

Calendar March 2026

| Date | Event | Venue |
|--------------------------------------|---|--------------------|
| Tues 3 rd 7.30pm | Film: Small Things Like These (12A) | Lydbury North VH |
| Wed 4 th 10.00- 12 noon | Coffee Morning | Aston on Clun VH |
| Wed 4 th 10.30 – 12.30pm | Craft Group | Clunbury VH |
| Thurs 5 th 10.30-12pm | Clunbury Café | Clunbury VH |
| Fri 6 th 9:45am | Climate Group Meeting | Clunbury VH |
| Thurs 12 th 7pm | Film: Exhibition on Screen Turner and Constable | Aston on Clun VH |
| Thurs 12 th 7:30pm | Theatre: Eyes Down (14+) | SpArC BC |
| Sat 14 th 10am – 12 noon | Coffee Morning and Plant sale | Clunton VH |
| Sat 14 th 10:30am | Litter Pick | The Crown, Clunton |
| Sun 15 th 2pm | Film: Springstein, Deliver Me from Nowhere (12A) | SpArC BC |
| Tues 17 th 2pm | Film: Save the Cinema (12) | SpArC BC |
| Wed 18 th 10.00 – 12 noon | Coffee Morning | Aston on Clun VH |
| Wed 18 th 10.30 – 12.30pm | Craft Group | Clunbury VH |
| Thurs 19 th 7pm | Film: Souleymane’s Story | SpArC BC |
| Sat 21 st 10am – 1pm | Craft and Collectables Market | Aston on Clun VH |
| Sat 21 st 10.30am – 1pm | Fletcher family Coffee Morning | Clunbury VH |
| Sat 21 st 7:30pm | Film: The Life of Chuck(15) | Aston on Clun VH |
| Thurs 26 th 7pm | Film: The Choral (12A) | SpArC BC |

March
2026

THE PARISH POST

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

Issue 173

LUDLOW ROTARY INVITES GRANT APPLICATIONS



The window is now open for local community groups to apply for a grant from Ludlow Rotary.

‘Ludlow Rotary Cares’ is the name the club has given to its annual scheme aimed at supporting community life in and around Ludlow by offering modest grants to local charities and organisations. The maximum grant available is £750.

Over the past 11 years the Ludlow Rotary Club has been able to distribute £60,000 to over 110 local community projects through this scheme. In 2025 alone, the club made 13 grants totaling £8,000.

As in previous years the club intends to be very open-minded about the types of activities it will support so long as the project or programme responds to a community need in or within 15 miles of Ludlow and meets its criteria on the giving of grants. What the club will need to understand is exactly what the money will be used for, who will benefit from it and how much difference it will make.

Further information and a simple application form can be found on the website www.ludlowrotaryclub.org.uk. Organisations need to get their applications in by **19 April**.



Leintwardine Social Group enjoying the protection of their new gazebo on a hot summer’s day and junior members of Ludlow Amateur Boxing Club marking the arrival of new training equipment – two of the community groups to receive a grant in 2025

Mobile Post Offices



| | | |
|-----------|---------------|------------------------------------|
| Mondays | 10:15 – 11:30 | Leintwardine The Lion Pub Car Park |
| Mondays | 13:00 – 14:00 | Lydbury North Community Shop |
| Mondays | 14:05 – 15:05 | Aston on Clun VH Car Park |
| Thursdays | 10:15 – 11:30 | Leintwardine The Lion Pub Car Park |
| Thursdays | 11:45 – 12:45 | Cluntonford VH Car Park |
| Thursdays | 13:00 – 13:30 | Clunton VH Car Park |
| Thursdays | 13:35 – 14:05 | Clunbury VH Car Park |



Aston on Clun Village Hall
Coffee Morning

10am to 12pm

Fortnightly and our next is
Wed 4th March

£1 for cafetière coffee and biscuits
All morning top-ups and great company



Clunton
February

| | |
|-----|-------------------|
| £20 | Karen Williams |
| £15 | Valerie Redgrave |
| £10 | Philippa Halliday |
| £ 5 | Ned Morris |
| £ 5 | John Thomas |

Climate and Environment Group Report

Group Meeting and Biochar Talk

We are meeting on Friday 6 March, 9.45 for 10am, in Clunbury Village Hall. Of particular interest will be a brief talk about Biochar given by Clare Billett of Aston on Clun. Clare is an enthusiastic and knowledgeable advocate for biochar. She will help to explain how this amazing product is derived from organic waste and will tell us of the great potential she believes it has for addressing a range of environmental issues. Clare's talk will be at the start of the meeting and all are welcome to come just for the coffee, biscuits and talk, or to stay on, if they wish, to learn something of the various projects that we have running at present.

Litter Pick

We will be litter picking on Saturday 14 March. Meet at 10.30am at the Crown, Clunton, from where we will fan out to cover the local roads. All welcome. Litter grabbers and bags will be provided. Make sure you wear gloves and bring high-viz if you have any; if not we have spares.

Parish Walk



Thanks must go to the three brave souls who joined me on 7 February for the first parish walk of 2026; it was a grey, damp day. We set off in rain and at the half-way point enjoyed a coffee stop in the mist, making use of the comfortable benches on Whinberry Hill, after which the weather improved for the final leg. We noticed newly installed finger posts, a well repaired stile and encountered two wobbly stiles, which have since been reported. The next walk will be in April, details to follow next month.

