



Faith's Story

Part 5

by
Deb Gallimore

When Faith was just under a year old, she managed to slip through the door and out to the paddock with the other dogs. When she came to get up later that day Faith screamed out in pain, she was desperately flapping around in distress. Her instinct with acute pain is to run away from it. I sat



with her and comforted her to try and identify the cause. It seemed to be coming from her shoulder. The vet suspected OCD Osteochondritis dissecans of the shoulder and referred us to the local specialist. We left with pain relief and made an appointment with the referral vets. In the consulting room examination was almost impossible as previously described, we were asked to leave Faith with them for X ray and if they found OCD they would continue with the operation. Oh my! It was like they asked me to leave my toddler there. Faith looked at me like I was abandoning her and as I walked away, I was in floods of tears. This girl has my heart and soul. I tried to pull myself together, for goodness sake, they are going to make her better woman. The trouble is, deep down I didn't think it would be the last time. OCD was confirmed, and the vet went ahead with the operation to remove it. Faith had to stay in hospital overnight. A horrible night and I do believe unnecessary, but I did as I was told, (that is rare). When we collected Faith, she was overjoyed to see us attempting to leap around, I couldn't wait to get her home and look after her myself.

More on page 3

Elizabeth Dennis

Dear friends, on behalf of my daughter Rowan and myself I should like to thank all those many people who have written to console us on the death of my dear wife Elizabeth on May 8th. I take their message to be a token of the love and respect for her that has long existed here and which I know will continue in her memory.

The cremation, date not yet fixed, will be family only - and very small as required at the moment -, but we hope to arrange a memorial service locally when a degree of normality returns to all our lives.

Thank you once again, Michael Dennis

Notes from the on-line editor



Another month and I still haven't strayed beyond the garden gate. I am worried that I might be getting used to this isolation and be developing a desert island castaway syndrome. I have been attacking our little field with great determination: drainage ditches dug, fences rebuilt, nettle beds strimmed, hedges cut back and wild flowers sown. I am awaiting delivery of a motorised scythe and could be haymaking come July.

At home we have been de-cluttering and keeping ebay busy, I had planned to re-instigate some neglected hobbies: chess against the computer, the old bass guitar, jigsaw puzzles and the like but there just doesn't seem enough hours in the day. I don't know how I found the time to go and watch the Town or walk across the Longmynd.

There still seems too much sad news for many of the families in our village and the SDN would love to hear of some uplifting stories for our July edition.

Have a care for those around you and stay safe.

Geoff Sproson

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The dressing was strange, I'd never seen it before, but the lint was stitched into the wound. Faith couldn't reach it on her shoulder, and the cone of shame was a disaster as she became seriously distressed trying to escape it. I ended up taking it off and staying with her to ensure she left the wound alone. The strange dressing seemed loose and I wasn't happy with it, so I contacted the vets and sent them photos. They said it was ok, but again the next day I still wasn't happy and took Faith in. The wound was infected, and the dressing had failed so she had

to be stapled. This was all rather quick, thankfully and I was glad as it seemed to hold much better than the first dressing. Faith was also walking better now, and the operation appeared to have helped. As part of the package at the referral centre, we had an inclusive session with the on-site physio. She was a nice lady who took the time to sit down on the floor and allow Faith to come to her, however Faith was not fooled and would allow a fuss but no examination. Recovery from the op was swift and soon she was up and running again. However, she was still not sound, and it was difficult to say why.



Part 6 next month



The web is awash with health information, in my browsing I came across 'Pro-clinical' who claim to provide a global health consultancy service based on ethical grounds.

I found their articles relating to medical advances in history interesting at this time and you will find them scattered amongst our regular features.

"Throughout history, disease has been a subject of fear and fascination in equal measure. However, each revolutionary medical discovery has brought us a crucial step closer to understanding the complex mysteries of disease and medicine. As a result, we have been able to develop medicines and treatments that have been instrumental in saving millions of lives. Here's a chronological list of the top medical advances in history so far:"

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CURLEW CAM PRESS RELEASE



Shropshire and Wales based Curlew Country announces the return of popular 'Curlew Cam' for it's fourth year.

Watch this pairs nesting journey to see if they hatch chicks
successful Despite all the changes we have made this year due to Covid-19, we are excited that Curlew Cam is back (with a warning to those who find it distractingly addictive). Lots of thought and effort has gone into government guidelines for work and social distancing in achieving this, but with the help of dedicated farming partners Wynford, Joyce, and Trish we have succeeded. Our spirits are raised, and we hope yours will be too.

This breeding Curlew territory in Wales has history. It was the feature of a beautiful short documentary film by Billy Clapham called Keeper of the Call. Billy wanted to make a film about Curlews as his final piece for his master's degree in Wildlife filmmaking and contacted Curlew Ambassador Mary Colwell Hector who kindly put him in touch with us. The film featured on Springwatch last year and was nominated for several awards at film festivals internationally.



