



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

New Invention Comes to Kempton

Meyrick's Cottage in Kempton has had a run of notable occupants. There was Cliff Robinson, art director for films such as 'Gandhi' and 'Gladiator'; then Patrick Marks, a lighting designer in the Pop industry, working for, amongst others, 'Status Quo'; and now, since May 2013, Douglas Buchanan, who, for the last 33 years has made his living as an inventor, latterly based in his Ludlow workshop.

His most recent invention is the recreational 'underwaterbike', a buoyant bar on which the snorkel-wearing cyclist lies prone, driving the bike through the water with a pedal-powered propeller; you may have seen Kate Humble giving it a go on 'Tomorrow's World'.

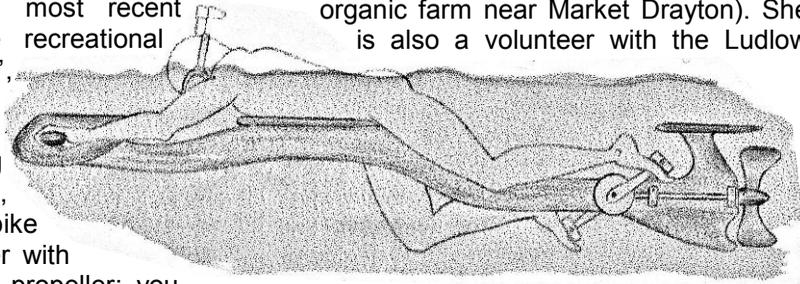
Whilst this has yet to 'take off', you will recognise another of Douglas's inventions, the 'Spectangle', a natty device which saves losing



your specs; more than 120,000 have been sold.

Other inventions have included dog boots, a new line in golf clubs and specialist belt buckles, but we'll keep those for a future issue and take this opportunity to mention Pat, Douglas's wife, who is notable too! She was a

Deputy Head of comprehensive schools before working as Douglas's 'Intellectual Property (Patents and Trademarks) manager', and then becoming a Director of 'Just Credit Union Ltd', based in Shrewsbury (which has over 3,000 members), a business adviser to social enterprises (including five Herefordshire community shops, one of which is in Wigmore), and a Director of Fordhall Community Farm (the community-owned organic farm near Market Drayton). She is also a volunteer with the Ludlow



support group for Parkinson's UK and a keen participant in the walks of Clun Peramblers and South Shropshire Ramblers. So it's a belated welcome to Douglas and Pat, a truly notable couple.

Tom & Gisèle Wall



Douglas with his 'underwaterbike' - seen here on land on a stand!

Please send your contributions by the 20th of each month

Tools for Self Reliance

This group renovates old hand tools and sends them to Africa, where craftsmen and craftswomen are trained to use them.

Come to the Methodist Church in Clun on Wednesday 12 March at 7.30pm. The speaker will be Beth Williams from Concern Universal followed by the AGM and refreshments. Members will be there to give you further information about the workshop at Aston-on-Clun.

Donations of hand tools, sewing machines and haberdashery are always gratefully received.

Contact Dave Thomlinson 640550 for details.



Make Your Voice Heard!

Healthwatch Shropshire (HS) is a new organisation set up to act as the county's independent consumer champion for health and social care. Its remit covers a wide range of services including hospitals, GPs, mental health, community health, pharmacists, opticians, residential care and children's services. Information and opinions from patients, carers and service users is gathered to ensure that these views are used to improve services. Knowing about your experiences of the services you receive - both good and poor - are useful in building up a picture of what is happening across the county. Do let HS know.

The organisation also provides information and signposting services to support the people of Shropshire in making choices about health and social care services and how to access them.

HS has a statutory authority to visit locations where health and social care services are being delivered, observe what is happening, and report its findings. Reports will be published on the website (see below).

HS wants to hear from anybody who is interested in volunteering to be trained as a visitor and other volunteering opportunities in the form of community champions and specialist leads. If you don't want to be so actively involved but would like to know what is happening, you can become an Associate Member (either as an individual or an organisation). To find out more - email:

enquiries@healthwatchshropshire.co.uk

tel: 01743 237884

go to: www.healthwatchshropshire.co.uk

Twitter: @HWShropshire

or

www.facebook.com/HealthwatchShropshire

Kemp Valley Community Wildlife Group

**Annual Public Meeting & AGM
Monday 17 March, 7.30pm
Powis Arms, Lydbury North**

**Lapwings in the
Kemp Valley -
new helpers
needed**



For further information, including expressing an interest in joining the committee contact Chris Penny 680590

New Craft Group

Are you creative? Would you like to share a craft, learn something new, meet people or have a natter? Then you may be interested in a new craft group that we would like to set up in Clunbury at the village hall to meet once a month on a Friday.