Catherine Lishman



Three wet walkers

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

Craft & Collectables Spring Market

Aston on Clun Village Hall

Saturday 21st March

10am – 1pm

*A variety of antiques, crafts,
seasonal gifts & local food*

Free entry Cafe Parking

For more information call Judith 01588 660292



Church News

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

March 2026

| Date | Time | Service | Church |
|-------------|------|--------------------------------|-----------------------|
| Sunday 8th | 10am | Holy Communion | Clunbury |
| Sunday 22nd | 10am | Holy Communion | Clunton |
| Sunday 29th | 10am | Benefice United Holy Communion | Clun Methodist Church |

The Monkey Puzzle Answer

Hi all you Monkey Puzzle lovers ! And hi to Monkey Puzzle haters. Last month's puzzle was not just for all football fans out there. It's for the thinkers.

Method 1: get on the BBC football website and find all the matches !

Method 2: Round 1: $3 \times 24 = 72$ teams therefore 36 matches.

Round 2: 36 teams through from round 1 and 12 premier teams = 48 teams therefore 24 matches.

Round 3: 24 teams from round 2 plus 8 premier teams = 32 teams therefore 16 matches.

Round 4: 16 teams from round 3 therefore 8 matches

Quarter Finals 8 teams from round 4 therefore 4 matches

Semi finals 4 teams 2×2 legs = 4 matches

Final 2 teams = 1 match

Total matches: $36 + 24 + 16 + 8 + 4 + 4 + 1 = 93$

Method 3: 92 teams enter the competition, 1 winner at the end, so we need to get rid of 91 teams. Each match gets rid of 1 team so 91 matches but the semi finals are 2 leg affairs so 2 extra ones makes 93.



Coffee Morning and Plants Sale



10.30am - 1pm
Saturday 14th March
in Clunton Village Hall



£3.50 for coffee and cake. Tombola - All welcome



Weed, food or medicine?

Nettles have likely been an unpleasant experience for most of us with a nasty sting which hurts for hours. However it's also said to be the most nutrient dense plant in the world and has many medicinal uses. If you look closely you'll notice little hairs which are actually hollow hypodermic-like needles which break off and inject small amounts of formic acid, histamine and other chemicals into our bodies. They are packed with vitamins A, C, K and B vitamins, plus 4x more calcium than spinach. Also iron, magnesium, potassium and sodium.



How to use them: Nettles can be used as a spinach alternative, to make a nutritious soup, cooked like crispy kale, or added to pesto, baking and bread. When eating them you want to pick young tender leaves and be sure to blanch them to remove the sting. The seeds can be dried and sprinkled over meals for a powerful vitamin hit. Or steep the young leaves for a refreshing herbal tea. They can even be used to make rope, or green dye from the leaves or yellow from the roots. While the sting

is uncomfortable it has been shown to aid pain relief for arthritis by stinging the affected areas. For hay fever, drinking nettle tea a month before symptoms arrive and throughout the season may help.

In the garden they provide a wonderful organic feed which is rich in nitrogen to feed non-flowering plants. To do this just cut the tops and place them in a bucket, adding a stone to weigh them down and cover them with rainwater. Wait four weeks and you have a potent, if smelly, solution which can be diluted 1 part to 10 parts water. Leaving an area to grow wild will also support more than 40 different types of insects and wildlife such as butterflies, ladybirds and birds providing food and shelter.



Before using them make sure you identify them correctly, harvest them from an area which hasn't been sprayed, leave plenty for wildlife and ask permission from the landowner before digging.

Want to grow your own organic food? Look for Seedling success UK on Facebook, Instagram or YouTube for free gardening support for all abilities.
Written by Kimberley Cornish (village picture by Leigh Stevens)

Support for George Fletcher and Family



Many of you may already know that Gemma and Sam Fletcher have recently received some heartbreaking news regarding their son George. George, aged 7, was diagnosed with a brain tumour which, unfortunately, has been found to be malignant. The positive news is that the tumour has been removed, though it is yet to be fully identified, as this particular type is rare in children. George now faces a challenging journey ahead, chemotherapy and radiotherapy are scheduled to take place at the Q E hospital. This has placed considerable strain on the family, both emotionally and financially.

To support George and his family during this difficult time, we are organising a coffee morning.

Clunbury Village Hall

Saturday 21 March

10.30 – 13.00

Cakes, raffle, tombola and more

Please support us if you can; funds raised will go directly to the family to help with expenses and alleviate some of the burden they are experiencing.

How can you help?

If you are able to donate prizes for the raffle or tombola, we would be most grateful. Every contribution, no matter how small, will make a difference to the Fletcher family.

For more information please contact Lynne Thompson on 01588 661180



Shropshire Hills
National
Landscape

Shropshire Hills Forum & Field Visits

This year, the Shropshire Hills Forum & Field Visits is at Clun Memorial Hall, Wednesday 29th April, 10am – 3.30pm. It aims to be a welcoming and inspiring event, themed around:

Celebrating a decade of community conservation
Thriving in Balance with Nature in the Shropshire Hills
A shared vision for the catchment of the River Clun

The event includes speakers and structured activity, along with plenty of time for informal networking and afternoon activities. Field trips include a walk On Whinberry Hill to hear about a community project to restore heathland habitat, a farm visit to see the work on the ground to retain and slow water whilst improving water quality and biodiversity, and a Clun Town Heritage Walk. We also have an Interpretation workshop and a Farming in Protected Landscapes Programme drop-in advisory session.

The Forum is built around sharing ideas and knowledge, and will showcase some of the brilliant work happening locally to help protect and regenerate this special landscape.

The event is free, a donation towards catering costs is appreciated and booking is required. To see the programme and to book your place please visit our website at www.shropshirehills-nl@shropshire.gov.uk. Or contact the Shropshire Hills National Landscape team by email: shropshirehills-nl@shropshire.gov.uk, or telephone 01743 254740.

To enquire about display space to showcase work/ activity you're involved in which is helping to look after the Shropshire Hills landscape, please get in touch using the email or telephone number above.