The male on this nest, with a yellow ring coded 'BI', was ringed in Dolydd Hafren by Ornithologist Tony Cross, back in 2015. He has nested in his current territory, near Chuchstoke in Wales, for the past 3 years. Before this he nested in a nearby territory, approximately 2km away. It is quite unusual to see changes in nesting sites for curlew, being notoriously site faithful birds. For the past 3 years Curlew Country have protected the nest with temporary electric fencing, allowing all to produce chicks and while we cannot be 100% sure, we believe at least some of these fledged successfully.

The female of the pair is also colour ringed, with yellow coded 'ID'. She was ringed by Tony later than the male, in 2017, but at the same migratory stopover point, Dolydd Hafren. Her nesting history has been less successful as far as we know, previously holding a territory some 10km away! While we do not know where this female goes in winter, the male is known to head to Devoran in Cornwall every year.

You can view the live camera, and find out lots more about Curlew Country's ground-breaking conservation work over on their website: www.curlewcountry.org. (You can find the link on the SDN homepage.)

Vaccines (1796)

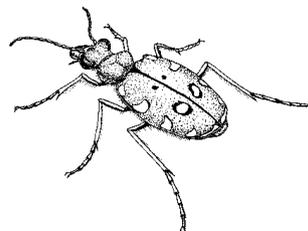
It is difficult to pinpoint when vaccines became an accepted practice, mostly because the journey to discovery was long and complicated. Beginning with an attempt by Edward Jenner in 1796 to use inoculations to tame the infamous smallpox virus, the usefulness and popularity of vaccines grew very quickly. Throughout the 1800s and early 1900s, various vaccinations were created to combat some of the world's deadliest diseases, including smallpox, rabies, tuberculosis, and cholera. Over the course of 200 years, one of the deadliest diseases known to man – the small pox – was wiped off the face of the earth. Today, vaccines continue to save millions of lives each year - including jabs that protect against deadly flu strains and can help prevent some cancers.



Notes from the hill

At the time of writing the government guidance is still to stay local and only to use open spaces near to your home to exercise and maintain your health. The rights of way on the Stiperstones National Nature Reserve remain open for local people to exercise, but dogs must be kept on leads at all times to ensure that social distancing is maintained, although at this time of year dogs should be kept on leads anyway, due to nesting birds and grazing animals.

For those spending more time in the garden due to the nice weather and lockdown, I'm sure you will have noticed some of the insects that are starting to emerge as the temperature warms up. On the hill some of the butterflies will now be on the wing, such as green hairstreaks and small heaths and the green tiger beetles will be patrolling the bare sandy areas. Both the adult and larvae are predatory, the fast running adults actively hunt down other insects, while the larvae live in a hole and ambush passing prey.



These dramatic events are also occurring in the garden and the creatures found around the home can be just as exciting. One lovely creature that I saw the other day was a zebra spider. These tiny spiders are in the family of jumping spiders and can jump 14 times their own body length, which sounds a lot but is actually about 10cm. They are completely harmless to us, but are entertaining to watch as they search out their prey. They mostly eat small flies and midges so even the most arachnophobic person should welcome them into the garden. They are great to watch too whether hunting for food, sometimes much larger than they are, or interacting with other zebra spiders. Their courtship dance of the male is particularly endearing as they zig zag back and forth, wagging their stripy legs.

Another insect that can be found in gardens at this time of year is the red mason bee. This small bee gets its name from its habit of nesting in cavities between brickwork, although along with other solitary bees, it also happily frequents bee hotels.

Bee hotels can easily be made from bunches of old canes and bits of wood with holes drilled in them, all bundled into a frame (I have used parts of an old pallet for mine). The finished construction then needs to be put in a south facing sunny spot, then you can sit back and watch to see what moves in. You will know if you've got mason bees as they seal up the ends of the canes with mud once they have laid their eggs. Mason bees are a good pollinator of a variety of plants such as apple and pear trees, so again are beneficial to the gardener. The RSPB has a good "Build a bee B&B" article on its website.



So perhaps now is the perfect time to sit and look more closely at the wonderful creatures that are all around us, carrying out their fascinating lives right under our nose.

Happy gardening from Simon Cooter and the Natural England staff at Rigmooak.

Summer in the new normal

As I write, we have had several weeks of glorious weather before entering June, with warm sunny days providing the main relief from the dark shadow of the coronavirus pandemic, which continues to disrupt many of our usual freedoms.



I have considerable sympathy with those who have been coping with the lockdown in cities, where outside space and access to nature is limited. One of the many reasons people choose to make their lives in South Shropshire, or to move here, is for the beautiful countryside we enjoy. At a time where we have had to limit our exposure to others, I know for many people our countryside has been invaluable.

But equally, I feel for those who would usually be putting much dedicated time and effort, often for free, into the many community events we enjoy in South Shropshire over the summer months. As we do not know how long this wretched virus will be with us, planning events even months in advance has been impossible. Great stalwarts of the South Salopian summer calendar have had to be cancelled – like Burwarton Show this August – or postponed.

So it will fall to many of us to have our own DIY summers, if we want to retain some of the fun and sense of community such events bring. Having seen how our communities came together to mark VE Day with social distancing, or the weekly clap for carers that sees neighbours united in celebration of NHS, care and essential workers, I feel confident that we will see similar community spirit during this summer.

