

First Aid Course

Twelve participants from Clunbury and Kempton attended a full days First Aid training course on the 16th May which was delivered by Nick Badger from Shropshire First Aid Training (part of Safe Haven Training) at Clunbury Village Hall.

In the morning the course concentrated on CPR (cardio pulmonary resuscitation) and how to use an AED (automated external defibrillator). The AED machine in case of emergencies is located to the left of the front entrance to the Clunbury Village hall and on the front of the village hall in Kempton.

In the afternoon we covered many other topics including resuscitation, seizures, eye injuries, treatment of bleeding/wound packing, the list was very comprehensive. We are now prepared for many eventualities

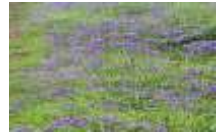
All participants passed with flying colours and will be issued Certificates. It was a very informative and enjoyable day.

I would like to say a big thank you, on behalf of myself, and the participants from Clunbury and Kempton to Aston Village Shop and the Parish Council who together funded the course. We are extremely grateful for the course as it could help save lives and support the NHS which is crucial at this time when emergency services are under extreme pressure.

Ann Brown



Climate and Environment Group



Parish Rambles

On Monday 8 May, Peter Carty of the National Trust led a walk round Walcot Wood at Kempton. The main focus was on the ancient oaks – 36 of them altogether, each of which has a specific management plan – but we looked to at wildflowers and listened to bird song. There were two tastings of Garlic Mustard or Jack-by-the-hedge; both received mixed reviews.

The old oaks have been growing here for hundreds of years, in what will have been a parkland setting, with little competition, but a relaxation of grazing in the middle of the last century led to colonisation by shrubs and trees. The old oaks need more light and space, so competing vegetation is being cleared progressively, with help from volunteers and a small flock of Hebridean Sheep.

Peter encouraged parishioners to visit the wood. It is open to all, but there is no on-site parking. It can be reached from Kempton or by walking down the right of way opposite the Bury Ditches car park.

On 28th June, Peter Carty has kindly agreed to lead a walk on Hopesay Hill for those intrepid enough to venture beyond our parish boundary. Parking is limited, so we are meeting at 6pm at Edgton Village Hall for car sharing as necessary. The walk will last about an an hour and a half.

Climate and Ecology Bill

A motion to support this Bill was carried unanimously at the Parish Council meeting on 18 May. This Bill has the backing not only of Shropshire Council but also those of the Town Councils of Shrewsbury, Oswestry, Whitchurch, Ludlow, Clun, Bishop's Castle as well as the support of a number of Parish Councils, now including Clunbury. The Bill, which is currently before Parliament, seeks amongst other things, to

- Require that the UK commits to doing its full and fair share to limit the global temperature rise to 1.5 degrees, enshrining this objective into law
- Ensure that biodiversity loss is halted and reversed by 2030
- Oblige the UK to take responsibility for its greenhouse gas footprint, by accounting for emissions related to imported goods and services
- Set up a temporary Climate and Nature Assembly

'On Whinberry Hill'

We are working on ideas for a sign which will explain the background to this project on the Black Hill and what it seeks to achieve. Currently our themes are the change from grouse moor to forestry plantation, the survival of the Parish land as a fragment of the former heathland, along with its wildlife, and the story of Whinberry picking. If you would like to learn more, or have ideas to offer, please get in touch.

Group contact: Tom Wall walltom@hotmail.co.uk 01588 660561



Clunbury Village Hall

Invites you for
Cream Tea



At The Old Vicarage,

Clunbury

Saturday 10 June

2.30 - 4.30pm £5.50pp

£3.00 pp under 12's : Raffle

Monques if we? Contact Barbara 660629 or Alistair 661180

Clunton Scrumper's

CLUNTON CIDER FESTIVAL

Saturday 8th July 2023 6pm



Harry's Yard

Light supper provided

Entrance £7.50 on the door

Join us in celebrating



Saturday July 29th & Sunday July 30th 2023

All events will take place at the Tennis Club on Love Lane (A488)
Free parking provided.

What's On!

Saturday July 29th

From 9:00am to 12:00pm

3 x 1 hour coaching sessions with professional coaches.
Free to the local community. All equipment provided.

Sunday July 30th

From 9:00am to 12:00pm

3 x 1 hour coaching sessions with professional coaches.
Free to the local community. All equipment provided.

From 2:00pm to 5:00pm

Exhibition Match with Top Guest players. Free to watch.
This squash and cake provided.

Event sponsored by Bishop's Castle Tennis Council



PARISH CORONATION CELEBRATIONS

Kempton's Coronation Celebration

Set Up Saturday was drizzly but spirits were not dampened and the venue was duly red, white and blue both inside and out, with specially made bunting, table runners and banners. Craft activities for the children and a Royal Photo Booth were set up too. Pretty freesias in royal chinaware was a reminder that it was Spring!