If you are interested in coming along and would like more information please contact Lynne Thompson on 661180.

South West Shropshire Gardening Club

"Garden Photography"

A talk by Julia Stanley



Julia is a superb, local, freelance photographer, specialising in plants and gardens. Since graduating in 2000 she has become a member of the Garden Media Guild, the Professional Garden Photographers' Association and an associate of The Royal Photographic Society. Her work has been published in several magazines including 'The English Garden' and the annual NGS Yellow Book. In addition to working for newspapers, garden designers, nurseries, web sites and on private commissions, she also leads workshops at the Dorothy Clive Garden on the Shropshire/Staffordshire border. Her love of plants and gardens is clear in the exquisite details observed in her photographs, examples of which can be seen on her website.

In addition to the talk there will be a photography competition judged by Julia on the night. Categories are:

1. Winter in your Garden
2. Spring emerging
3. Christmas

Maximum size of photographs: A5 / 6" x 8" / 15 x 21cm (un-mounted).

Garden vouchers will be awarded to the lucky winners!

Julia's talk takes place on Wednesday 26 March at 7.30pm in Clun Memorial Hall. It is free to members of South West Shropshire Gardening Club; visitors are also welcome at £3 per person including refreshments.

Angela Salmon

Trio Gitan

Bedstone & Hopton Castle Village Hall
1 March, 7.30pm

'An unforgettable evening of lively music and song'. Tickets £8

Enquiries: 01547 530282

Or book online: www.artsalive.co.uk

Clunbury Village Hall

Come and enjoy



a

Pub Night



Saturday 29 March from 6.30pm

Pub Games for those
who want to play

Licensed Bar
Tea and Coffee



Mothering Sunday

This is the time when children traditionally give their mothers flowers, so come and join in at St Swithin's Church on Sunday 30 March at 11.15am, where there will be posies for the children to give to that special person in their lives.

World Women's Day of Prayer

Clunbury will be celebrating the World Women's Day of Prayer in the Village Hall on Friday 7 March at 6pm.

This year, the short service has been arranged by the Christian women of Egypt and is entitled 'Streams in the Desert'. We are still looking for volunteers to read some of the parts in the service which is in the form of a short play. Penny Valentine will be talking about her experiences in Egypt.

Everyone, women and men and children are most welcome and refreshments will be served afterwards.

Fairtrade

Cheese, wine and fashion evening

Also on 7 March at 7.30pm in Clun Hightown Room. There will be plenty of time to come to Clun after the service at Clunbury!

Christina Whitehead

Pest or Guest?

When slugs devour new-grown lettuces and gobble the shoots of favourite delphiniums your best wildlife-friendly instincts can be seriously challenged. Drastic action against the villainous mollusc may seem the only answer, but first step back and think about your garden in its entirety.

Any rash action taken by the gardener may affect the balance between creatures that devour your plants and those that feast on the devourers. Sceptics may be wary of a 'live and let live' attitude, but it really does reap rewards. Spraying with chemicals ultimately does more damage than good, creating an imbalance where creatures we regard as beneficial (because they prey on insects we regard as destructive) starve because their food source is diminished.

One of the main causes of decline in farmland birds and butterflies is widespread use of pesticides. Metaldehyde, an ingredient in many slug pellets, can be harmful to pets and wildlife but also finds its way into streams and rivers, causing costly problems when it gets into our drinking water supply.

Gardens, where intensive production is seldom the aim, are marvellous refuges for many kinds of wildlife, survey after survey shows that most garden birds are holding their own, in some cases actually increasing. A little laissez-faire really is a good thing.

The best thing to do is grow as wide a range of plants as possible and so attract beneficial predators and the undesirable pests on which they live. Creatures regarded as a gardener's enemy are very often the favourite food of some of that same gardener's best insect, amphibian or mammal friends.

