



# Messenger

February 2022

50p

# SPONSORED HEAD SHAVE FOR NETHER STOWEY PRIMARY SCHOOL

Having spent the past 3 years growing my hair to be able to donate it for children's wigs (The Little Princess Trust), I decided I could do more and should take the plunge to raise money for our local village school by SHAVING MY HEAD COMPLETELY.

My son has had 5 wonderful years at Nether Stowey Primary School and has been supported and developed into the wonderful young man he now is, ready for secondary school in September. What better thank you to all the staff at the school for all their care than raising some of the money they need to further improve facilities at the school.

Schools get funding from the government to pay staff salaries, maintenance, utilities and the everyday items such as pens and paper that they need. However, money for play equipment, outside facilities (benches, tables, shelters etc.), licences for music productions, laptops for children to develop computer skills and countless other things needs to be raised through fundraising.

Your donation to my fundraising drive will all go to the school to invest in the children's wellbeing through improving the playground facilities. Playgrounds enable children to develop their emotional, physical and social skills, which in turn refreshes them ready to sit down for more lessons after break time.

If I can reach my target of £2,000 then I will completely shave my head, if the donations don't reach that amount, then I will have a super-short pixie cut.

I am booked at Reds Salon in Nether Stowey on March 17th...so the power is in your hands to turn me bald! Thank you for your support.

Ruth Richardson

www.gofundme.com/shave-for-school

Sponsorship forms also in the school office, Reds Unisex Salon, the Post Office and Littles Stores.

> Charity name: Nether Stowey School Fund Charity number: 1037544





#### CLUBS & SOCIETIES IN NETHER STOWEY & OVER STOWEY

**Allotment Association** 

Bruce Roper 732 043

**Active Living Group** 

Call 734 613 or 733 040; 733 151; 732 609

Coleridge Probus Club

Philip Comer (01984) 656 720

Coleridge Cottage

Tel: 732 662

Friends of Coleridge

Eliza Sackett 733 660

Thomas Poole Library, Nether Stowey

Sian Stafford 732 741

Friends of Over Stowey Church

Christopher Stone 732 907

Friends of Quantock

Mary ter Braak (01984) 656 633

Friends of Nether Stowey School

Lisa Rendle 732 508

**Nether Stowey Football Club** 

Chair: Nigel Waterman 732 310
Seniors: Steve Easden 07788 370014
Juniors: Nigel Waterman 732 310
Minis: Richard Marriott 07890 451694

**Nether Stowey Playing Fields Committee** 

Jane Erskine 732 025

**Nether Stowey Short Mat Bowls** 

Cath Roberts 732 789

**Nether Stowey Twinning Association** 

Open to everyone. Ian Pearson 732 228

**Nether Stowey Village Hall** 

Jan Miller 733 436

Nether Stowey & Fiddington Women's

Institute

Margaret Harris 734 613

Terry Binding 732 710

**Over Stowey Bellringers** 

**Over Stowey Bowls Club** 

Wendy Hill 732 194

**Over Stowey Cricket Club** 

Phil Rich 732 675

Over Stowey Rights of Way Group

Richard Ince 733 237

**Over Stowey Social Club** 

Sue Thomas 732 905

**Over Stowey Tennis Court** 

Liz Onions 732 195

**Quantock AONB Office, Fyne Court** 

Tel: (01823) 451 884

**Quantock Beekeepers Association** 

Ken Edwards 671 544

**Quantock Players** 

Wendy Hobbs 733 197

**Quantock Quilters** 

Gill Griffiths 733 709

**Quantock Tennis Club** 

Robin Bendall 732 633

Royal British Legion - N/Stowey & District

Viki Fielder 238 691

Stogursey Forget-Me-Not Cafe

Helen Cuttell 734 818

Stowey Bears (pre-school)

Tina Miller 734 636

Stowey Book Club

Alison Whittingham 732 446

Stowev Gardeners

Juliet Harkness 733 245

**Stowey Green Spaces Group** 

Judith Greig 732 483

**Stowey Walking** 

Lynne Abbott 732 228

Wednesday Club (formerly the Day Centre)

Maggie Harrison 732 532

## February 2022

I need to start this year's Messenger on a sad note as this edition may be the penultimate magazine. As I will be returning to work, we need new editors to join the team. **Could you spare around 10 hours every 3 months to put the magazine together?** We have 2 ladies willing to be editors, but need at least 1 more person so that each editor only has the responsibility 2 or 3 times per year (we print 10 editions a year). Please get in touch if you'd like to discuss.

