



*The Newsletter  
for Clungunford  
Volume 29  
Issue 4  
March 2026*

# THE GUNNAS GAZETTE

## *Litter pick*

*Saturday 14 March at 10 am*

*The time has come to spruce up the village once more... just in time for Spring. Sadly, the main roads through the village are badly in need of another litter pick, notwithstanding our valiant efforts in previous years.*

*If you would like to help in this very public spirited task, please come to the Village Hall car-park at 10.00 am on Saturday 14 March, and we will divide out lengths between volunteers.*

*All are welcome – young or old – but children should please be supervised.*

*Sticks and bags for rubbish will be provided but helpers should please wear bright clothing – we now have our own high visibility jackets and litter pickers.*

*As in previous years, safety is paramount in this exercise, as volunteers participate entirely at their own risk.*

*If you cannot make it on the day, but wish to clear up your own frontages/hedgerows, you are welcome to bring all rubbish collected to Clungunford House on Saturday 14th March or Sunday 15th March for ultimate disposal the following Monday.*

*All enquiries to Jonathan Roberts on 01588 660673*

*Regrettably there is a lot to pick up this year!*

## Village Hall Events - Dates for your Diary

27<sup>th</sup> March - Flicks in the Sticks – Dead of Winter  
24<sup>th</sup> April – Flicks in the Sticks – The Choral

*More information on [www.clungunford.com](http://www.clungunford.com)*

### Regular events in the Village Hall

- Public Bar is open every Friday night from 19.00-22.00
- Carvery 2<sup>nd</sup> Sunday of every month\*
- St Cuthbert's Café every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 10.00 – 12.00
- Bike Night on the first Monday of the month 18.00-20.00
- Table Tennis Club every Tuesday 14.00
- Thrift Shop open every Thursday In the Bowls Green Pavilion 10.00-12.00
- Post Office Van in the hall car park from 11.45-12.45 every Thursday

\*See [www.clungunford.com](http://www.clungunford.com) for all details, menus and ordering contacts

#### ***Weather report – Winter 2025-26***

This winter has been notably wet and mostly mild. However, after a wet early December, it was dry from the 22<sup>nd</sup> to the end of the month and getting colder with frost on the 31<sup>st</sup>. At Hopton Heath there was no snow at Christmas but there was slight snow on New Year's Day followed by further snow up to the 10<sup>th</sup> January. The snow was light until the 8<sup>th</sup>, when I measured 7cm of lying snow. This had melted by the 12<sup>th</sup> and since then it has been mostly mild, except for some frost on 14 January and 14 February.

There was rain on every day from 12-31 January and the monthly precipitation total was 157mm, the highest January total of my records back to 2007. February up to the 21<sup>st</sup> has been wet and mild with a total rainfall of 116mm up to the 21<sup>st</sup> and no snow. Today (the 21<sup>st</sup>) the sun has actually appeared but more rain is forecast. Yesterday's news featured farmers in Herefordshire despairing over the wet ground conditions that are likely to ruin crops and require cattle to be kept indoors. It seems a long time ago (but only last September) when the concern was the drought that had lasted from the beginning of March.

Dry springs and summers and wet winters have been forecast as being a result of changing climates but many year's data are needed to decide whether the change is going to persist. I do not think my records for Hopton Heath, going back to 2007 show any consistent change yet.

*Mike Tucker* 21 February 2026

#### ***Farm Born and Bred***

I think the success of the farm depended on everyone, young and old, contributing in whatever way possible. Depending on age and ability, we were given jobs to do. Sometimes the incentive for us as children was some monetary reward. Otherwise, we just did as we were told. With our grandfather in control it was usually a case of the latter!

In the autumn young cockerels were put onto the stubble fields to fatten up for Christmas. There was spilt grain on the fields, after the cutting of the corn, which the cockerels would eat up. This served to both clean up the ground and fatten the poultry.

A hut on wheels housed the cockerels, which had to be let out each morning and shut in each night to prevent them becoming taken by foxes. That all sounds simple and effective. The downside was the reluctance of the birds to go into the safety of their hut each night: some would, several wouldn't, much preferring to cavort around outside the hut in the moonlight! This is where the role of us children came into play.

Grown ups let the birds out in the morning, usually the ladies of the household, as we children were off to school. However, in the evenings we were expected to persuade the cockerels that it was time for bed, up the ramp and into the hut then the door could be closed keeping them all safely inside. Simple? Definitely not!