Fiona Gomersall

Look in future Parish Posts for more wildlife gardening ideas from Fiona.



Free Heartstart Session in Clunbury Village Hall Friday 21 March 7.00pm

West Midlands Ambulance Service Community First Responders, with sponsorship from the British Heart Foundation, have arranged a 'Heartstart' session when instructors will give two hours training, free of charge. It is open to anyone over the age of ten.



West Midlands Ambulance Service **NHS**
Community Response Department NHS Trust

Participants will be given the Emergency Life Support skills and confidence necessary to save someone's life. The course allows you to develop the practical skills required for this, and includes the recovery position, recognition of heart attacks and cardiac arrest, performing cardio pulmonary resuscitation (CPR), dealing with serious bleeding, and symptoms of choking.

On completion, all participants will be given a certificate of attendance from the British Heart Foundation.

The course complies with the current resuscitation guidelines of the Resuscitation Council (UK).

To reserve a place please phone Lin Brown on 660578 (numbers will be limited).

Hundred House Inn, Purslow

Saturday 29 March

**Steak Night & live music with
Steady Edd & The Boogie Men**

Sunday 30 March

**Special Mother's Day menu
Phone 660541 to book**

All about Dementia

A Carers survival guide

Tuesday 4 March, 10.25am till 3.30pm

Community Room, Grange Rd,
Bishop's Castle

Refreshments and light lunch provided

Places must be booked in advance for catering purposes

What the day will cover:

- What is Dementia? Diagnosis and treatment
- Managing unusual behaviours, communication and coping skills
- Nutrition and hydration—encouraging eating well to stay well
- Relaxation techniques
- Comforting through touch—using hand and shoulder massage

Help with transport and arranging respite care available if needed, ring 01743 341995.

Muntjac on the Up?

A Muntjac deer was flushed from woodland in Kempton at the end of January. A native of China, animals were released from Woburn Park, Bedfordshire a century ago and, aided by translocations, have spread west since then; they are now increasingly being seen in Shropshire.



Males have short antlers and protruding upper canines, both sexes have a conspicuous white underside to their tails which are held vertically when alarmed, and they sometimes adopt an odd posture which makes their rumps appear higher than their shoulders. [Having just returned from Australia last year, I caught sight of an animal in this position near Long Meadow End and thought I'd seen a small wallaby! *Sue Hill*]

The 'Parish Post' would be interested to learn of other sightings and observations of other deer species in the area too.

Tom Wall

Lydbury North Village Hall Events

Wednesday 2 April – A Literary Supper with special guest **Jim Perrin**, author and 'Guardian' Country Diarist.

Bar open 7.00pm. Supper served by Wendy Oakley at 7.30pm followed by speaker at 8.30pm. Tickets £12.50 to include two course meal from: 680302 (please reserve by 25 March)

Wednesday 9 April – John Kirkpatrick a favourite of Lydbury North's old hall makes his debut at the new one with his Victorian Farmers' Year in Song, a light-hearted look at the traditional songs and stories of the farming year.

Bar open at 7.30pm concert at 8.00pm. Tickets: £10.00 U/16 £5.00 from 680223. Winner of "Musician of the Year" at the Radio 2 2010 Folk Awards, this ever popular artist **will** sell out – book your tickets early.

Also: 31 March 8.00pm Learn to Jive - one off taster session. Phone Nick Burns on 07800 634071.

The Clungunford Players present

A comedy by Derek Benfield

Off the Hook

Friday 7th March at 7.30pm

Saturday 8th March at 7.30pm

Clungunford Parish Hall

Tickets (inc. refreshments): Adults (£6), School Ages (£3)