I write ahead of publication, but easing some of the lockdown measures, including allowing for more time outside and the resumption of some sports that lend themselves to social distancing, with hopefully a gradual opening of more non-food shops and leisure activities, will help avoid a stir-crazy summer – especially when I anticipate overseas travel continuing to be severely restricted.

I hope this cautious resumption of some freedoms means we are slowly getting back to normal. But this will continue to be conditional on the rate of new infections not reigniting. We are all aware of what we are trying to do as a country to beat this virus. So it falls to us all to use common sense, and try and reduce our chances of spreading the disease as much as possible.

One of the impacts of the disruption to Parliamentary business from coronavirus has meant my Private Members Bill, to clean up Britain's rivers, had been meant to start its passage in the House of Commons before the summer recess, but has now been pushed back to October. I remain hopeful it will have enough time to get through the House of Commons and make it into law, but timing is getting tighter.

I am also highly doubtful I will be able to undertake my summer routine of driving my campervan to smaller villages in South Shropshire to hold my mobile advice surgeries – due to the need to social distance. But as ever, you can contact me by email on philip.dunne@parliament.uk if you would like to raise an issue.

Keep safe and well.

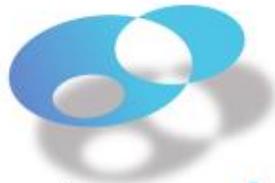
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GARDEN ALLIES

June is a wonderful month in the garden. Depending on the weather many flowering plants are at their peak, the birds are still singing and crops are maturing.

However, garden pests can also be at their peak now and through the rest of the summer months, but there are plenty of garden inhabitants that can help us to keep these pests under control.

So no need to get out the insecticide sprays and poisonous pellets. Here are some garden friends who can do the job naturally.



LADYBIRDS and their larvae eat aphids, (green and black fly), and red spider mites. Each ladybird larva will eat up to 5000 aphids. Attract these allies by planting yarrow, alyssum, penstemon, fennel, cinquefoil and tansy.



PARASITIC WASPS. These don't sting, and lay their eggs on other insects. The larva then eats the host. They prey on a variety of insects including caterpillars, sawfly and aphids.



LACEWINGS are insects with long, transparent wings. Their larvae are voracious aphid eaters. Lacewings like yarrow, dill, angelica, coriander, cosmos, fennel and dandelion



GROUND BEETLES. Also voracious predators. They like slugs and snails. Like all beetles they like places to hide during the day, like leaf litter, log piles or large stones.



HOVERFLIES. These harmless insects, which don't sting, feed on nectar and pollen, and are useful pollinators, but their larvae also eat aphids. Plant nectar rich plants for the adults like alyssum, marjoram, mallow, poached egg plant, marigold, dill, California poppy (eschscolzia)



SOLDIER BEETLES like to eat aphids and caterpillars. Plant golden rod, catnip, hydrangeas, tansy.



HEDGEHOGS are great slug eaters. They have suffered from the use of slug pellets in gardens as they too are poisoned as a result. If you want a hedgehog in your garden, don't use them, and make sure that if your garden is fenced there are some places where a hedgehog can get in and out.



BEES. Bumble bees, honey bees and all the 200 plus species of solitary bee pollinate plants. Bumble bees and solitary bees will happily live in gardens if they have the right conditions. Some live in holes in the soil or lawn or look for small holes to make a nest. Bees like nectar and pollen rich flowers like lavender, marjoram, geranium, foxglove, poppy, rosemary, viburnum. They can also be attracted by putting up a "bee hotel" in the garden.



SMALL BIRDS, especially great tits and blue tits consume a huge number of caterpillars in the nesting season. A brood of great tits for instance will devour up to 10,000 caterpillars before they fledge! (BTO statistic). Help attract these birds into your garden by feeding with seeds and nuts through the winter, putting up nest boxes in safe places, and allowing caterpillars food plants such as nettles and hawthorn.



THRUSHES like to eat snails. They will choose a place in the garden as an "anvil" to break the snail's shell to get at the soft creature inside. Thrushes nest in tall older trees but will visit gardens if there is enough for them to eat and cover for them to hide. Thrushes have also suffered from the use of slug and snail poisons used in gardens, and are now not as numerous as they once were.

Happy natural gardening!

By Elizabeth Knowles

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What's On

Not a lot !

Monday Quiz

On-line from the Stiperstones Inn, join contestants from all over the world and try and answer Phil's testing questions with sound and visuals from Lara. 8.00 pm - check out Philip's Facebook.

Tuesday PictureQuiz

On-line from the Stiperstones Inn, join contestants from all over the world you need 'Zoom' installed to handle this one. 8.00 pm - check out Philip's Facebook.

Wednesday Bingo

Zoom again, email Phil to get your cards to print out. 8.00 pm again - great prizes - free to play!



ANAESTHESIA (1846)

Before the first use of a general anaesthetic in the mid-19th century, surgery was undertaken only as a last resort, with several patients opting for death rather than enduring the



excruciating ordeal. Although there were countless earlier experiments with anaesthesia dating as far back to 4000 BC - William T. G. Morton made history in 1846 when he successfully used ether as an anaesthetic during surgery. Soon after, a faster-acting substance called chloroform became widely used, but was considered high-risk after several fatalities were reported. Over the 150 years since, safer anaesthetics have been developed, allowing millions of life-saving, painless operations to take place.

