



Three months on and at last most of us are able to enjoy some easing of lockdown restrictions and to look forward to life returning to something like normality. But it may be an anxious time for many and we write about this on p6. We must all still exercise caution when out and about, observe distancing rules and wear our masks where mandated for the safety of all. This month saw some children return to school (p3); we report on the re-opening of the Bishop's Castle Tennis Club (p4) with a special package to entice new members; and churches can now re-open (p5). Next month we hope to be able to list more activities re-starting and to have something like a normal-not-normal calendar of events. But as we all look forward, let's also look back at this extraordinary time we've lived through. A couple of weeks ago we invited you to share your experiences of lockdown; your thoughtful, creative and fun responses appear on the following pages. **Please do keep them coming - they form a crucial part of Clunbury's social history in this unique time.**

## Clunbury Parish Life in Lockdown - Your Stories

**From Jackie Williams:** To reflect on the lockdown, which is what I sincerely hope we shall soon be doing, is to assess the benefits of this. Young people hopefully at home with parent(s) each having time to know and understand each other more without the stress of everyday life. A huge opportunity for thought about which way to turn for young adults with no hurry or pressure. Time to realise how important family values are, especially when we are lucky enough to live in the countryside learning about our surroundings. Perhaps 3 meals a day around one table as in days gone by, especially in farmhouses. Structure in each day for schooling, play, exercise, hobbies, family enjoyment together. Younger children benefitting from one-to-one home schooling, again with a routine as on a school day. For some reason, this is time when the world has been standing still, offering us all a complete revaluation. Hoping life has a better meaning when we enter the normal world again.

A love of photography as well as a determination to grow as much of her own food as possible during lockdown inspired **Faith Tilleray** to combine these two passions. She set up an Instagram account [@accidental\\_gods](#) where you can see some of her beautiful photographs including the image below:- home grown fruit and vegetables turned into a still life work of art.



Please send your contributions by the 20th of each month

## Clunbury Parish Life in Lockdown - Your Stories

You may recall **Manda Scott's** letter in April about her pony Lily's first pregnancy, asking dog walkers to avoid the paddocks at Pool House Farm. Lockdown or no lockdown, nature waits for no-one and Lily was safely delivered of this beautiful foal on 27 May.

*Just delivered!*



The foal's full name (pending recognition by the breed societies) is Eцени Spear Song. 'Eцени', the stud prefix, is how the east Anglian tribe we often know as the Eцени spelled their name on their coins. She has a shield and spear symbol on her face so Spear Song seemed fitting for a delicate but feisty and fast little filly. For those who want breeding, she's a Connemara x Welsh Section B.

*Nearly one month later*



**Colin Pentecost's** lockdown project:

*first he built a wall*

*...and then he built a fence*



**From Angela Reynolds:** "Been being creative and trying to learn Welsh on line. Can't understand how people can be bored when there is so much to do". Here are her two pairs of little devils, and her amazing lockdown quilt (below).

Julie Saunders' daughter **Jess** mastered the art of tie dyeing during lockdown, both the t-shirt she is wearing and the hoody she is holding. (below). As her mum says, a future clothes designer in the making!





## Clunbury CE Primary School - First Steps out of Lockdown

Miss Hannah Deane very kindly took the time to reply to our lockdown story request on behalf of Clunbury CE Primary School, with these lovely pictures of the children back at school. She says the school continued to support pupils during lockdown by providing home packs and regular contact, whilst staff also supported the Blue Hills Federation keyworker hub at St Mary's Bucknell CE Primary School.

"It was lovely to welcome back our Nursery, Reception, Year 1 and Year 6 children on 2 June, who arrived with smiles on their faces and keen to take part in the new way of school life."

Above (middle) and below: "The children are showing great maturity in following the social distancing rules and hygiene routines"

*Buzzy Bees*



"Nursery, Reception and Year 1 are enjoying learning about minibeasts with particular focuses on bees, caterpillars and butterflies, thinking carefully about their life cycles, their importance to plants and how the bees make honey".

*Butterflies & caterpillars*



*Left: Natalie from Nursery, age 3*



*Below: socially distanced outdoor learning*



*Above: virtual music lesson*

"The classrooms look a little different and new routines are in place as well as our newly formed little Bubbles, however, the family nature of the school remains. The children were keen to catch up with their friends, share their lockdown experiences and eager to learn".

"Year 6 continue to explore their topic of natural disasters by writing their disaster stories about volcanic eruption focusing on setting description. They have designed and made an earthquake proof building, which they had great fun testing and they are also preparing for their transition to secondary school".