We would gently usher them towards the ramp that led into the hut, with a sudden flapping of feathers they would leap off the ramp and do a few laps of the hut and dive underneath. This would alert the ones that had been

sensible and gone into the hut, then they would rapidly descend the ramp to see what all the fuss was about! With much arm waving and running round and round the hut, we would try repeatedly to get the birds back inside. The evenings would grow darker, the moon would get higher in the darkness and still the birds would be giving us the run around.

Sometimes I would be defeated and go home in tears to say I couldn't get the dratted birds in. Reinforcements in the form of my mother and aunt would be needed to complete the task. When the birds were all safely in and the door securely shut, the relief was palpable!

It was not my favourite job, almost as bad as trying to get the ducks off the pond to bring them in at night. Another thankless task!

The moon always seemed much bigger in those days as it appeared over Shelderton Hill.

M.E.B.

P.S.

A five year old daughter watching a man on the television do CPR on a woman asks her father "Why is he kissing her?"

Father replied, " He's not, he's saving her life"

Daughter replied, "I'd rather die!"

### ***Flicks in the Sticks***

Friday 27<sup>th</sup> March 2026 at 8.00pm

**Dead of Winter** (cert 15)

Starring: Emma Thompson

Director: Brian Kirk: Drama

A grief-stricken widow stops by a remote cabin after getting lost on the back roads of Minnesota in the middle of winter. She soon finds herself in a desperate fight for survival as she encounters a murderous couple holding a young woman hostage.



Friday 24<sup>th</sup> April 2026 at 8.00pm

**The Choral** (cert 12a)

Starring: Ralph Fiennes, Roger Allam, Alun Armstrong

Director: Nicholas Hytner: Musical Drama

As World War I rages on, Dr. Henry Guthrie takes over a British choral society that's lost most of its men to the army. The community soon discovers that the best response to the chaos of war is to make beautiful music together.



Entrance £5.00 Adults £3.00 Children  
 Licensed Bar, Ice creams, raffle (Donations welcomed),  
 good car parking  
 Tel: 01588 660159 (Keith) for bookings and enquires.  
 We now show all our films with subtitles.  
 We advise booking, and request cash only at the Box  
 Office. Card payments accepted at the bar.

### ***Parish Church News***

For more information about services, events etc, please contact our Church Warden, Edward Gledhill (tel: 01588 660485, email: [edward@aegledhill.co.uk](mailto:edward@aegledhill.co.uk)).  
**The planned Services for St Cuthbert's Church, Clungunford in the Middle Marches Benefice for March and April are as follows:**

Sunday 1 March	No service at St Cuthbert's	
Wednesday 6 March	2.00 pm	World Day of Prayer (see below)
Sunday 8 March	10.00 am	Family Service: lay led
Sunday 15 March	10.00 am	Morning Prayer: lay led
Friday 20 March	6.00 pm	A celebration for the commencement of the bell-tower repair project and St Cuthbert's Day, followed by refreshments. - (see below)

Sunday 22 March	11.00 am	Holy Communion led by Rev John Daniels
Sunday 29 March	10.10 am	<b>Palm Sunday</b> donkey-led walk from the village hall to the Church, followed by
Sunday 29 March	10.30 am	<b>Palm Sunday</b> Benefice Communion Service led by Rev. John Daniels
Friday 3 April	2.00 pm	<b>Good Friday:</b> lay led
Sunday 5 April	10.00 am	<b>Easter Day</b> Communion led by Rev Linda Watson
Sunday 12 April	10.00 am	Family Service: lay led
Sunday 19 April	10.00 am	Morning Prayer: lay led
Sunday 26 April	11.00 am	Holy Communion

We must begin with the sad news of the death of **Gordon Schofield** on Wednesday 25th February 2026.

Gordon and his wife Sandra, deceased, were such a warm and vibrant part of parish life for many years. Gordon was a Church Warden and was rarely seen without Sandra as they regularly visited many in the parish who were in need of care or friendship. I'm sure many of us will have very special memories of their active Christian witness. The sight of Gordon on his bike was so familiar, and we can only be thankful that he didn't have to endure too long a period of incapacity before joining his beloved Sandra, where they are surely celebrating with the angels and saints. We will all miss him.

**Priest-in-Charge of the Middle Marches Benefice** -  
letter from Bishop Richard

Dear Friends,

The closing date for applications for the new Priest-in-Charge in the Middle Marches was Sunday 22nd February. We are sorry to say that there were no eligible applicants.