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A RECENT TELEPHONE CALL TO THE MANSE

It was one of those warm sunny April days and my phone rang in between those famous Zoom meetings. On the other end was someone ringing from somewhere in the country. "Hello, The Manse." I greeted. "I don't believe in God but I think he sent this virus to end the world. You don't know me but I found your number online." I love these conversations. Really, I do. Instantly I admired the courage of this person to ring up a complete stranger and make such a bold statement without any introduction.

My response was careful and I did not want to start with the obvious, "If you don't believe in God then how could God send a virus?" I started with, "Tell me why you think that." The person explained their stance. They felt that this was indeed the end of the world. They had read the Bible in their earlier years, had been a faithful church goer until something unkind happened in church and then they left the church and their belief in God. Sadly, this story is all too familiar and one that I lament when I hear such stories. In this case I believe that humans have failed the person, often clergy, not God. In my opinion churches should never be a place of hurt but a place of reconciliation, learning and nurturing faith through doubt. Certainly, I could see their stance.

"What if this is not God sending a virus to end the world, but, nature itself giving us an opportunity to pause before things got really out of control, with climate change or to break down unjust economic systems that keep poor people poor? What if this virus is an opportunity for us to learn mercy? Certainly, we have not learned this despite human history. What if God is just as grieved as we are?", I asked.

The person on the other end was silent. "Tell me about your garden," I said. The person proceeded to tell me about all the birds, the new life, the interesting things happening there. "Indeed, new life. Life cannot be extinguished. Earlier you said you thought this was the end of the world. But the part you haven't mentioned about the end of the world is the new world that will come after. Maybe we are in the birth pains of the world that is meant to be? Waters are running clear in Venice. Air is clean in Los Angeles. England has cleaner air and there are already more bees. Homeless people now have homes. Hungry people now have food. It shouldn't take a pandemic to care for those who need it. God has not failed. Humans have. What if this virus is causing a collective pause so that we can stop, think and get it right so that the world doesn't end?"

The person on the other end had a long pause. "I never thought of that. All I can see are the deaths, the isolation, the loneliness and the despair." Indeed this the harsh reality. It isn't sunshine, roses and unicorns. And my response is not some glossed over empty optimism that ignores the death and despair. "Perhaps," I said, "that these deaths are not in vain. Families unable to bury their loved ones with the usual comforting rituals is cruel and unfair. Perhaps, we take that pain and we can honour it and our loved ones by being sad but also by resolving to ensure that the resurrection the Bible speaks of is here and now, not in the Great Beyond."

The conversation ended shortly after. We never did get to discuss why they didn't believe in God but felt God sent the virus to destroy. Many people do see God as a bearded being in the sky who sends punishment to the wicked. That which I call God is loving, merciful and compassionate. It is humans that fail to be loving, merciful and compassionate. The people I know who have been ill with this virus and others who have died are not wicked. They have not been punished. They have been good hearted people. They did not deserve this and I do not believe in a God that would use them as an example to teach humanity to be more gentle on this earth. Maybe we can finally understand that God cannot do what we will not allow- we are God's hands and feet. We answer prayers of those who are desperate for protection when we stay home and wash our hands. That is how God works- in each and every one of us.

Revd. MacNeill Cooper

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HEATHER'S REPORT FOR MAY 2020

Self employed Payments - HMRC contacting taxpayers soon.

As we go to press the HMRC have announced that they will shortly be contacting the self employed by letter, email or text concerning Self-Employment Income Support Scheme. Self Employed taxpayers will then be eligible to apply to the HMRC for payouts 80% of profits, up to £2,500 a month. The payment is currently planned to cover Mar, Apr and May. You can use HMRC's online tool to find out if you're eligible. See



<https://www.tax.service.gov.uk/self-employment-support/enter-unique-taxpayer-reference>

Top-up to local business grant funds scheme

A new discretionary fund has been set up by the Government to accommodate certain small businesses previously outside the scope of the business grant funds scheme.

This additional fund is aimed at small businesses with ongoing fixed property-related costs in shared spaces, regular market traders, small charity properties that would meet the criteria for Small Business Rates Relief, and bed and breakfasts that pay council tax rather than business rates.

Businesses must be small, under 50 employees, and they must also be able to demonstrate that they have seen a significant drop of income due to Coronavirus restriction measures.

More information about how to apply is due shortly

Food Bank/General help

Remember that our area know has its own food bank. Ring **0121 318 5138** (it will be answered locally and in confidence) for details.

If you need help shopping or collectring prescriptions etc, dial the same number between 9am and 4pm or

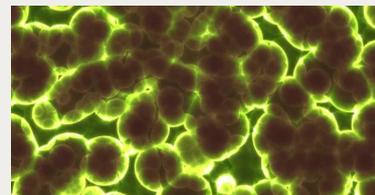
email: worthencovid19@gmail.com or Heather Kidd **07980 635518**

E-mails: If you or anyone you know has not received any of my email updates recently, contact me on heather.kidd@shropshire.gov.uk. The Council's system rather unhelpfully deletes the some emails from time to time!