I was away this Christmas, but it was lovely to see the photos of Carols on the Cross after Covid had cancelled the celebration last year. Castle Street residents held an outdoor Christmas street party to catch up with long-lost neighbours and welcome new residents who had arrived during the pandemic. What a fabulous idea! Hopefully we'll be having lots of street parties to celebrate the Queen's Platinum Jubilee this year.

You have hopefully read the poster on p.2 about me shaving my head on March 17th to raise funds for our wonderful primary school. It is a pretty scary thought, I have to admit, but if you can all please sponsor me to raise this £2,000 (or more) then it will be well worth it. Thank you in advance.

Happy Valentine's Day this month, Ruth

## **Your Messenger Team**

Please email articles / photos to <a href="mailto:editor@quantockmessenger.org.uk">editor@quantockmessenger.org.uk</a>
Please send adverts to <a href="mailto:advertising@quantockmessenger.org.uk">advertising@quantockmessenger.org.uk</a>.

We are always pleased to receive articles in any form (by phone, handwritten, typed or by email). You may leave articles for The Messenger at the Church Centre or at the Parish Council Offices, on the Cross in Nether Stowey. **Deadline for articles is the 15th of the preceding month.** 

Ruth Richardson	Editor	229 682	Agata Zaremba-Heard	Editor	By email
Sally Dymock	Advertising	732 298	Richard Beer	Printer	732 412
Sally & John Dymock	Collating	732 298	Molly Bradner	Assembly - Distribution	732 166

Cover Photos (L-R): Carols on the Cross 2021 *(photo by Lynne Abbott),* Charlotte Casson display at Thomas Poole Library, Castle Street Christmas gathering *(photo by Lynne Abbott),* decorations on Castle Street, Winter sun at Quantock Lakes *(photo by Terry Abbiss)* and NS Primary School Head Teacher, Chloe Holt, and Deputy Head, Terry Luke, welcoming children on the last day of term!

### **DIARY DATES 2022**

Every Tuesday - Walk for Health - Quantock Medical Centre (contact them for details)

Every Tuesday - Short Mat Bowls - 2-5pm - NSCC

Every Wednesday - Nether Stowey Wednesday Club - 10am-2pm - NSCC

Every Friday - Knit & Natter - 10:30-12:00 - TPL

Every Thursday - Quantock Active Living - 2pm - NSCC [from 24th February]

1st & 3rd Thursday each month - Art Group - 2-4pm - NSCC

2nd & 4th Monday each month - Quantock Quilters - 10am-1pm - NSCC

Fri 4 Feb - Quantock Eco talk on 'Draughts of Money' - 6:30pm for 7pm start (see p.14) - NSCC

Wed 9 Feb – A talk by Terence Sackett: Poole and Coleridge – A momentous friendship - 7:30pm - TPL

Thurs 10 Feb - WI: Kevin Little, amusing stories about incidents at the fishmonger's, health inspectors and much more - 2-4pm - NSCC

Wed 9 Mar – Exmoor's Dark Skies with Ben Totterdell from Exmoor National Park - 7:30pm - TPL

Wednesdays from 9 March to 13 April - free Climate Change talks - NSCC (see p.11)

Thurs 10 Mar - WI: Annual meeting - 2-4pm - NSCC

Sun 3 Apr - Annual Tractor Run for The Marion Evered Trust (see p. 8)

Wed 13 Apr – A book launch of The Nature of Somerset's Coast by Nigel Phillips - 7:30pm - TPL

Thurs 14 April - WI: speaker to be confirmed - 2-4pm - NSCC

Mon 18 Apr - Easter Bingo for The Marion Evered Trust - eyes down 7:30pm - OSVH

Thurs 12 May - WI: Jenny Barnham hanging baskets and tubs - 2-4pm - NSCC

Thurs 9 Jun - WI: A celebration tea party in honour of our Queen's Platinum Year with music from Adelaide and Claire - 2-4pm - NSCC

NS CC - Nether Stowey Church Centre

NS VH - Nether Stowey Village Hall

OS VH - Over Stowey Village Hall

TPL - Thomas Poole Library, Nether Stowey

#### **THANK YOU**

Pam Henry wishes to thank all the kind friends who sent messages of condolence to her after her beloved husband Mike had passed away. They were very much appreciated.

