



*Community  
Spirit  
in  
Kempton*



On May 27<sup>th</sup> eleven willing volunteers worked hard clearing and strimming the crossroads at Purslow. As you can see by the before and after pictures, it really has made a huge difference. It is now a much safer way to leave Kempton. A massive thank you to all involved. Looking forward to our next working party!

Lucy Lewis





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

## Climate and Environment Group

### A 'pick-nic' on Whinberry Hill

The Bracken spraying done last year has been pretty successful, but follow-up work will be required at regular intervals to prevent re-infestation. Where the Bracken was most dense, it is encouraging to see some Whinberry plants poking through the Bracken litter and it is hoped that they will now have the chance to flourish. Elsewhere there was already a good cover of Whinberries and if there is enough rain to fill out the berries, we plan to hold a Whinberry pick-nic in late July or early August. All are welcome. Do look out for details on parish noticeboards.



### The Kempton Avenue

We have started mapping the Turkey Oaks which form an impressive avenue along the road from Little Brampton towards Lydbury North. It is thought that they were planted early in the nineteenth century and a map surveyed in 1883 indicates that there were then in the order of 230 trees. Gaps have developed over the years but in some places replacements have been planted. Once the survey is complete, we will be in a better position to suggest how best to perpetuate this striking feature.

**SCAN ME**  
TO PURCHASE TICKETS  
FROM EVENTBRITE

**LIVE MUSIC**

**FAMILY FRIENDLY**

**STREET FOOD**

**MARQUEE**

**3PM - LATE**

**FULL BAR**

**FEATURING LIVE MUSIC FROM SHROPSHIRE'S VERY OWN**

**RHYTHM THIEVES**

[WWW.FACEBOOK.COM/RHYTHMTHIEVES](http://WWW.FACEBOOK.COM/RHYTHMTHIEVES)

**TICKETS ALSO AVAILABLE FROM:**  
HUNDRED HOUSE  
PURSLOW  
CRAVEN ARMS SY7 0HJ

£12.50 PER PERSON  
OR £20.00 PER COUPLE  
UNDER 14S FREE OF CHARGE

**LIMITED NUMBER OF TICKETS  
AVAILABLE ON THE DOOR**

**PLUS SUPPORT ARTISTS AND DANCE TRACKS TILL LATE!**

Event organised by  
Purslow Sports Committee  
All proceeds in aid of  
Purslow Show and Gymkhana

**JACKFEST RETURNS!**

**THE SHOWGROUND, PURSLOW FARM, PURSLOW SY7 0HJ (OFF THE B4385 TWITCHEN SIDE)**

**SATURDAY 15TH JULY 2023 3PM TILL LATE!**

## Experiences of diabetic care and support.

**Healthwatch Shropshire wants to hear from people with diabetes, or who are at risk of developing diabetes, about their experiences of care and support.**

Organisations within the local Integrated Care System (ICS), including NHS Shropshire, Telford and Wrekin and public health bodies, are looking at ways these services can be improved with the help of patient feedback.

Healthwatch Shropshire are working to gather patient experience of their current care to ensure that the patient voice is at the centre of future developments.

Diabetes UK list 15 elements that are key to good diabetic care

([https://www.diabetes.org.uk/about\\_us/news/are-you-getting-the-15-healthcare-essentials-new-report-shows-they-could-save-your-life1](https://www.diabetes.org.uk/about_us/news/are-you-getting-the-15-healthcare-essentials-new-report-shows-they-could-save-your-life1) ).

**Healthwatch Shropshire want to know if patients are receiving this care.**

**People can fill the survey out**

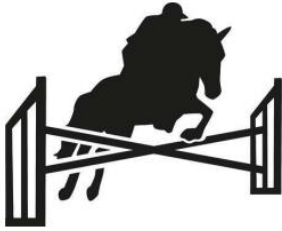
**online, [https://www.smartsurvey.co.uk/s/HWS\\_diabetes/](https://www.smartsurvey.co.uk/s/HWS_diabetes/) or ring Healthwatch Shropshire on 01743 237884 and a member of the team will take them through the questions.**

Emily Marston, Project Officer, Transformation and System Commissioning for NHS Shropshire, Telford and Wrekin said, “There are approximately 30,000 people living with diabetes across Shropshire, Telford and Wrekin and this number is increasing. In 2030 the number of people living with Diabetes across the UK is predicted to reach 5.5 million (Diabetes UK, 2022).”

“To address the rising prevalence of diabetes in our community, we want to develop diabetic care pathways with a vision of improving the lives and treatment outcomes for patients affected by diabetes or those at risk of developing it.”

Lynn Cawley, Chief Officer of Healthwatch Shropshire, told us, “We are really pleased to be working with organisations from the Integrated Care System to ensure that patient experience helps to inform decisions as services change.”

Healthwatch Shropshire is the independent health and social care champion in Shropshire. It gathers the views and experiences of patients, service users, carers, and the general public about services including hospitals, GPs, mental health services, community health services, pharmacists, opticians, residential care and children’s services. It also has statutory powers that it can use to influence service provision by encouraging improvements.