We are aware that this news will be a disappointment, not least since it will mean an extension to the vacancy. The Archdeaconry Team and the Rural Dean will be working

in the coming weeks to find new dates for a third round of advertising and interviews.

In the meantime, please continue to pray that God will guide to us the right person at the right time to lead the parishes of the Middle Marches Benefice forward in the next phase of their life and ministry.

This comes with the assurance of our prayers for all in the parishes, particularly the Churchwardens, the retired clergy, and the lay leaders who have extra responsibilities at this time.

*The Rt Rev'd Richard Jackson*  
*Bishop of Hereford*

*The Ven Derek Chedzgy*  
*Archdeacon of Hereford & Acting Archdeacon of Ludlow*

23rd February 2026

### Coming up

#### **Wednesday World Day of Prayer 6 March at 2pm – Nigeria: 'I will give you rest, come'**

St Cuthbert's Church is hosting the World Day of Prayer 2026 for the Benefice on Friday March 6th. Each year this service is written by a different country. This year it is written by women in Nigeria with the theme of 'I will give you rest, come'. This service will be used by people across the world on the 6th March. There will be refreshments and we would love to see you. Contact Chris Tinker for any further information on 07970 577614 or [ctinker101@icloud.com](mailto:ctinker101@icloud.com)

#### **Palm Sunday 29 March at 10.10am, procession with donkeys, from the village hall car park.**

Please join us to meet and greet two lovely donkeys who will process with us to the church for a Benefice Service starting at 10.30am. All are very welcome to attend the service with us, or to simply accompany us to the church door. Let's hope for a dry morning and a good turnout. Feel free to bring a carrot!

#### **Friday 20 March at 6pm A celebration for the commencement of the bell-tower repair project and St Cuthbert's Day, followed by refreshments.**

We are very hopeful that the building work needed to repair our crumbling bell-tower will start within the next few weeks. To celebrate the start of this work we will be holding an event to mark the occasion. We are very grateful for the grants given by the National Heritage Lottery Fund and Shropshire Historic Churches Trust which have made this project possible. The celebration will begin with a quarter peel which may be the last usage of the bells until after the building work has been completed and the lime mortar has hardened sufficiently to allow the bells to be rung once more. This will be a civic occasion with readings and music and followed by nibbles and a glass of wine!

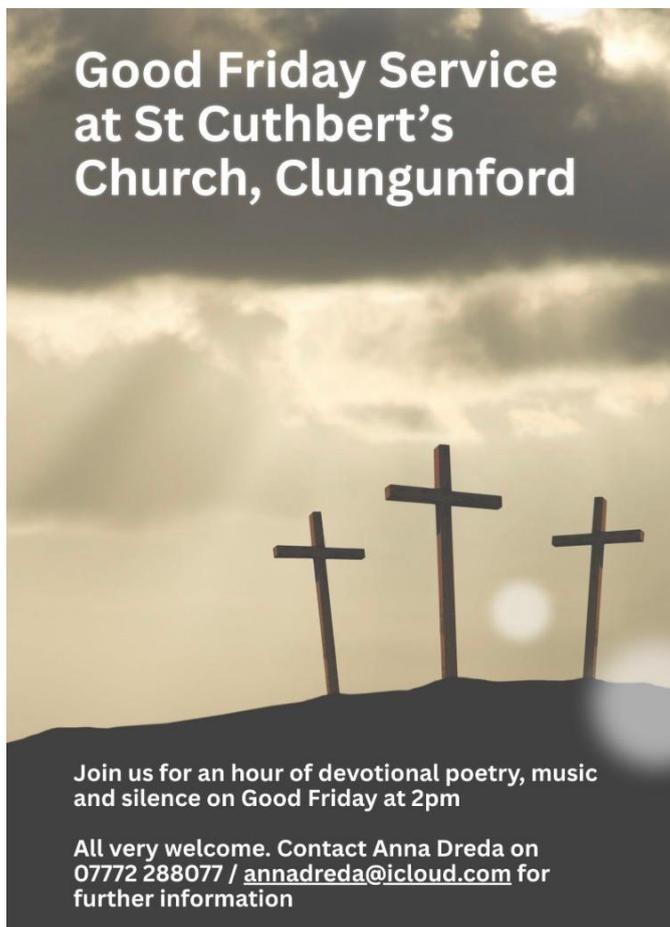
### **Good Friday Service: 3rd April at 2pm**

We are offering a Good Friday service this year, reading the fourteen sonnet meditations created by Malcolm Guite (poet, priest) specially for Good Friday and the Stations of the Cross. The poems will be complemented with music and silence.