With every best wish to all from Pam Henry.

#### MILL LANE PETITION UPDATE

I have collected all the petitions and will email these to Highways, along with the QR Code list.

Only 100 QR Codes and 200 signed petitions, so this was a rather disappointing turnout considering the number of residents in the village.

Tina Muir

#### PLAYING FIELD REGENERATION/50:50 LOTTERY

Congratulations to the winners for the last 2 months. We do a 'double draw' at the beginning of each 6 month subscription set, to reduce the workloads of our volunteers. Thank you for your support.

The Lottery not only provides the charity with funds, it also shows support from the village which is invaluable when applying for grants for the new centre, which we shall be doing later this year.

If you would like to know more, you can contact us or find information on the charity's new website "**stowey.org.uk**". Best wishes Jane (732 025) and Sharon (732 311).

December 2021	1 <sup>st</sup>	£34.12	399	M Bradner
	2 <sup>nd</sup>	£17.06	66	L Humphrey
	3 <sup>rd</sup>	£10.24	225	M&K Wilkinson
	4 <sup>th</sup>	£6.83	6	M Webb
January 2022	1 <sup>st</sup>	£34.12	27	M Thomas
	2 <sup>nd</sup>	£17.06	21	E Bridge
	3 <sup>rd</sup>	£10.24	369	E Woolcock
	4 <sup>th</sup>	£6.83	152	G Clarke

#### **NETHER STOWEY PRIMARY SCHOOL**

Happy New Year and welcome to 2022! Hope you all had a lovely, restful Christmas break.

We have some exciting news to share with you: we would like to offer our congratulations to two of our school teachers. Miss Phoebe Davies (Ash Class) got engaged on Christmas Day and Miss Catrin Davies (Oak Class) is expecting her first baby in June 2022, what a lovely way to start the New Year.

We will sadly be saying goodbye to Mr. Prescott, our school caretaker, who will be retiring at the end of January. We would like to thank him for all his hard work and dedication to the school over the last few years. He will be greatly missed, as will his handy work.

Our school value for this term is Peace. Peace is about more than just the absence of war. It means harmony, stability and security within a community. It refers to relationships based on truth and righteousness, where people flourish because they are nurtured. It seems now more than ever that humankind has to learn and re-learn the message of peace.

Mrs. Chloe Holt, Head Teacher



#### **NETHER STOWEY FOOTBALL CLUB**

**The Saturday 1<sup>st</sup> Team:** After playing 10 league games in Division Two of the Taunton and District Saturday Football League, the  $\mathbf{1}^{st}$  team find themselves in the bottom half of the league, winning just three of their games. With games in hand on teams around them, the  $\mathbf{1}^{st}$  XI will be looking to make

progress, and are looking for a mid-table finish.

**Saturday Reserves:** In their first season, the Reserves (effectively under-17s) have won four of their 13 games. This is a great achievement, not only for the Reserves, but for the Club, which shows a clear pathway from the youth to senior football.

**Sunday Team:** Having started the season in Division Two of the Bridgwater and District Sunday League, the Sunday side found themselves in the Premier Division by Christmas! With teams pulling out, the League amalgamated all divisions into one, the Premier Division. Regrettably, there are some excellent football sides in that division, and the team find themselves with only one win. However, with all the commitment throughout the Club, the side play with a lot of heart and a never say die attitude.

**Skittles fund raiser:** An excellent club social with a Skittles Fundraiser, £140 raised for the club plus congratulations to Bertie Kelly who won the Skittles Competition . Thank you to all who supported the club that evening.

