of how they could work collectively to address the issues raised. It was agreed that clustering arrangements for the town and parish councils would be developed to enable discussions about shared responsibilities and fundraising for the future of local services and assets. Town Councils will facilitate this in their localities assisted by the Shropshire Association of Local Councils. Proposals will be submitted to SC by September 2016.

SC's ability to raise more money through Council Tax is limited by a government imposed cap which can only be exceeded if the taxpayers approve the increase via a local referendum. It is likely that in future years SC will only be able to fund its statutory obligations, and non-statutory functions will stop receiving SC funding. Parish and Town Councils precepts are not currently capped, although the government has raised the possibility of changing this. However, as things stand, the Parish and Town Councils on the SW Shropshire LJC could help fund functions such as the Bishop's Castle library and SpArC leisure centre by significantly increasing their precepts. The next meeting of LJC reps, clerks and other councillors is scheduled for 30 June.

David Hill

Clunbury 100 Club June Draw

Lesley Holland £20; Olive Payne £15;
June Gissing £10; Caroline Bason £5;
Philippa Halliday £3.

News from South West Shropshire Gardening Club



Growing Vegetables in a Polytunnel

A talk by Mike Andrews

Wed 27 July, 7.30pm

Lydbury North Village Hall

This talk will also be useful if you have a greenhouse. The talk will cover growing winter salads, stir fry vegetables and much more, based on Mike's extensive experience. He had an organic smallholding near Llanidloes many years ago and is currently establishing a new garden in Clungunford. Mike's current polytunnel is 10'x15' but he still manages to pick salad crops in January.

The talk is free to members of South West Shropshire Gardening Club; visitors are welcome at £5 per person including refreshments. Any further queries to Carol Clarke 660753 or Allison Walter 620055, or please look at our website: www.gardeningshropshire.co.uk

Annual Garden and Produce Show

Saturday 3 September

Apologies: there are not 60 classes to choose from, but over 80! We are looking forward to seeing your roses and fuchsias, pears and plums, alpines, beans and tomatoes. Now would be a good time to be finding your favourite recipes for ginger cake or Shrewsbury biscuits or taking photos to enter categories such as 'Rain, rain, go away' or 'My favourite Spot in the Garden'. Our show is always fun and friendly so be brave and have a go at entering this year – everyone is welcome and it is only 30p to enter a class. Children can enter for free. There are lots of trophies and prizes to be won or there is just the satisfaction of joining in. All the details are in our show schedule which you can obtain from our Show Secretary, Sandy Burton 680454, sandy_burton@btinternet.com or please look on our website: www.gardeningshropshire.co.uk

Angie Salmon



Anonymous Donors Swell SpArC Fund

Two anonymous donors have contributed large sums swelling the 'Don't let the SpArC go out' campaign fund. The first donor has promised an annual ongoing donation of £5,000 per year and the second has given £2,500 to the fund. This means the fund now has 40% of the initial sum it is seeking to reduce running costs and undertake upgrade work in the swimming pool area. The crowd funding target for the work is £50,000.

Campaign organiser, Jean Shirley says, 'This means that in just three months from our campaign start we have raised 40% of our initial budget and still have nine months to go before Shropshire Council funding ceases. With the summer months upon us and a number of outdoor activities planned to raise money for SpArC we are more than hopeful that we will achieve the goal'.

Events planned:

8 July Glad Rags Swimming Day at Newcastle, Clun, Bishop's Castle, Clunbury, Minsterley, Lydbury North, Chirbury and Stiperstones schools
20 – 21 August Charity Cycle Race

First week of October Charity Lamb Sale, Bishop's Castle market (specific date and details to be confirmed)

More events are in the pipeline as part of Mayor Karen Bavastock's initiative to get people involved.

The SpArC centre is under threat of closure on 31 March 2017 after Shropshire County Council announced that there would be no further funding after the end of this financial year. It has been estimated that an initial £50,000 is needed for the swimming pool area, and longer term, a further £200,000 to maintain and refurbish the whole sports, arts and leisure centre.

Commenting further on the fund Jean Shirley said, 'Now we are actually getting into real costs for work we are finding that some of the prices we are receiving are more reasonable than originally envisaged by the Council. It is therefore possible that we may be able to achieve our goal a little more economically. Ultimately we seek a solid, sustainable future for the SpArC, so that people in this region can enjoy reasonable health, fitness and entertainment long term'.

Annual South Shropshire Play Day

Monday 1 August, 12 to 4pm

at the playing fields, Craven Arms Community Centre
Activities include: glitter tattoos, crafts, sports, soft play

More information from Lisa Bedford on 07990 085656

or lisa.bedford@shropshire.gov.uk

Free - Everyone welcome

Queen of the Meadows

Do you take aspirin? Well, how about this as an alternative? Steep 45 grams of the dried flowers of meadowsweet in 1 litre of near-boiling water for 10 minutes and take three cupfuls a day between meals. The Parish Post accepts no responsibility however for any resulting illness or fatality, so best perhaps that you just enjoy the look and scent of this handsome wayside flower, even though it does contain salicylic acid, a well-known pain-killer. Meadowsweet (a name derived perhaps from 'mead sweet'



– it was used apparently to flavour the drink known as mead) grows to three feet or more in damp ditches and wet meadows, most notably to the west of the T Bridge in Kempton, and its creamy-white and frothy flowers will be conspicuous in July. Their scent has been likened to marzipan, musk and honey; that of the leaves to pickled cucumber or carbolic! Amongst its other names 'Queen of the Meadows' refers perhaps to its height, colour and haughty demeanour, and is unconnected to the enthusiasm of Queen Elizabeth I for its use as a 'strewing herb' – a plant spread on the floor for the pleasant odour it gave off when crushed. If you are looking for meadowsweet, keep an eye out for another tall and handsome flower often to be found with it - common valerium - its clusters of flowers, which are white, tinged pink, appear at the same time.