My website: www.heatherkidd.org.uk also had a great deal of information about what's going on in the current crisis.

GERM THEORY (1861)

Before the 'germ' theory came about, the widely believed theory was that disease was caused by 'spontaneous generation'. In other words, physicians of the time thought that disease could appear out of thin air, rather than being air-borne or transferred via skin-to-skin contact. In 1861, French microbiologist Louis Pasteur proved through a simple experiment that infectious disease was a result of an invasion of specific microscopic organisms - also known as pathogens - into living hosts. This new understanding marked a significant turning point in how diseases were treated, controlled and prevented, helping to prevent devastating epidemics that were responsible for thousands of



THE PETITION AIMS TO RESTRICT OVERFLIGHTS OF AONBs PROTECT THE COUNTRYSIDE

Proposed bill will double air traffic

One of the few 'benefits' of the current lockdown is the tranquillity, the peace and quiet. But will it be possible to keep some of this tranquillity afterwards?

One South Shropshire resident doesn't think so, and says that despite the potential short term reduction in commercial air traffic, when things return to some form of normality, current Government plans are likely to make things much worse!

Tony Lennon, who lives near Chirbury, in the S Shropshire hills, is one of many residents who have experienced a huge increase in airliner traffic and noise in the last couple of years.

The increase has happened with no consultation or warning. Planes would come over every 5 or 6 minutes at times. So the utter silence at present is quite a contrast. "

However, the Government has tabled in Parliament an Air Traffic management Bill which, says Mr Lennon, intends to accommodate a projected **doubling** of air traffic over the next 30 years.

"Of course, we can smile wryly at that at the moment." he says, "but in due course it can happen. It will mean planes intruding over places where in the past they have been unobtrusive, including AONBs (Areas of Outstanding Natural Beauty and National Parks.) The level of noise we experienced last year will be mild by comparison. Flights should be channelled over routes where there already is a high level of ambient noise, making the aircraft noise less noticeable."

So Mr Lennon has lodged a Petition on 38 degrees to oppose or amend this Bill. He also urges proper protection in Law for AONBs.

" We discovered that there is little real protection of these very special landscapes, only 'guidance', which is weakly observed--or not at all. "

He is delighted that, in Parliament, cross party support has rallied around the issues.

"To seek to accommodate a huge increase in air traffic runs counter to all climate change policies," says local Councillor Heather Kidd. "We should be trying to reduce it. And our AONBs, like the Shropshire Hills, are a National resource. They need proper protection-of landscape, wild life and tranquillity. Residents are not alone in their concern; visitors have a right to expect a very special scene; and our rural tourism industry depends on them...the 'staycationers' whom we are trying to encourage.

<https://you.38degrees.org.uk/petitions/protect-anob-s-from-increased-aircraft-noise-intrusion>

CONTACT

Tony Lennon
01938 561 357
Hagley
Chirbury
SY15 6DD



Making compost

Here's some information about what you can add to your bin to make the best compost. Aim for a balance of 50% greens and 50% browns in your compost bin to get the right mix.

Greens are quick to rot and provide important nitrogen and moisture.

- Animal manure with straw
- Annual weeds
- Bindweed
- Bracken
- Brussels sprout stalk
- Carrot tops
- Citrus peel
- Coffee grounds
- Comfrey leaves
- Cut flowers
- Deadly Nightshade
- Fruit peelings and pulp
- Fruit seeds
- Grass mowings
- Hay
- Hedge clippings
- House plants
- Ivy leaves
- Nettles
- Old bedding plants
- Perennial weeds
- Poisonous plants
- Rhubarb leaves
- Seaweed
- Soft prunings and plant debris
- Tea leaves and bags
- Urine
- Vegetable peelings and pulp

; Browns are slower to rot, provide carbon & fibre and allow air pockets to form.

- Autumn leaves
- Cardboard
- Christmas tree
- Corn starch liners
- Cotton towels
- Cotton wool
- Egg boxes
- Egg shells
- Evergreen prunings
- Hair
- Natural corks
- Nuts
- Paper bags
- Privet
- Straw
- Sweetcorn cobs
- Thorny prunings
- Tomato plants
- Used kitchen paper
- Vacuum cleaner contents
- Wood ash
- Wool

• ;

Are you a master composter?

Shropshire Master Composters are volunteers who encourage home composting and waste prevention. The group was established in 2006. Over 90 volunteers have since graduated from a special course which is run by Garden Organic with funding and support from Shropshire Council and Veolia Shropshire.

Become a Master Composter – Please contact Garden Organic if you are interested in becoming a Master Composter



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MARTINS, SWIFTS AND SWALLOWS

As I write, we are still awaiting the return of our swallows and martins. I am not a diary keeper but I seem to think that in other years they have been here by now. They like to nest in the horse stables where they are great to watch but leave many 'presents'.

I don't think we see many if any swifts on the Stiperstones, although I am told there is a colony which returns to the Longmynd each year.

If you are not sure which is which here are some pointers.