**Sponsors:** The club are actively seeking new sponsors for 2022 and beyond. There are various sponsorship opportunities available, ranging from match ball sponsor to club main sponsor.

Please contact Mark Sells on 07896 644 636 for more information.

More information about being part of the club or you wish to play, please contact Steve Easden on 07788 370 014

Mark Sells

# Quantock Active Living is restarting! Thursday 24th February 2022 @ 2pm St Mary's Church Centre, Nether Stowey

Why not come along for tea and cake, raffle etc? All for just £2!



Contact: Margaret Harris 01278 734 613

#### THE MARION EVERED TRUST

Firstly, a big thank you to all that donated prizes and had a go on the Christmas raffle. We managed to raise over £1,600.00 which is a fantastic addition to start this year's fundraising.

Also, a new year of the 200 club raffle is about to begin. Contact Sara on 01278 732 942 if you want to join, existing members will receive invites shortly.

Dates for your Diary:

**April 3<sup>rd</sup>** Annual Tractor Run. Email <u>terstractors@icloud.com</u> for details and booking.

**Easter Monday (April 18th)** Easter bingo at Over Stowey Village Hall, always very well attended so arrive in time, eyes down 7:30pm.

#### **Nether Stowey Wednesday Club**

Join us every Wednesday (term time)

St Mary's Church Centre

#### 10am-2pm

Coffee & Lunch at 12 noon







Raffle

We welcome all ages 50 + from surrounding villages

We look forward to welcoming new members both ladies and gents!

Pop in for a friendly chat meet the members- Transport can be provided

Contact Maggie 01278 741230 or Tina 01278 732382

# PPY C

#### **FORGET-ME-NOT CAFÉ**

Church Rooms, Castle Street,

Stogursey 2022

#### Every other Wednesday 10.30 until 12.00

WEDNESDAY JANUARY 19th - Our 3rd Birthday!

WEDNESDAY FEBRUARY 2nd

WEDNESDAY FEBRUARY 16th - VALENTINES

**WEDNESDAY MARCH 2nd** 

WEDNESDAY 16th MARCH

WEDNESDAY 30th MARCH - EASTER CELEBRATIONS

Forget-Me-Not Cafés provide support, companionship and a warm welcome to those who are recognising issues with their memory, as well as their carers, family and friends. There are a variety of activities such as music, singing, arts and crafts, quizzes, or just a chat over a cuppa and a slice of cake.

For more information please contact

Helen: 01278 734818 - cuttellhelen@gmail.com

Rose: 07507 374234

#### TALK AT THE THOMAS POOLE LIBRARY

#### The Commonwealth War Graves Commission

Here are some amazing statistics:

- The Commonwealth War Graves Commission cares for war graves at 23,000 locations in over 150 countries.
- It commemorates about 1.7 million individuals.
- Looking after the graves is a multinational and multilingual workforce of about 1,300 people, most of whom are gardeners and stonemasons.

We learnt this - and so much more - at the fascinating, lively talk given at the Library on 17 November by Rebecca Smith, the CWGC's Public Engagement Coordinator for the South West Region.

The CWGC commemorates the dead of just the two World Wars, since these were the only wars in which the countries of the Commonwealth fought together. Its instigator was Fabian Ware. Too old to fight when the First World War began in 1914, he became the commander of a Red Cross mobile unit on the Western Front. He was shocked by the sheer number of casualties and that there was no system to bury the dead or mark their graves – men were buried by their comrades and the grave marked by a makeshift wooden cross, and many bodies were left where they fell, unreachable in no-man's-land. His unit began recording the graves they found, and he saw the need for an independent organisation that would reflect the spirit of Imperial cooperation and permanently commemorate the dead. Thanks to his urging, the Imperial War Graves Commission was established by Royal Charter in 1917.

The principles of the CWGC are that the dead are to be commemorated by name if possible, but that each unknown soldier has a headstone too; headstones and memorials are to be permanent; and the headstones are uniform in design, with no distinctions made for rank or status.