We anticipate the service will be about an hour long and for this reason, and the solemnity of the occasion, we suggest that it may not be suitable for children.

The service will end quietly with simple refreshments, and a chance to reflect on what we have heard and experienced if you wish to.

For more details, please contact Anna Dreda on 07772 288077 or [annadreda@icloud.com](mailto:annadreda@icloud.com). (We would love to know in advance if you are coming, but you are, of course, also welcome to just turn up.)



**Good Friday Service  
at St Cuthbert's  
Church, Clungunford**

Join us for an hour of devotional poetry, music and silence on Good Friday at 2pm

All very welcome. Contact Anna Dreda on 07772 288077 / [annadreda@icloud.com](mailto:annadreda@icloud.com) for further information

### **AGM and APCM Thursday 16th April starting at 7pm with refreshments at 7.30**

The AGM/APCM Meeting this year will be on the 16 April at 7pm in the Church. As well as a legal requirement this is an opportunity to hear and ask questions about the state of St Cuthbert's Church from a financial, fabric and worshipping perspective. At this meeting the various positions in the church, such as the Church Wardens, Treasurer, PCC members etc., are agreed and voted upon. An additional item on the agenda will be a discussion on

the usage of the Church. As well as services of various descriptions, the Church is used for concerts, poetry readings, craft fayres and much more. However, we would like to explore how we could further utilise this beautiful building and would like to hear your thoughts. Please come and let us know what uses you think the Church could be used for. It's our village and our church, so let's use the Church to the full.

Importantly, it is also an opportunity to say 'thank you' to those who contribute to the running of the Church. This includes those involved with the running of services, those who decorate the Church with flowers throughout the year, the bell ringers who welcome people to services and those who help with the everyday practicalities that the Church requires. The AGM is typically a short meeting and followed by 'cheese and wine' and a social gathering. All are very welcome.

We do hope that you will join us for this (very short!) meeting and a (considerably longer!) social gathering with cheese and wine. Whether or not you attend services, this is an opportunity for all who are glad of the church's presence in our village to enjoy our hospitality and to socialise with each other.

### **Lenten Course Tuesdays 7 - 9pm: 3rd March onwards for 5 weeks, Clungunford Village Hall (accessible, and parking)**

This year's Lenten Course will be using material chosen from *A Wonderful Year: 52 Meditations on Faith, Wisdom and Perseverance* by Diana Butler Bass. There will also be music, poetry and silence. And of course, fellowship and refreshments! Although the course is based on Christian content, we extend a very warm and genuine welcome to anyone who would like to see what we're about. Whether you have faith, or doubts, or no faith – you are welcome exactly as you are. Come and explore with us, there is no hidden agenda. Join in the discussions, or just listen – no pressure! Honestly! Contact Anna Dreda on 07772 288077 or [annadreda@icloud.com](mailto:annadreda@icloud.com)

### **Regular events**

#### **Churchyard and Church Maintenance Group Mondays 2 March and 13 April from 10am - 12pm**

Our monthly group to maintain both church and churchyard: there are jobs for everyone, do join the fun. There is a generous coffee break to be enjoyed!

We work closely with Caring for God's Acre and appreciate their advice and help. They have recently been here to carry out a Spring tidy-up and the Churchyard looks ready for Summer! The management plan for the Churchyard was put together in conjunction with Caring for God's Acre and is displayed at the back of the Church.

All very welcome. (And the results are so appreciated.) Contact Anne Gledhill on 07989 208863 or [anne@annegledhill.co.uk](mailto:anne@annegledhill.co.uk)

### **St Cuthbert's Cafe, Thursdays 12th and 26th March, 9th and 23rd April, 10am - 12pm**

Come along to the village hall (please use the side entrance nearest to the village green, where there is now an excellent ramp for wheelchair access) to enjoy tea, coffee and homemade cake along with plenty of friendly chat. A great way to socialise with village friends old and new while supporting the church. It's also where the 100 Club draw is held. How about joining Rob's team of bakers? Contact Rob Rees on 07497 427376 or 01547 540248. (Second and fourth Thursday of each month)

### **The Quiet Church, every Thursday**

Every Thursday afternoon a small, friendly group meets in the church for about 25 minutes of silent mediation. We start with listening to two or three short pieces of music chosen to help us transition from the busyness of the day to a place of peaceful calm. We then have a reading and from there we go into silence together. After the silence, we have another reading, or sometimes a poem. We gather for the music at 4.45pm and the first reading is at 5pm. Although this group follows the model of the World Community for Christian Mediation, it is inclusive and welcomes people of any or no faith. Everyone is accepted as they are. Just turn up, or contact Anna Dreda on 07772 288077 or [annadreda@icloud.com](mailto:annadreda@icloud.com).