Swallows

How to identify them: Swallows have orange/red chins under a black short thin beak. Their backs and tails are a dark blue/black colour and their underside is a creamy white. They have long elongated forked tails that sharpen to points.



When to see them in the UK: March – October

You can often see swallows in wetland areas where they catch bugs above the water or in urban places where they nest.

Swifts

How to identify them: dark brown in colour (but look black against the sky) with long narrow wings that make a scythe shape, small brown legs, a pale throat and thin short black beaks. Their tails are forked but much shorter and stouter than the elongated pronged tail of a swallow.



When to see them in the UK: April – September

When groups of swifts fly ahead you can usually hear their screaming piercing call to each other.

House martins

How to identify them: black/blue bodies with a distinctive white rump on top, above the slightly forked tail, and a white belly. White feathers cover their white legs when they fly. Their beaks are black, short and thin.



When to see them in the UK: March – October



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PONTESBURY LIBRARY

March and Covid 19 brought the slightly premature closing of the 'old library'. We didn't therefor give it the farewell we intended. However, the last customer did, for a moment, pause in the door way and say," good bye little library". I think he spoke on behalf of all our customers, it was a moving moment and marked the end of an era. During the early days of closure and with every precaution necessary, we managed to move the books to the Pavilion. It looks amazing and we can't wait for the time when you will all be able to come and share the new space. The next few weeks were spent clearing and packing up the rest of the old building. Most of Shropshire libraries staff have been working behind the scenes, in branches and at home, so all the online resources are available, and a few extras! I hope you have been enjoying 'libraries from home'. The 'new normal' for libraries will be a challenge for us all but we will keep you informed of when and how we will be open again.

Continuing to find ways of delivering a library service, one event that will go ahead but in a new format will be the Summer Reading Challenge. It will be all online this year, launching earlier than usual on 1st June. Check here to sign up <https://summerreadingchallenge.org.uk/signing-in-src>

Take care, see you soon, the library owl.



To protect staff and customers during the Coronavirus outbreak, all Shropshire Libraries, including the Mobile Library service, are closed until further notice.

We have temporarily removed all overdue fines, and no items will be due back until we re-open, so please do not worry about returning items that you have borrowed.

The e-Library services are available as usual.

If you have any queries please email libraries@shropshire.gov.uk or phone 01743 255024.

MEDICAL IMAGING (1895)

The first medical imaging machines were X-rays. The X-ray, a form of electromagnetic radiation, was 'accidentally' invented in 1895 by German physicist Wilhelm Conrad Röntgen when experimenting with electrical currents through glass cathode-ray tubes. The discovery transformed medicine overnight and by the following year, Glasgow hospital opened the world's very first radiology department.



Ultrasound, although originally discovered many years before, began being used for medical diagnosis in 1955. This medical imaging device uses high frequency sound waves to create a digital image, and was no less than ground-breaking in terms of detecting pre-natal conditions and other pelvic and abdominal abnormalities. In 1967, the computed tomography (CT) scanner was created, which uses X-ray detectors and computers to diagnose many different types of disease, and has become a fundamental diagnostic tool in modern medicine.

The next major medical imaging technology was discovered in 1973 when Paul Lauterbur produced the first magnetic resonance image (MRI). The nuclear magnetic resonance data creates detailed images within the body and is a crucial tool in detecting life-threatening conditions including tumours, cysts, damage to the brain and spinal cord and some heart and liver problems.



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Date: May 2020 – Newsletter

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PCSO 6160 Shaun Culliss
SC 4671 Barnbrook
SC 39810 Edwards



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Non Emergency: **101**
Bishops Castle Team voicemail: 01743 264777
(Not to be used for reporting crime, incidents or emergencies)
Crime stoppers: **0800 555 111**

CRIME STATS

CRIME REPORTED	DETAILS	LOCATION	NOTES
Public order offence		Priest Weston	
Blackmail		Chirbury	
Criminal damage	Windows broken on greenhouse	Hope	

Anyone with any information as to whom carried out these crimes please contact West Mercia Police on **101** or Crimestoppers **0800 555111**

BISHOPS CASTLE POLICING TEAM FACEBOOK

For regular updates of local crimes, scams, incidents and suspicious vehicles you can follow or 'like' our facebook page - **Bishops Castle Policing Team - Rural Watch**

CURRENT PACT PRIORITY

TACKLING ACQUISITIVE RURAL CRIME

Overnight burglaries to farm buildings are still occurring in the area and further a field.

At 23:40, 20th April, 4 masked men were caught on CCTV committing a burglary on farm outbuildings at a property near Ratlinghope, thankfully nothing was stolen at this property but a property in Longville was attacked on the same night and an orange Timberwolf wood chipper and other power tools were stolen.

Please be wary of any suspicious vehicle's and report them via 101. If you would like some advice on your security you can email the Bishops Castle Policing Team at bccar.snt@westmercia.pnn.police.uk

Reporting suspicious behaviour

The majority of the thefts and burglaries in the area tend to occur during the hours of darkness however it is likely that some of these offence locations such as farms are 'cased' during daylight hours by 'unauthorised callers' using various plausible excuses. You can help prevent rural crime by reporting suspicious activity such as vehicles driving around the village slowly or parked up in unusual locations.