From the start, CWGC cemeteries were beautifully designed, with gardeners planting flowers by every grave; memorials, many designed by eminent architects including Lutyens, gave focal points to the cemeteries. Those who served in the Royal Navy and the Merchant Navy are commemorated by memorials – at Plymouth and at Southsea, for example. Some of those who died were buried locally, in small plots (there is one at Weston-super-Mare) or in churchyards.

The missing are commemorated too – the most famous examples are the memorials to them at the Menin Gate for those who fell at Ypres, and the

Thiepval memorial on the Somme.

To this day, about 36 bodies are found every year. Forensic and historical research is undertaken to find their identity if possible, and then they are given a full burial service.

Throughout her talk, Rebecca showed slides of CWGC sites, which demonstrated the care the CWGC takes to keep them dignified, beautiful and inspiring.

There are three CWGC war graves at Nether Stowey: one in St Mary's churchyard, and two in the Nether Stowey cemetery. Do visit them and have a look at the CWGC website, which is a mine of fascinating information.

Eliza Sackett



# Climate Change and the Future

#### How can YOU make a difference?

You are invited to a series of free presentations @ St. Mary's Church Centre, NS on Wednesday evenings between 9<sup>th</sup> March & 13<sup>th</sup> April to learn more about the issues.

Speakers will include **Quantock Eco**, **Stowey Green Spaces**, **Climate Stewards and others**.

More details to follow, please keep a look out for posters around the village.

Contact: Maggie & Nick Harrison 01278 732 532

QUANTOCK QUILTERS (Including Textiles)

We meet 2<sup>nd</sup> & 4<sup>th</sup> Monday each month

10am – 1pm

Nether Stowey Church Centre



Come & Join Us Beginner's Welcomed

No experience necessary





Contact: Anna Boulton 01278 652307

Gill Griffiths 01278 733709

Meg Smith 01278 671837



#### **QLPS PHOTO COMPETITION**

Rather than the traditional landscape photos of views from and of the hills, we want to look a little deeper and differently at the communities present in the AONB and Landscape Partnership Scheme Area.

We are looking for photos which fit the categories village life; people of the Quantocks and Quantock working.

The competition will run <u>until the 31<sup>st</sup> March 2022</u>, with photographs judged in April and winners being announced in May 2022.

Find out more at www.qlps.org/qlps-photo-competition/



#### **THOMAS POOLE LIBRARY**

After a quiet Christmas period, it's been great to see our customers and weekly knit and natter group back at the library - we hope 2022 has started off well for you all!

www.thomaspoolelibrary.co.uk We have recently had to postpone our monthly talks due to the pandemic, but we are now looking forward to recommencing again. Terence Sackett is our speaker this month, and it will be an interesting and informative talk about 'Poole and Coleridge - A momentous friendship'. Further details of the talks are below.

Our community display cabinet in the entrance hall is proving to be extremely popular. We have recently had a festive quilting display by Quantock Quilters and a digital art display by local resident Charlotte Casson. This cabinet is available monthly and is free to use, so if you would like to showcase your work, email eventsandpr@thomaspoolelibrary.org.uk or pop by the library and speak with Sian. We love to see the creativity within our community!

We are also thrilled that The Friends of Coleridge have kindly let us display their wonderful collection of old and valuable Coleridge books. These are now available for the public to access for reading and research in the library.

#### \*\* WHAT'S ON \*\*

**KNIT AND NATTER:** Fridays, 10.30am to 12 noon. All ages and abilities are welcome! Just bring your own project which could be knitting, sewing, crochet, embroidery etc. or just come for a natter and see what others are working on. It's a terrific way to get inspired, pick up new tips and make new friends.

MONTHLY TALKS: Join us for our monthly talks in the library. Start time is 7.30pm and entrance fees are £3.50 for members and £4.50 non-members.

Wednesday 9th February - A talk by Terence Sackett: Poole and Coleridge -A momentous friendship

Wednesday 9th March - Exmoor's Dark Skies with Ben Totterdell from Exmoor National Park

Wednesday 13<sup>th</sup> April – A book launch of The Nature of Somerset's Coast by **Nigel Phillips** 



Are you interested in finding out more about your family history? We have two computers that are available for you to use during Library

opening hours. As a library member, you have free access to Ancestry.co.uk which unlocks one billion searchable UK family history records, so if you fancy delving into your family history, then come along and explore.