## The Great Spotted Nestpecker

In June 1782, Gilbert White, author of *The Natural History of Selborne* recorded in his Journal that his brother had nailed-up several large scallop shells under the eaves of his house to see whether House Martins would build on them: "These conveniences had not been fixed half an hour, before several pairs settled upon them; and, expressing great complacency, began to build immediately".

*Before the 'Nestpecker' with a House Martin looking out*



A decade or so ago I followed suit and attached three scallop shells under the eaves of our house in Kempton, but it was some years before a pair of House Martins built a nest on one of them. The nest has been used every year since then, and on 27 May this year I found the shells of four eggs under the nest, so I knew that the young had hatched. But on 3 June the nest was attacked by a male Great Spotted Woodpecker who smashed open the front of the nest and made off with two of the young; I later found two more lying moribund under the nest.

*After the 'Nestpecker'*



This behaviour by Woodpeckers is not new and they will often widen the entrance hole of a nestbox in order to extract the eggs or young of Blue or Great Tits. However, in the 35 years we have shared this house with House Martins we have never experienced this problem before. This Woodpecker, or another, has since been seen trying to get into our House Martin nest boxes, but the ones he's had a go at are made out of a combination of cement and sawdust and have withstood his attacks.

*After the rebuild*

Back at the scallop shell, by 13 June the nest had been rebuilt. Let's hope the Nestpecker stays away this time round.

*Tom Wall*



## Tennis is Back! Tasting and Enjoying Tennis in Bishop's Castle



Bishop's Castle Tennis Club has introduced new three-month 'Taster' sessions for beginners and experienced junior and adult tennis players. These are priced at £7.50 to £15 for adults. This is part of a package of measures, including a social programme, as the Club seeks to recover from the coronavirus lockdown and to open up tennis to the south west Shropshire community.

During the enforced closure the Club has refreshed its three courts and grounds. You can play tennis from 8 in the morning until 11 at night, thanks to recently installed flood-lights. Membership allows unlimited pre-booked play.

All of the Club's membership packages are now available on-line, along with an easy to use court bookings service. The Club has complied fully with regulations and recommendations to keep players coronavirus safe. The tennis courts are accessed off the A488 in a glorious setting.

*Grenville Jackson*

Join: <https://clubspark.lta.org.uk/BishopsCastleTennisClub/Membership/Join>

More information: [info@bishopscaletennis.org](mailto:info@bishopscaletennis.org)

Public Facebook page: <https://www.facebook.com/bishopscaletennis>

## News from the Parish's Climate and Ecological Emergency Advisory Group

In the April issue of the Parish Post we reported on the results of the questionnaire we had distributed to all households earlier in the year. We followed this up with a letter to the PC pointing out that 88% of respondents believed the PC should be active in exploring ways in which it can help to alleviate the Climate and Ecological Emergency. In the light of this we suggested to the PC the following actions, all of which had the overwhelming support of those who had responded:

**Tree planting:** 84% wanted the PC to be pro-active in pursuit of this and we suggested that the PC should write to landowners in the Parish to seek their involvement.

**Standing up for beauty and nature:** in relation in particular to planning applications (90% of respondents) and tree felling (86%).

**Road-verge management:** 92% wanted the PC to act on this. Early and regular cutting eliminates the flowers of roadside plants which can't then produce seed. Whilst recognising that in places there may be over-riding considerations of safety and practicality, we urged the PC to contact Steve Davenport, the county's portfolio holder for highways in order to seek a late-summer-only cut of verges.

**Pollution of watercourses:** 92% agreed that the PC should be pro-active on this issue, so in our letter we sought the Council's view. Would it be willing to take a lead?

The question **Should the PC 'climate-proof' all its decisions and actions?** which figured in the questionnaire puzzled some respondents, but gained a yes-rating of 65%. By this we meant that having recognised that there is a Climate and Ecological Emergency should the PC now factor this issue into all of its business, asking whether what is proposed adds to or mitigates the emergency? We see this as being particularly pertinent in relation to planning applications, with carbon-neutrality surely now a key objective. Our letter asks the PC to confirm that it will indeed climate-proof all it does.

Due to Covid-19 the PC has not met recently and we have yet to receive a response to our letter. There is a legal requirement for the PC to hold an Annual Parish Meeting between 1 March and 1 June at which all electors may raise issues with the PC, but this has not been held either. We look forward to the PC calling such a meeting as soon as practical and with appropriate social distancing, so that these issues can be discussed.

Meanwhile there has been further correspondence with our MP; this is being put on the Parish Post website. We are awaiting a response to a letter sent to Councillor Hartin.