### **Sacred Space Friday March 13th and Thursday April 9th, 5.45pm**

We gather from 5.45pm for a 6 o'clock start. We listen to six beautiful pieces of music, interspersed with periods of silence which are just under 5 minutes each. We usually finish with a short poem, but other than that – no words! It makes a lovely hour, do come and try it. All very welcome. For more information, contact Anna Dreda on 07772 288077 or [annadreda@icloud.com](mailto:annadreda@icloud.com), but feel free to turn up.

### **Looking back**

#### **A week of accompanied prayer 8 - 14th February**

A group of eight, plus three prayer guides, met at Brook Cottage on 8th February for a shared supper and to begin getting to know each other. We were introduced to a new way of looking at the Parable of the Good Samaritan using sand and meditation. We were then invited to spend more time with this story looking at the various characters in the parable through a contemplative lens. It was a gentle, thoughtful evening. From Monday to Friday were each committed to spending half an hour reading and reflecting on a passage from Scripture, or a poem, or listening to a piece of music or looking at a painting then sitting quietly. We then each met individually with our prayer guide, either in person or on Zoom to share whatever thoughts and feelings had arisen. At the end of the week we enjoyed a shared breakfast and spent time together talking about how our week had been and where we might want to go from here.

It was a very positive and enriching experience and we hope we might offer this again in the parish at some point. Our grateful thanks to Catherine, Marion and Kate for working with us and guiding us so carefully. If anyone would like to find out more, please contact Anna Dreda on [annadreda@icloud.com](mailto:annadreda@icloud.com).

### **100 Club winners**

#### January

First prize - £60 – David Watkins

Second prize - £30 – Mike Tucker

Third prize - £15 – Geoff Oliver

#### February

First prize - £60 - Elizabeth Hughes

Second prize - £30 - Jane Roberts

Third prize - £15 - Ann Hunt

### ***The Slow Ladies***

**Friday 27 March:** Walk to The Barn (for Lunch) at Hopton Heath via Hopton Castle. Return to Clungunford via fields. About 5 miles. Meet at 10 am by Fred's farm gates on the Twitchen Lane.

**Friday 1 May:** Round walk from Clunton and back, via Walcot Wood 6miles – bring picnic. Meet in Village Hall car park at 9.30 am.

**New walkers and their dogs** are always welcome. Do not hesitate to contact me - Pauline Mattison (01588 660596) from whom meeting times and venues may be obtained.

### ***Shropshire Hills Forum & Field Visits***

This year, the Shropshire Hills Forum & Field Visits is at Clun Memorial Hall, Wednesday 29<sup>th</sup> 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 you place please visit our website at [www.shropshirehill-nl@shropshire.gov.uk](mailto:www.shropshirehill-nl@shropshire.gov.uk). Or contact the Shropshire Hills National Landscape team by email: [shropshirehills-nl@shropshire.gov.uk](mailto: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.

## ***Aunt Ag advises***

*The Gazette's own social affairs correspondent gives what she believes to be helpful advice to those who consult her on social issues. All names are changed in a vain attempt to mask the identities of those who are doubtless already well-known around the village.*

*Farmer D P Q of Gunnas asks:* How prevalent is rustling in the Parish?

*Aunt Ag writes:* Investigating this very matter, I walked into your farm yard and heard rustling from among your straw bales. Your wife and Mr\_\_\_\_\_ from Hopton Heath emerged. Definitely an instance of rustling

*Mr R Z of Gunnas writes:* Rumour has it that something big is happening at the Parish Council Do you know what it is?

*Aunt Ag writes:* This is all very hush, hush and under wraps. Nevertheless, I have managed to ascertain the following from a source close to the Parish Council.

Apparently, on the first of next month (01/04) the Parish Council is going to announce the establishment of the Independent Republic of Clungunford. This long awaited event will sever the parish from the remainder of the United Kingdom and set up its own regimes for security, foreign affairs, taxation and health care.