Box Office: Eileen Chapman: 01588 660 438

Brian Taylor: 01588 660 653 Keith Arbury: 01588 660 159

Events Diary for March and early April 2014

Sat 1	7.30pm	Flicks - Undertaking Betty	Aston on Clun Village Hall
Sun 2	11.15 am	Morning Prayer	St Swithin's Clunbury
Sun 2	7.00pm	Songs of praise in four-part harmony	Kempton Village Hall
Mon 3	9 - 11am	Parent & toddler group-every Mon. in term time. Just turn up	Clunbury Village Hall
Tue 4		Mobile library:-Clunbury Bridge 10.10-10.30am, Clunton 10.40-11.00am, Obley 12.45-12.55pm	
Wed 5	8.00pm	Bishop's Castle Film Society - Neighbouring Sounds	Three Tuns, Bishop's Castle
Wed 5	9.00pm	Quiz night	Kangaroo Inn, Aston on Clun
Thur 6	7.00pm	Flicks - Le Week-End	SpArC, Bishop's Castle
Fri 7	2.30pm 6.00pm	Women's World Day of Prayer	St Cuthbert's, Clungunford Clunbury Village Hall
Fri/Sat 8	7.30pm	Clungunford Players - Off the Hook	Clungunford Parish Hall
Sun 9	10.00am	Birmingham Contemporary Music Group - Family Music Maze	SpArC, Bishop's Castle
Sun 9	10.00am	Benefice United Service	Newcastle
Sun 9	4.30pm	Flicks - Frozen	SpArC, Bishop's Castle
Mon 10	7 - 9pm	Free help with using computers at AoC Broadplace	Kangaroo Inn, Aston on Clun
Thur 13	10 -11.30am	Clunbury Café	Clunbury Village Hall
Thur 13	7.00pm	Flicks - Philomena	SpArC, Bishop's Castle
Sat 15	7.30pm	Flicks - Le Week-End	Clun Memorial Hall
Sun 16	4.00 pm	Evening Prayer	St Swithin's Clunbury
Mon 17	7.30pm	Kemp Valley Wildlife Group Annual Public Meeting	Powis Arms, Lydbury North
Tue 18		Mobile library - see times above	
Wed 19	7.15pm	The Royal Ballet Live - The Sleeping Beauty	SpArC, Bishop's Castle
Wed 19	8.00pm	Bishop's Castle Film Society - Fish Tank	Three Tuns, Bishop's Castle
Wed 19	9.15pm	Live acoustic folk music	The Crown Inn, Clunton
Thur 20	7.30pm	BCMG/Craftspace - Field Notes	SpArC, Bishop's Castle
Thur 20	8.00pm	Clunbury Parish Council meeting	Kempton Village Hall
Fri 21	7.00pm	Heartstart training session	Clunbury Village Hall
Fri 21	8.00pm	Flicks - Philomena	Clungunford Parish Hall
Sun 23	11.15 am	Holy Communion	St Swithin's Clunbury
Sun 23	4.00 pm	Evening Prayer	St Mary's, Clunton
Wed 26	7.30pm	SW Shrop, Gardening Club - Garden Photography	Clun Memorial Hall
Thur 27	10 -11.30am	Clunbury Café	Clunbury Village Hall
Thur 27	7.00pm	NT 'Live' - War Horse - encore screening	Aston on Clun Village Hall
Sat 29	6.30pm	Pub Night	Clunbury Village Hall
Sat 29	evening	Steak Night & live music with Steady Edd & The Boogie Men	Hundred House Inn, Purslow
Sun 30	11.15 am	Mothering Sunday service	St Swithin's Clunbury
Tue 1		Mobile library - see times above	
Wed 2	7.00pm	A Literary Supper with special guest Jim Perrin	Lydbury North Village Hall
Wed 2	8.00pm	Bishop's Castle Film Society - The Snows of Kilimanjaro	Three Tuns, Bishop's Castle
Thur 3	7.00pm	Flicks - The Hobbit: The Desolation of Smaug	SpArC, Bishop's Castle
Sat 5	7.30pm	Flicks - Philomena	Aston on Clun Village Hall
Sun 6	7.00pm	Songs of praise in four-part harmony	Kempton Village Hall

It's Time to Review Our Parish Plan

Do you care about our community, our environment and the services we receive? Are you bothered by, or keen on housing development in the area? Do flooding issues worry you? What about local traffic and transport problems? The Parish Plan informs Shropshire Council about what everyone in Clunbury Parish thinks, and is due to be updated. If you are between 15 and 115 and can spare a little time over the next 12 months to help, or want more information, please contact John Hoskins on 660192 or email johnhos@btinternet.com

Every Saturday & Sunday in March 10am-5pm
Local artists' exhibition
 at The Old Surgery Gallery, Clun

Contacts

Email: theparishpost@gmail.com
Website: www.theparishpost.org
Phone: Sue Hill 660355
 or Lin Brown 660578
 or Gisèle Wall 660561

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