## Plant Sale Thank You

Thank you to everyone who made donations for the Air Ambulance for the plants on my doorstep in Clunbury and to those neighbours who also gave me plants for sale. A total of £24 was raised. I will happily display any surplus vegetables and sell them for the same cause as they come fresh from our gardens in the coming months.

*Judith Payling*

## Service at St Swithin's Church

A Holy Communion service will be held on Sunday 12 July at 11.15am in St Swithin's Church, Clunbury. It will be led by the Reverend John Daniels. Social distancing restrictions will be in place and hand sanitizers will be available.

*Pat Harding*

## It's OK to Feel Not OK



Coming out of lockdown is likely to be an anxious time for many of us. Having spent weeks in isolation it may be very daunting to step outside that safe bubble we've got used to. Listening to the experts on the radio and television, they all seem to reiterate that many of us will have been affected in some way or other during these unprecedented times.

The coronavirus outbreak may have caused us to feel anxious, stressed, worried, sad, helpless, overwhelmed, confused or angry. The Mental Health Foundation emphasises that it is important to remember that it is OK to feel this way and that everyone reacts differently to different events.

One of the feelings millions of us have experienced during the pandemic is loneliness. In our combined efforts to stay safe and save lives, our usual ways of seeing family, friends or just familiar faces have been put on pause. According to a survey of UK adults prior to lockdown one in ten people said they had feelings of loneliness; this increased to one in four during lockdown with social distancing leaving millions of people in the UK feeling isolated. Young people aged 18 to 24 were most likely to experience loneliness since the lockdown began. Before lockdown, one in six (16%) said they felt lonely. Since lockdown, young people are almost three times more likely to have experienced loneliness, with almost half (44%) feeling this way.

There are things we can do to help us through this difficult period and the two websites below have excellent resources, information and sign posting. One of the most important and effective things we can do is to look out for and support one another.

*Lynne Thompson*

<https://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown>

<https://www.nhs.uk/oneyou/every-mind-matters>

## Telephone and Online Appointments - Here to Stay?

**healthwatch**  
Shropshire

Earlier this year Healthwatch Shropshire (HWS), the independent consumer champion for health and social care in Shropshire, asked people to share their

experiences of accessing GP appointments and using their local Pharmacy. It found that people's experiences varied widely and there was a lack of consistent information about services and how to access them.

As a result of the pandemic many services across health and social care have changed how they are delivered and new ones have been developed. In order to offer services as safely as possible appointments have been offered over the phone or online by video or using an online form. HWS says the changes we have seen in the way patients attend some of their appointments because of Covid-19 are likely to stay even as restrictions ease. The NHS Long Term Plan commits to reducing face-to-face outpatient appointments by up to a third over the next five years.

HWS is asking people to share their views and experiences of this new way of working. It wants to know how patients have found these methods so it can ensure the patient voice is heard as the new systems are extended across health care. It asks people to contact them by phone on 01743 342183 or via its website [www.healthwatchshropshire.co.uk](http://www.healthwatchshropshire.co.uk)



## Quakers Meet at the African's Grave

Ten members of the Clun Valley Quakers met in Bishop's Castle churchyard on 11 June to show their support for the Black Lives Matter movement. They stood beside what is known as 'the African's grave', a simple headstone inscribed with the words 'Here lieth the body of I.D. A native of Africa who died in this town September 9 1801.' Linda Murray-Hale, Ros McGregor and Mandy Bryce-Smith each held a small placard which made up the phrase 'Black Lives Matter' while Elizabeth Calvert read a text which called for the equality of all people in the world. Mary Hopkins brought the event to a close with the words, "It's easy to think that the issue of racism doesn't affect us in a rural area, but it does, and has done for over 200 years. England grew wealthy on the proceeds of the slave trade, and it is unacceptable that black people in this country still face so much prejudice and discrimination. Quakers campaigned against slavery then, and we are speaking out now: we must end racial injustice".

*Julia Parker*

### Clunbury 100 Club

**April:** Gill Deakin £20, Shirley Baker £15, Joy Windsor £10, Jane Cassford £5, Julia Mansfield £5.

**May:** Malcolm Jones £20, Sarah Marie Bailey £15, Jean Jones £10, Marian Humble £5, Tom Grimes £5.

**June:** Toby Matveieff £20, Anthea Fell £15, Lorna Goodwin £10, David Hill £5, Mark Wadsworth £5.

### Clunton 100 Club

Subscriptions are due before the end of August to start the new 2020/21 year. £12 per number. New members welcome.

**April:** 1st Ian Davies, 2nd Roger Huffer, 3rd Mary Gittins.

**May:** 1st Tracy Price, 2nd Pam Bay, 3rd Gill Deakins.

**June:** 1st Ann Wadsworth, 2nd Marlene Huss, 3rd Andrew Buckley.

Are you experiencing financial difficulty related to COVID-19?