According to the National Rural Crime Network Survey of 2017 around 27% of rural crime victims don't report their crime to the police. One of the most important steps towards reducing rural crime rates is to report any crimes or suspicious activity as soon as you can. Failing to report rural crime can create a vicious circle; under-reporting makes rural crime figures seem lower than they actually are, which in turn reduces the likelihood of police resources being dedicated to combating it.

If you find yourself a victim of crime or witness suspicious activity please make sure you report it as quickly as possible by calling West Mercia Police on 101.

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The Sammy Mail Column - with Geoff

Sproson

Many of us are incarcerated or nearly so in homes, some on our own others with family young and old. Maybe its time for a little on-line learning if you haven't tried it before. If you have school age children you have probably come across the BBC's extensive bite size service - learning in small swallowable pieces. During the lock down the Beeb have added some heavy weight nashers to their usual biters Professor Brian Cox and Sir David Attenborough amongst them. Schools have probably sent links to more learning resources but here are a few for young and old that Sammy has come across.



TED is a nonprofit organisation devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. You can watch TED talks on their online site TED.com or from an app on your Firestick or smart TV. You can listen to the very best University lecturers from around the globe.

Future Learn is a private company jointly owned by The Open University and The SEEK Group. The Open University have 50 years of experience in distance learning and online education. Future Learn offer a wide range of courses which involve watching short videos, reading some text and often following links to other sites. Most courses involve online text based group discussions with interventions from a tutor. Some have assignments which you share with other learners. Courses are free although you can pay for Records of Achievement to add to your CV.

TheSchoolRun is owned and run by a small team of UK mums all working from home. They provide a large quantity of primary level learning materials. The courses cost £7 per month, less if you take out a longer subscription. There is a free 14 day trial.

Is it time to open that piano or keyboard again well Virtual Sheet Music was created to provide musicians, as well as all music lovers, the ability to

(A.A. Milne)

She turned to the sunlight
And shook her yellow head,
And whispered to her
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fling:
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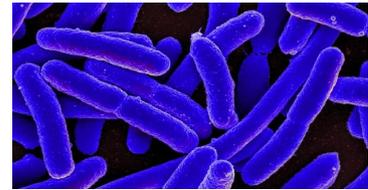
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PENICILLIN (1928)

Alexander Fleming's penicillin, the world's first antibiotic, completely revolutionised the war against deadly bacteria. Famously, the Scottish biologist accidentally discovered the anti-bacterial 'mould' in a petri dish in 1928. However, Fleming's incredible findings were not properly recognised until the 1940s, when they began being mass-produced by American drug companies for use in World War II. Two other scientists were responsible for the mass distribution of penicillin, Australian Howard Florey and Nazi-Germany refugee Ernst Chain, and their development of the substance ended up saving millions of future lives. Unfortunately, over the years certain bacterium have become increasingly , leading to a world-wide crisis that calls for the pharmaceutical industry to develop new anti-bacterial treatments as soon as possible.



in

ORGAN TRANSPLANTS (1954)

In December 1954, the first successful kidney transplant was carried out by Dr Joseph Murray and Dr David Hume in Boston, USA. Despite many previous attempts in history, this was the first instance where the recipient of an organ transplant survived the operation. The turning point came when various technical issues were overcome, such as vascular anastomosis (the connection between two blood vessels), placement of the kidney and immune response. In 1963, the first lung transplant was carried out, followed by a pancreas/kidney in 1966, and liver and heart in 1967. Aside from saving thousands of lives in the years following, transplant procedures have also become increasingly innovative and complex, with doctors successfully completing the first hand transplant in 1998 and full-face transplant in 2010!



ANTIVIRAL DRUGS (1960S)

Terrible viruses such as small-pox, influenza and hepatitis have ravaged many human populations throughout history. Unlike the sweeping success of antibiotics in the late 1930s and 1940s, the development of antivirals did not really take off until the 1960s. This was mostly due to the structure of a virus, which was a core of genetic material surrounded by a protective protein coat that hides and reproduces inside a person's cells. As the virus information is so protected, it was difficult to treat them without damaging the host cell. Over the years antivirals have improved significantly, and work by blocking the rapid reproduction of viral infections, and some can even stimulate the immune system to attack the virus. The development of effective antivirals has been significant in treating and controlling the spread of deadly virus outbreaks such as HIV/AIDS, Ebola and rabies.