# Purslow Sports, Show & Gymkhana

**SATURDAY 22ND JULY 2023**

**FROM 12 NOON**

**ON PURSLOW SHOW FIELD, OFF CLUN ROAD, SY7 OHJ**

**MANY ATTRACTIONS TO INCLUDE:**

**SHOW JUMPING, HILL RUN, DOG SHOW, ARCHERY,  
MUSIC, SHOW TENT, CLASSIC VEHICLES, FALCONRY  
DISPLAY, BOUNCY CASTLE, CLAY SHOOTING, TRADE  
STALLS, BAR AND FOOD AND MUCH MORE**

**Admission: £5 per person Children under 14 free**

**Enquiries to: [purslowshow@gmail.com](mailto:purslowshow@gmail.com)**



## **Clunton 100 Club**

**1st. Caroline Bason**

**2nd. Lyn Skilton**

**3rd. Edward Jones**



## **Clunbury 100 Club**

**Catherine Lishman £20**

**Jess Grimes £15**

**Clementine Morris £10**

**Lesley Holland £5**

**Tim Croxton £5**

# Gardening in July

The garden really starts offering us an abundance in July, from flowers in their full glory, vegetables and salad coming in thick and fast to fruit bushes heaving with juicy delights. It's an amazing time to look around at our beautiful gardens or surroundings and appreciate mother nature and



the sense of wellbeing she gives. In the vegetable garden we are harvesting lots of our produce and thinking about what to plant next in their space. The race to preserve has started, making jams, cordial, canning, pickling and freezing. However, also on our to do list is to sow seeds this month for our winter gardens. Mid-summer is definitely not the time we want to be thinking about winter, but with the support of mesh covers or cloches we can keep our garden beds full and providing all winter and into spring.



Early this month I will be sowing beetroot, lettuce, chard, chicory (hearts), kale, parsley and spring cabbages. And then later in the month chervil, chicory (leaf), Chinese cabbage, coriander, parsley and wild rocket.



Other jobs to keep on top of include watering, hand pollinating squash if needed, shaking sweetcorn plants to help pollination, start rooting strawberry runners or removing them, continue to pick cucumbers, courgettes, peas, beans, tomatoes, sweet peas and berries etc.

Written by Kimberly Cornish  
@growingwithspaniels



# Aubergine and Mozzarella Bomb

Thank you to Beth Palmer of Vegify Cookery School at Little Brampton for sharing this delicious recipe.

**Servings: 2**

**Prep time: 20 mins**

**Cooking Time: 35-40 mins**

Preheat oven to 200C.

Slice the aubergine lengthways into ½ cm strips.

Combine the olive oil, garlic powder, oregano, paprika and salt and pepper to make a paste.

Place the aubergine on a non-stick baking sheet and brush both sides of each slice with the olive oil and spice paste.

Cook for 20 minutes until the aubergine is soft. Remove from the oven and cool slightly.

Take a small bowl and layer the aubergine slices around the edge of the bowl, leaving some overhanging the edge. Make sure there aren't any gaps.

Place the pesto in the base of the bowl on top of the aubergine then top with a few leaves of torn basil.

Drain the mozzarella ball and pat dry. Place on top of the basil leaves then fold in the edges of the aubergine to cover the ball.

Tip out upside down and place on a baking sheet or small oven proof dish.

Drizzle with a little olive oil and bake at 200C for 15-20 minutes until the mozzarella is soft.

## Ingredients

1 large aubergine  
2 tbsp olive oil  
1 tsp garlic powder  
1 tsp dried oregano  
1 tsp paprika  
Salt and pepper  
1 heaped tsp red pesto  
Few fresh basil leaves  
1 ball mozzarella





# Church News

April Services for St Mary's, Clunton  
and St Swithin's, Clunbury



Date	Time	Service	Church
Sunday 2nd	10.00am	Morning Prayer	Clunbury
Sunday 9th	10.00am	Holy Communion	Clunbury
Sunday 16th	6.30pm	St Swithin's Patronal Festival	Clunbury
Sunday 23rd	10am	Holy Communion	Clunton
Sunday 30th	10am	Benefice United Service of Holy Communion	Clunbury

**Clunbury CE Primary School**  
**Open Day 2023**

Introducing ...  
**Little Fledglings Nursery**

**We teach children to fly!**  
**Open 5 days a week**  
**(2YRS+)**

**Join us on our Open Day**  
**on Thursday 13th July 2023,**  
**between 1.30pm and 4pm.**

Fledglings Nursery is open between 8.35am - 3.15pm, term time only.  
We accept 24U funding and the 30hr nursery funding code.  
Universal Funding is available from the term following their 3rd birthday.  
Our session charges are: 8.35am - 9am = £2.00 / 9am - 12pm = £13.50 /  
12pm - 1pm = £4.00 / 1pm - 3pm = £9.00 / 3pm - 3.15pm = free of charge

**Come along for a tour of our school and grounds**  
**and a chance to meet the Early Years staff at**  
**our friendly, family orientated, rural village**  
**school and nursery.**

Saturday 26th August,  
Coffee Morning  
for  
Clunton Church,  
10.30am at  
The Orchard, Clunton



## Parish Post Contacts

For article submissions – [articles@theparishpost.org](mailto:articles@theparishpost.org)

General enquiries - [info@theparishpost.org](mailto:info@theparishpost.org)

Additional local information can be found on The Parish Post website

[www.theparishpost.org](http://www.theparishpost.org)

Follow The Parish Post on Facebook: [www.facebook.com/theparishpost](https://www.facebook.com/theparishpost)  
**Please submit articles and photos by 20<sup>th</sup> 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.

## Calendar - July 2023

Date	Event	Venue
Wed 12th July 10am to 12pm	Clunbury Craft & Social Group	Clunbury Village Hall
Thurs 13 <sup>th</sup> July 10am to 12pm	Clunbury Cafe	Clunbury Village Hall
Thurs 13 <sup>th</sup> July 1.30am to 4.00pm	Open Day Introducing Little Fledglings Nursery	Clunbury School
Sat 15th July 10am to 1pm	Craft and Collectables Market	Aston on Clun Village Hall
Sun 16 <sup>th</sup> July 10 am to 4pm	Street Fair & Charter Celebration	Bishops Castle
Wed 26th July 10am to 12pm	Clunbury Craft & Social Group	
Thurs 27 <sup>th</sup> July 10am to 11.30am	Clunbury Cafe	Clunbury Village Hall