Worried about keeping your home?

Please call the Council's Welfare Support Team on **0345 678 9078**

The Welfare Support Team can provide you with help, support, advice and signposting.

### USEFUL LINKS

General information about Coronavirus

[www.shropshire.gov.uk/coronavirus](http://www.shropshire.gov.uk/coronavirus)

Information for businesses and the self-employed

[www.shropshire.gov.uk/coronavirus/information-for-businesses-and-the-self-employed](http://www.shropshire.gov.uk/coronavirus/information-for-businesses-and-the-self-employed)

Information on rights and benefits

[www.shropshire.gov.uk/coronavirus/information-for-the-public/your-rights-and-benefits](http://www.shropshire.gov.uk/coronavirus/information-for-the-public/your-rights-and-benefits)

Information on Housing Benefit and council Tax Support

[www.shropshire.gov.uk/benefits](http://www.shropshire.gov.uk/benefits)

Universal Credit

[www.shropshire.gov.uk/benefits/what-could-affect-my-benefits/universal-credit](http://www.shropshire.gov.uk/benefits/what-could-affect-my-benefits/universal-credit)

Online benefit calculator

[www.shropshireboc.entitledto.co.uk/home/start](http://www.shropshireboc.entitledto.co.uk/home/start)

Furniture and electrical goods Revive 01743 588458

South Shropshire Furniture Scheme 01584 877788

Citizens Advice Shropshire

03444 99 11 00 [www.cabshropshire.org.uk](http://www.cabshropshire.org.uk)

### A Gentle Reminder

If you have a neighbour who does not use email or other social media, can you please print off a copy for them? Please encourage friends and neighbours to send us their email address so that we can add them to our list and let us know if you are happy to continue to receive it by email. Thank you.

### CONTACTS

The Parish Post website:

<https://theparishpost.org>

**Email:** [theparishpost@gmail.com](mailto:theparishpost@gmail.com)

**Phone:** Lynne Thompson 661180  
or Pat Harding 660169

If you (or family or friends living outside the parish) would like to receive The Parish

Post by email please contact us at  
[theparishpost@gmail.com](mailto:theparishpost@gmail.com)

The editorial team does not accept responsibility for any opinions expressed by contributors and reserves the right to edit contributions if deemed appropriate.

## For Our Younger Readers

Thanks once again to The Shropshire Hills Discovery Centre for these fun activity ideas. You can find more here:

<https://>

[www.shropshirehillsdiscoverycentre.co.uk/](http://www.shropshirehillsdiscoverycentre.co.uk/)

[whats-on-at-shdc/spring-activities/](http://whats-on-at-shdc/spring-activities/)

## Toilet Roll Art

Even if your parents didn't panic buy rooms full of toilet paper when the coronavirus pandemic began, every household produces a plentiful supply of those brown cardboard rolls left at the end when the paper runs out. Keep them - they can be used for all sorts of play and art projects. Build a castle, a garage, a marble run, or try your hand at some of these animals and flowers.

### Recycle - Toilet Roll Art



## 5 ways to find North

### During the Day

1. The Shadow Method: Put a stick in the ground and mark with a stone where the end of the shadow falls, then wait for half an hour or so and put another stone where the shadow now ends. Put a stick or draw a line

between the two rocks. Your first rock is to the west, your second is to the east. Stand facing the line, say 'Never Eat Soggy Waffles' to know whether North is in front of you or behind.

### 2. The Watch with Hands Method:

Hold your watch on the palm of your hand. Point the hour hand towards the sun (in the summer you must set your watch back an hour before you do this - back to standard time). Draw an imaginary line between the hour hand and twelve o'clock to create the north-south line. Knowing that the sun rises in the east and sets in the west will let you know which direction on your imaginary line is north.

### 3. The Moss Method:

North facing surfaces get the least amount of sun and will therefore be the dampest area. Moss thrives in damp conditions. To make sure you are not being misled, look for moss on vertical structures such as trees and other places where water doesn't naturally collect.

### During the Night

4. The North Star Method: Look for the Plough and find the two stars at the blade end of it. Draw an imaginary line through these two stars and follow the line upwards where you will reach the North Star. Facing it, you are facing north, then again saying 'Never Eat Soggy Waffles' you will know where the other directions are too.

### 5. The Two Sticks, One-Star Method:

If you can't find the north star, find two sticks and lie down. Push one stick into the ground so it's at eye level. Take a second, slightly taller stick and push it into the ground behind the first one, until they line up with a bright star from your position. Watch for five to 10 minutes. If the star moves left, you are facing north, right then south, up east, and down west.