Tom Wall

Bishop's Castle

7th PARTY

in the **PARK**   

SATURDAY 23rd JULY

11am-10.30pm
£7 on the Gate U11's Free

THE SEAN GAFFNEY BAND
BONNIE MAY
WYSON
Zach Said
HEIDI BROWNE
FLATLANDS

TIGHT & BEAR
LUCYFERS BEARD
TWO FACED TOM & THE BOOTLEG BOYS
THE N VISION
MUCLEAR WEASLES

James & Cerys
THE MIGHTY VIPERS

Music, Children's Workshops,
Food, Stalls, Bar,
Vintage Tea Tent
& More...



Info call: 630092, mob:07813 007464

Working in a Bookshop - Your Dream Job?

Have you got some spare time? Come and visit our excellent second-hand bookshop in Craven Arms (between the baker and the chemist).

We are a great group of volunteers who manage the shop with support from the Furniture Scheme Charity in Ludlow for which we raise money. We are well supported by people in and around the town who donate books.

The holiday season is coming up and we would like to have more helpers to fill in gaps in the rota. You could sign up for a regular slot (3½ hours) or be on stand-by to help occasionally. Training will be provided and, for those travelling from further away, travel expenses will be paid. Come and have a chat and find out if you would like to join us. We are open: Monday to Friday 9.30am-4.30pm and Saturday 9.30am to 1.00pm. Telephone 673902 for more information.

Marlies Cope

Events Diary for July 2016

Fri 1	11am-3pm	NGS Open Garden for cancer and caring charities	Norton Farm, Norton, C.Arms
Sat 2	All day	Bishop's Castle Tandem Triathlon	Starting at SpArC
Sat 2	6.30pm	Clunton Scrumpers' Cider Evening	Fold Farm, Clunton
Sun 3	11.15am	Morning Prayer	St Swithin's, Clunbury
Sun 3	2-6pm	NGS Open Garden for cancer and caring charities	Guilden Down Cottage, Clun
Sun 3	7pm	Songs of Praise in four-part harmony. Tel 661171 for info.	Kempton Village Hall
Mon 4	9-11.30am	Parent & Toddler Group-every Mon in term time. Just turn up	Clunbury Village Hall
Tue 5	Mobile Library: Clunbury Bridge 10.10-10.30am, Clunton 10.40-11.00am, Obley 12.45-12.55pm		
Tue 5	7.30pm	Reflective Music with Salt of the Sound	St Cuthbert's, Clungunford
Wed 6		Quiz—proceeds to Midlands Air Ambulance	Kangaroo Inn, Aston on Clun
Thu 7	10-11.30am	Clunbury Café	Clunbury Village Hall
Sun 10	11.15am	CW Holy Communion	St Swithin's, Clunbury
Thu 14	8pm	Parish Council Meeting	Clunbury Village Hall
Sat 16	10.30am	Coffee Morning	The Orchard, Clunton
Sat 16	10am-1pm	Summer Craft & Collectables Market	Aston on Clun Village Hall
Sun 17	2-4pm	Children's Fun Day Clun Memorial Hall Playing Fields (indoors if wet)	
Sun 17	6.30pm	Patronal Festival Songs of Praise	St Swithin's, Clunbury
Tue 19	Mobile Library: Clunbury Bridge 10.10-10.30am, Clunton 10.40-11.00am, Obley 12.45-12.55pm		
Thu 21	10-11.30am	Clunbury Café	Clunbury Village Hall
Thu 21		Tim's Travels—'Guys & Dolls'—640506	Grand Theatre, Wolverhampton
Fri 22		Clunbury School—last day of Summer Term	
Sat 23	11am-10.30pm	Party in the Park	Bishop's Castle
Sun 24	11.15am	Morning Prayer with Baptism	St Mary's, Clunton
Sun 24	11am-5pm	NGS Open Garden for cancer and caring charities	Mynd Hardy Plants, Diddlebury
Sun 24	7.30pm	Shrewsbury Male Voice Choir & Bettws Ladies Choir	St George's, Clun
Mon 25	3.30pm	Flicks-The Jungle Book (2016)	SpArC
Mon 25	7.30pm	Live Acoustic Folk Music	The Crown Inn, Clunton
Wed 27	7.30pm	SWSGC - Growing vegetables in a polytunnel - Mike Andrews	Lydbury North Village Hall
Sat 30	10am-1pm	Flower Arranging Workshop	Clunbury Village Hall
Sat 30-Sun 7 Aug	10am-6pm (10-noon 2 Aug)	Clun Art & Craft Show	Hightown Community Room
Sat 30	7.30pm	Flicks—Much Ado about Nothing-660545	Aston on Clun Village Hall
Sat 30	7.30pm	Flicks—Much Ado about Nothing	SpArC
Sun 31	9.30am	Holy Communion	St Swithin's, Clunbury
Sun 31	11.15am	Pets Service	St Swithin's, Clunbury
Sun 31	2pm	Clun Rounders Tournament-640910	Memorial Hall, Clun
Sun 31	3-5pm	Clun Cream Teas	9 Church Street, Clun
August			
Mon 1	Noon-4pm	Annual South Shropshire Play Day	Playing Fields, Craven Arms
Mon1-Fri 5	2-5pm	Cuthbert's Holiday Club for children	St Cuthbert's, Clungunford

CONTACTS

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