IMMUNOTHERAPY (1970S)

Immunotherapy, a treatment that stimulates the immune system to fight off a disease, has been in the making for over a century. The story began in the 1890s with the experimental work of William B. Coley who injected inactive bacteria into cancerous tumours, achieving remission in some patients. However, it is only in the last 40 years that serious progress has been made in immunotherapy, particularly in respect to treating cancer. In the 1970s, were developed and in 1991, researchers produced the first cancer vaccine which was approved by the FDA in 2010. In the last decade, immuno-oncology has become one of the most revolutionary cancer therapies in existence. Read more about the most recent developments in our

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552/553 Bishops Castle to Shrewsbury Monday-Saturday

	07:30		09:30		12:15			15:50	
	07:32		09:32		12:17			15:52	
	07:36		09:36		12:21			15:56	
	07:40		09:40		12:25			16:00	
	07:44		09:44		12:29			16:04	
	07:47		09:47		12:32			16:07	
	07:50		09:50		12:35			16:10	
07:05		09:20						14:45	
07:09		09:24						14:49	
07:11	07:56	09:26	09:56	11:40	12:41	14:00	14:51	16:16	16:55
07:13	07:58	09:28	09:58	11:42	12:43	14:02	14:53	16:18	16:57
07:18	08:03	09:33	10:03	11:47	12:48	14:07	14:58	16:23	17:02
07:23	08:08	09:38	10:08	11:52	12:53	14:12	15:03	16:28	17:07
07:26	08:11	09:41	10:11	11:55	12:56	14:15	15:06	16:31	17:10
07:28	08:13	09:43	10:13	11:57	12:58	14:17	15:08	16:33	17:12
07:33	08:18	09:48	10:18	12:02	13:03	14:22	15:13	16:38	17:17
07:38	08:23	09:53	10:23	12:07	13:08	14:27	15:18	16:43	17:22
07:45	08:30	10:00	10:30	12:14	13:15	14:34	15:25	16:50	17:29

552/553 Shrewsbury to Bishops Castle Saturday

08:00	08:35	10:05	10:45	12:30	13:45	14:45	15:40	17:00	17:40
08:07	08:42	10:12	10:52	12:37	13:52	14:52	15:47	17:07	17:47
08:12	08:47	10:17	10:57	12:42	13:57	14:57	15:52	17:12	17:52
08:17	08:52	10:22	11:02	12:47	14:02	15:02	15:57	17:17	17:57
08:19	08:54	10:24	11:04	12:49	14:04	15:04	15:59	17:19	17:59
08:22	08:57	10:27	11:07	12:52	14:07	15:07	16:02	17:22	18:02
08:28	09:03	10:33	11:13	12:58	14:13	15:13	16:08	17:28	18:08
08:32	09:07	10:37	11:17	13:02	14:17	15:17	16:12	17:32	18:12
08:34	09:09	10:39	11:21	13:04	14:19	15:19	16:16	17:38	18:14
	09:12				14:21			17:40	
	09:15				14:25			17:45	
08:40		10:45				15:25			18:20
08:44		10:49				15:29			18:24
08:48		10:53				15:33			18:28
08:52		10:57				15:37			18:32
08:56		11:01				15:41			18:36
08:58		11:03				15:43			18:38
09:00		11:05				15:45			18:40

DAY TRIPS 2020

We are sorry but we have had to cancel all trips from now until July at the earliest.

July

Stratford River Festival

Saturday 4th - £21.00

Quarry Bank National Trust

Friday 10th Member £21.50

Emmerdale Studio Tour -

Saturday 18th - £62.00

Hereford Chase & Distillery Tour

Wednesday 22nd - £43.00

August

Bristol International Balloon Fiesta -

Saturday 8th - £28.00

York

Saturday 22nd - £31.50

Blackpool with Afternoon Tea in the Tower Ballroom

Thursday 27th - £45.00

September

Shugborough Hall & Gardens

Tuesday 1st - £15

Chatsworth Country Fair

Saturday 5th - £42

Southport Air Show

Saturday 12th - £22

Lake Windermere

Tuesday 15th - £40.50

Buzzards Valley Vineyard Tour & Buffet Meal

Wednesday 23rd - £36

Malvern Autumn Show

Saturday 26th - £40

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And much more!

KEY PHONE NUMBERS

UPDATES AND ADDITIONS: CHANGES IN BLUE

Worthen Medical Practice:	01743 891401
Westbury Medical Centre:	01743 884727
Pontesbury Medical Practice:	01743 790325
Bishop's Castle Medical Practice:	01588 638285
Montgomery Medical Practice:	01686 668217
NHS HELPLINE:	111
Shropshire Council:	0345 678 9000
Local Support and Prevention Fund:	0345 678 9078
Shropshire Citizen's Advice:	0344 499 1100
Shropshire Rural Support: Offer support to rural people during periods of anxiety and stress	0300 1232825
Royal Agricultural Benevolent Society (RABI): Assistance for individuals and families from the farming sector	0808 281 9490
Mind	07434 869248
Samaritans:	free from any phone 116 123 local call charges apply 0330 094 5717
South Shropshire Housing Assoc:	0300 303 1190
Sevenside Housing:	0300 300 0059
Universal Credit:	0800 328 5644
Child Benefit:	0300 200 3100
Pensions:	0800 731 0469
Govt Business Support Helpline:	0300 456 3565
HMRC special coronavirus helpline for businesses or self-employed	0800 024 1222
Chirbury Post Office and Stores:	01938 561201
Cock Inn:	01743 891969
Hignetts of Pontesbury:	01743 790228
Smiths Butchers Minsterley:	01743 791863
Londis (Worthen):	01743 891997
Marion Village Stores:	01938 561279
Stiperstones Inn:	01743 791327
Yockleton Arms:	01743 821491
Care in the Community Helpline:	0121 318 5138
Worthencovid19aid@gmail.com	