Library opening hours are Monday, Wednesday, Friday 10am – 1pm, Friday 2pm - 5pm and Saturday 10am -12pm.

WE LOOK FORWARD TO SEFING YOU!



#### "YESTERDAYS.....IN NETHER STOWEY" - In the Old Gaol on The Cross

On display in the Old Gaol through February, 'Stowey in Winter'

# **Wednesday Club Drivers Wanted**

The Wednesday Club need drivers who live in the village and can spare 10-15mins before 10.00am to collect a member to take to the Church Centre and return home at 2.00pm. Term time only.

This will be on a voluntary basis. If you can help, please contact Maggie on 732532 or Tina 732382

#### "Draughts of Money"

Quantock Eco

This down-to-earth talk will be held at St Mary's Church Centre, Nether Stowey, on 4th February (lots of parking spaces). Doors open at 6:30 pm for a 7 o'clock start. Contact: quantockeco@btinternet.com or call 07725 525484.

It will be given by Catherine Simpson, a Chartered Engineer and a Fellow of CIBSE and the Energy Institute. She has a MSc in 'Energy in Buildings' from Cranfield Institute of Technology, and 35 years' experience in saving energy in a wide range of building applications. She is recognised as a specialist in her field.

The talk will cover "The Great Heat Escape" - how heat escapes from a typical house and increases energy costs; "The Escape Tunnels" - draught proofing; "Daylight Robbery" - heat escape through windows; "The Uninvited Guest" - external doors; and end with "You Can Save Draughts of Money!" - a workshop with hands-on testing and application of draught proofing products and DIY ideas.

# Quantock Eco

Building Sustainable Lifestyles

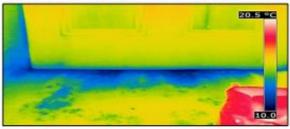
invites you to stay warm and save

# **DRAUGHTS**

of

# **MONEY!**

a talk by heat loss expert Catherine Simpson, CEO, Building Simulation



Friday 4th February – Nether Stowey Church Centre Doors open at 6:30 for 7:00 pm start Members & students free, non-members £6

For more information email quantockeco@btintemet.com or call 07725 525484

#### **GARDENING WITH NICK RIGDEN**



A sigh of relief that the worst of the winter 'should' now be over and a new gardening year should be underway! With day length getting longer, Spring does not seem so very far away and we should be planning for the coming season and getting some early sowings and planting underway.

The autumn and winter weather has been a mixed bag: rain, gales, a few frosts and very little sunshine! This may have meant that some gardening jobs such as clearing old crops, winter digging and general border maintenance have fallen behind and need to be completed provided the soil has dried out sufficiently.

**Vegetables:** One of the advantages of raised beds and no dig beds in the vegetable garden is that drainage is generally much better and you are working from the paths rather than standing on the soil. Covering with black polythene or cloches will warm the soil and allow early sowings of broad beans, peas and early carrots. If carrot root fly is a problem choose varieties that show some resistance or ensure the rows are covered with very fine enviromesh. Lettuce and salad leaves are also worth sowing. Make sure that the varieties chosen are suitable for early sowing otherwise summer varieties tend to 'bolt' i.e. run up to seed. Seed potatoes should be purchased and the tubers placed in egg boxes or seed trays in order to 'chit'. It is a good idea to check through your old seed packets. Carrots and parsnip quickly lose their viability, especially if the packet has been opened and it is better to start with fresh seed. Peas, beans and lettuce should be fine even after two or three years.

**Pruning:** Complete any pruning of tree and soft fruit that is still outstanding, and it is a good month to carry out any renovation pruning of old shrubs including out of control climbers. Hard pruning may cause loss of flower in the first year but it does allow the shrub to be rejuvenated and re-shaped. Shrubs that flower late in the season such as Buddleja davidii, Lavatera and Hydrangea can be pruned now. They benefit from being pruned fairly hard to where dormant leaves/buds can be seen and the result will be strong new growths that will carry abundant flower in mid-late summer. Dormant Wisteria side-shoots can be pruned back to two or three buds. At the end of the month late flowering Clematis such as the Viticella and Texensis types can be pruned hard to encourage quality growth from the base. Towards the end of the month pruning of hybrid tea, floribunda and shrub roses can be carried out. Pruned shrubs and roses will benefit from an application of a mulch such

as well rotted compost or manure.