Dealing first with health care, the Parish Council understands that in some quarters there is dissatisfaction with the NHS, and so it will bring all health care in-house. For the first two months a period of village-wide good-health will be declared whilst volunteer villagers are trained up to do day-to-day doctoring and the more involved operations (needle workers and butchers in particular are target occupations for training, and the Parish Council is looking at bar volunteers as possible anaesthetists). Thereafter, surgeries and operations by these volunteers will take place in the Village Hall (except on Bar Nights, dates booked for Sunday lunches and Flicks in the Sticks nights). Secret polling by the Parish Council has convinced them that this approach to health care should mean that there is no longer a waiting list.

Security wise, barriers will be drawn across roads entering the parish. This is a short term measure until proper draw-bridges can be constructed. New passports will be issued to parishioners, so the old red and blue ones can be tossed away. Those who wish to move into the village will be closely vetted and directed to undergo an examination at

Bar Nights in the Village Hall. It has to be emphasized that buying several rounds of drinks for attendees will not necessarily mean you will be given a Gunnas passport, although obviously it may help.

It is envisaged that people from neighbouring villages who pass through Gunnas to get to work and shop will have to pay a toll. A figure of £5,000 has been mooted for an annual licence.

Littering will incur a fine of £5,000 per item discarded.

There are no immediate plans for Gunnas to form its own army, but all citizens will be expected to repel invaders, should the need ever arise. Those with shot-gun certificates will be expected to show leadership.

In terms of foreign affairs, it is likely that Gunnas will remain on friendly terms with the UK and Welsh Governments, but ignore the Scottish Government (why bother?). In due course there will be a referendum as to whether Gunnas joins the EU (some members of the Parish Council have been looking enviously at the apparent largesse accumulated by a recently disgraced peer who was once an EU Trade Commissioner).

Taxation advice has been taken from a lady in Dowing Street, who has reassured the Parish Council that enough income should be generated from tolls and litter fines to enable it to do away with income tax, capital gains tax and inheritance tax. If revenues fall short of what is expected, pensions may have to be reduced, but this is, of course, a small price to pay for independence. Proceeds of a VAT type sales/purchase tax, however, will still be necessary, so as to pay for the company cars/limos of members of the Parish Council and their spouses.

So, Mr R Z, it seems we are all on for 01/04.

*Mr A B C of Hopton Heath writes:* Readers will be pleased to learn that my young collie, Ahenobarbus, is now house trained. His previous lack of control has caused me some embarrassment when visitors have called.

*Aunt Ag writes:* Speak not too soon, Mr A B C. According to the vet, with this ungovernable beast it is more likely a period of constipation.

## ***The Parish Council***

At our January meeting the major item discussed was the precept, which we agreed to keep at the same level as for many years past. In real terms this amounts to a steady reduction in the parish precept year on year, which is doubtless welcome to residents facing a near 9% increase in the Council Tax imposed by Shropshire Council and above inflation increases from both the Fire and Police authorities.

At the time Sam Walmsley, our local Shropshire Councillor, reported that Shropshire was awaiting upon a loan application to the Government to "tide it over". Since then the Government has afforded to Shropshire Council a loan of £190 million over two years as well as giving it permission to increase Council Tax by a near 9% (the rest of the country is on 4.99% increases, bar a few now permitted to exceed this). The £190 million has to be paid back! Frankly, Governments of all colours have starved

Shropshire of funds over the years, and this is how it has all turned out.

The high speed broadband still does not quite seem to have made it to us, but there have been signs of infrastructure being put in place around the village, so hopefully we are close..

The draft minutes of the January meeting may be seen on the village website at

<https://clungunford.com/parish-council-papers/>

Our next meeting is on 11 March 2026 at 7 pm in the Village Hall.

Interested members of the public, as ever, are welcome to attend. Parish matters before (or after) the meeting may be raised

via [clungunfordparishcouncil@gmail.com](mailto:clungunfordparishcouncil@gmail.com)

or directly with me. *Jonathan Roberts*, Chairman (01588 660673: [jonathan.roberts@morgoedestates.com](mailto:jonathan.roberts@morgoedestates.com)).

## *The Gunnas Gazette by email*

We are making genuine progress in reducing the number of printed copies of *The Gazette* delivered.

However, there is still more that can be achieved, so if you can receive your Gazette by email, please sign up to do so by sending an email to

[gunnasingazette@aol.com](mailto:gunnasingazette@aol.com)

This saves trees, but in reducing postage costs it also serves toward the sustainability of *The Gazette* as a free newsletter. **Sustainability is becoming an increasing issue, as the cost of postage rises well above inflation**

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