Then....Sunday dawned glorious; fit for a King! The bar was stocked with summer pimm's, wine and beer and soft drinks too. The indoor tables groaned with a wonderful array of donated salads and desserts. The hog roast van trundled up the path and out rolled the delicious pig. Thank you to Mark Yapp from Castlemoor Farm. Drinks were ordered, friendships were rekindled and new-comers were made most welcome. The music started up from the amazingly versatile Clun Ukulele Band.

Cakes were judged. Although tbh they all looked fantastic!

Of course the afternoon included a toast to The King, with fizz generously donated.

Then the dancing and eating continued as the sun shone down on all in the pretty valley. What a setting! What memories we'll all have thanks to the lovely Kempton Coronation Celebration! Long live the King!

£272 was raised and will be donated to the Village Hall

Tessa Barker



Clunbury Coronation Celebrations

It was lovely to see such a good turnout for the Coronation picnic and big thank you to Maddy Matvieiff, who kindly let us use her orchard to celebrate the coronation of King Charles III. The weather could not have been more perfect as we bathed in beautiful sunshine. We had games and competitions with prizes for the best decorated crown and for the best homemade cake. The Clunbury men treated us to a rendition of God Save the King with hand bells (after only half an hour practice)! It was a fabulous afternoon, and a good time was had by all! We also raised £227 for Hope House Hospice which is a fantastic effort so a big thank you to everyone who came and made it such a happy special day to remember.

Lynne Thompson



Clunton Afternoon Tea

A fabulous afternoon was enjoyed by all in Clunton celebrating with an Afternoon Tea and the children planting the village planters



Quick and Easy Summer Salads

Crisp & Colourful Salad

Ingredients:

A head of Chicory
A pointed red pepper
A bulb of fennel
An unpeeled apple
1tbsp of capers, drained
A handful of pine nuts or walnuts (optional)
A handful of sultanas

Dressing:

3tbs Greek yoghurt
Juice of half a lemon
3tbsp thick mayonnaise
1tsp olive or walnut oil
salt and pepper



Finely slice all the vegetables and mix together in a bowl along with the capers, nuts and sultanas. You can substitute celery for fennel if desired. Whisk together (with a fork) all dressing ingredients, loosen a little with a tbsp of cold water. Pour over salad and mix well before serving

Feta & Beetroot Salad (serves 10)

Ingredients:

200g bag of baby spinach leaves
500g of cooked beetroot
2x200g packs of feta, crumbled
Bunch of mint leaves, roughly chopped
Bunch of spring onions, finely sliced
2 long red chillies, halved, deseeded and finely sliced

Dressing:

5tbsp of olive oil
5tbsp honey
5tbsp lemon juice
1 tbsp Dijon mustard



Scatter the spinach onto a platter. Slice the beetroot into wedges and arrange on top of the spinach. Scatter over the feta, mint, spring onions and chillies.

To make the dressing, put the oil, honey, lemon juice and mustard in a glass jar with lid. Season and shake well

Church News

JUNE 2023

Date	Time	Service	Church
Sunday 11th	10.00 am	Holy Communion	Clunbury
Sunday 25th	10.00 am	Holy Communion	Clunton

Clunton

1st Barbara Jones
2nd Delia Peers
3rd Christina Smart



Clunbury

Annie Sutton £20
Liona Jones £15
Max & Sam Wadsworth £10
Jo Selman £5
Sally Goodwin £5

JUNE

Clunton: We have lost quite a few members of our 100 club and if anyone would like to join, or have any more numbers, please contact Pat 01588 660169

Reminder: If you would like your copy of the Parish Post delivered by email instead of a hard copy through the letterbox, then please let us know at info@theparishpost.org.

Please remember to check your **JUNK** or **SPAM** folder if your copy does not arrive in your inbox !

Parish Post Contacts

For article submissions – articles@theparishpost.org

General enquiries - info@theparishpost.org

Additional local information can be found on The Parish Post website

www.theparishpost.org

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Please submit articles and photos by 20th of each month. To ensure we can include as many articles as possible, we have revised the maximum word limit to **200 words**. The editorial team does not accept responsibility for any opinions expressed by contributors and reserves the right to edit contributions if deemed appropriate.

Date	Event	Venue
Thurs 1 st June	Clunbury Cafe	Clunbury Village Hall
Sun 4 th June 2pm-5pm	Open Garden at the Arvon Centre	The Hurst , Clunton SY7 0JA
Sat 10 th June 2.30pm-4.30pm	Cream Tea £5.50 per person	The Old Vicarage, Clunbury
Wed 14 th June 10am-12am	Clunbury Craft & Social Group	Clunbury Village Hall
Thurs 15 th June	Clunbury Cafe	Clunbury Village Hall
Sat 17 th June 10am-1pm	Craft & Collectables Market	Aston on Clun Village Hall
Sun 18 th June	Trip to Wightwick Manor	M&J Travel 01588 64027
Tues 20th June	Final submission for articles for July issue	
Wed 28 th June 10am-12am	Clunbury Craft & Social Group	Clunbury Village Hall
Thurs 29 th June	Clunbury Cafe	Clunbury Village Hall