**Ornamentals:** Summer flowering plants such as pelargoniums, begonias, antirrhinums, gazanias, lobelia and sweet peas can be raised from seed. Some warmth will be beneficial such as an electric propagator in the greenhouse – a wet February day is a good opportunity to ensure the greenhouse and equipment is thoroughly clean. A warm window sill may suffice but once germination takes place ensure that the seedlings get plenty of light. Lenten hellebores will be starting to show their flower stems and old leaves can be cut off to show their flowers better.

Nick Rigden

#### **NEWS FROM THE QUANTOCK MEDICAL CENTRE**

A Belated Happy New Year and a big THANK YOU for our Christmas gifts, your kind thoughts are very much appreciated.

Just a few things to let you know about this month:

If you are feeling in need of a change of scene, a chance to meet and talk to others, why not join:

- our Tuesday morning walking group, you can pick up a timetable from our reception.
- or if you are feeling creative, come along and join the Art Group on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month 2-4pm at the Nether Stowey Church Centre (donation of £3 a session requested).

If you are in need of some help and motivation to get moving and improve your health, our Health and Well Being Coach, Grace, is available on a Wednesday afternoon to support you. Call reception to book an appointment. She is also able to offer access to groups for: Weight loss, Living with type 2 Diabetes, Well Women, and access many other activities.

First Contact Physiotherapist. We are going to be working with Cannington Surgery to share access to a physiotherapist once a week. They will be able to see patients with any new musculoskeletal problems (unfortunately not those who have seen their GP and are currently being investigated). This is an attempt to help support the GPs' workload, and is successfully up and running in a number of Bridgwater practices. Please don't be surprised when you are asked by the receptionist for the reason you would like an appointment, as this is to try to help direct you to the most appropriate clinician.

Devon & Somerset Fire & Rescue Service (DSFRS) are committed to improving community safety to reduce the number of deaths and serious injuries in the home. A Home Safety Technician can carry out a free Home Safety Visit, assess the degree of risk the person or family is facing, taking the appropriate action to reduce the risks and help prevent a fire or incident. This can include the fitting of a smoke alarm or hard of hearing alarm (for those with hearing loss), supplying fire retardant throws and/or bedding amongst other specialist equipment as well as advising the occupants on safe escape routes and what to do in the event of a fire.

To request a free home safety visit, please **complete the online referral form** <u>dsfire.gov.uk</u>. The form takes just three minutes to complete. Or call **0800 05 02 999** (Monday - Friday, 9am-5pm)

Helen Stacey Practice Manager

#### Case example from Grace, Health & Wellbeing Coach

I have been working with Hilary during my time here at the surgery. Initially we spoke about her goals and concerns around physical activity, and the types of activity that Hilary could and could not do, we decided together that the Love to Pedal programme would be the best fit for her. This involved a 6-week trial of a set of static pedals which can be taken home and used at a convenient time and place.

Hilary started out using the pedals lightly and slowly, building up the strength and stamina in her legs. Hilary and I had a call to check in on her progress halfway through the trial to make sure she was getting on well and to discuss any further help she may need; as Hilary was getting on well, we scheduled our next appointment for three weeks later.

Hilary has now lost over 4kg and has been walking with her grandchildren as well as continuing with her static cycling most days. This has not only improved her physical health but also her overall wellbeing. If this sounds like something you would be interested in, get in touch by calling 07305 058 763, or head to the SASP website at: <a href="https://www.sasp.co.uk/health-coaching-service">www.sasp.co.uk/health-coaching-service</a>

You can also call the Quantock Medical Centre to book a telephone call or face to face appointment with me – I am usually about on a Wednesday afternoon at the Practice.





Into February already and since the last issue of the Messenger, the November, December and January meetings have all been held. Items discussed at the November and December meetings continued to focus on many highways' issues:

- Some progress has been made on the work that is required at Friarn with regards to drainage. The Highways department have inspected the drains and have some work to do to remove roots to allow more effective drainage. Additionally, representatives from the Parish Council will be meeting with Forestry England and local residents to discuss the work required by them to improve the situation further. The Highways department are not able to give a timescale on when their work will take place, therefore this will be monitored by the Parish Council.
- No further news has been received on the work required at Aley or Bincombe and this is being followed up on a regular basis.
- It has been reiterated to the Clerk and Councillors by the Highways department that the work to repair the damaged culvert on Adscombe Lane will not take place until the new financial year (April/May 2022), despite this being queried a number of times by the Parish Council, due to the safety aspect of the condition of the road.
- A number of suitable contractors have expressed an interest in being considered for the additional cut of the verges and once further details have been agreed, this work will be put out to tender. More information will be made available as this initiative progresses. With regards to the maintenance of hedges adjacent to the highway, it is requested that any landowner who has not yet undertaken this work does so before the bird nesting season starts at the end of February.

There is currently a vacancy for a Parish Councillor (by co-option). If you are interested in this, please contact the Clerk, or visit the website (see below).

With regards to the ongoing COVID-19 situation, caution is strongly advised and if anyone does need any help or support from the Parish Council, again, please contact the Clerk.

Alternatively, if you require more specific information or advice, the Clerk can signpost you to the relevant group or agency, to ensure you get the correct

and appropriate response.

The next meeting will be held on Wednesday 16<sup>th</sup> February 2022 and if any applications for the Parish Councillor vacancy have been received, these will be considered at this meeting.

Website: https://www.overstoweyparishcouncil.co.uk/

Email: <u>clerk@overstoweyparishcouncil.co.uk</u>

Phone: 07391 313740 (please leave a message if there is no reply)

If you could leave your contact details, we can then ensure any concerns raised are on the agenda for the next meeting.

Amanda McMurren, Clerk to the Over Stowey Parish Council



Community Council for Somerset (CCS), Viney Court, Viney Street, Taunton, TA1 3FB

Tel: 01823 331 222 Web: <u>www.somersetagents.org</u> Email: info@somersetrcc.org.uk

It can be tough in the cold and dark months to get motivated to exercise - what do you do to Get Outside in Somerset? For inspiration, why not visit www.getoutsideinsomerset.co.uk. The site is packed with activities and ideas to help you to get outside. Find a new passion where you could meet new friends or take up a new hobby.

You can also join in the Facebook group where people from across Somerset share local tips and ideas. Take part in the chat by going to:

https://www.facebook.com/groups/531875827909722

We are blessed in Somerset with an abundant choice of places to go, and most are free. From walking through our beautiful nature reserves, enjoying our town parks, or for the more adventurous, explore our magnificent hills. The Blackdowns, Quantocks and Mendips await exploration.

There really is something for every age and ability. If you struggle to get outside in Somerset, contact your local Village Agent who could find a community solution to help you.

<u>Carers' Groups make a welcome return</u> Carers in Somerset will be delighted to hear that many of the carers' groups are reopening across the county. Find

one near you:

Bridgwater, The Hub Angel Place

Bishops Lydeard, Mount St

**Taunton,** Wellsprings Church

Minehead, Minehead Hospital

Find out more about your local group on our Carers Hub: <a href="https://www.somersetcarers.org">www.somersetcarers.org</a>. If you look after someone else, whether that's family, friend or neighbour, the hub is packed full of support, activities and training.

Not sure if you are a Carer? Call our advice line and make sure you have the right support for you and the person you look after. 0800 31 68 600 or text 'Carer' to 78070 to receive a call-back. Ask your Village Agent for information and ideas on supporting the person you care for, so you can get to take a break and attend a carers' group.

Can't make it to a carers' group? There are weekly Talking Cafes near you, for help and advice from your local Village Agent. <a href="www.somersetagents.org/talking-cafes/">www.somersetagents.org/talking-cafes/</a> Follow our service dedicated to Carers on Facebook or Twitter @SomersetCarers.

Sarah Bennett, Nether Stowey Village Agent

#### **SOMERSET NHS FOUNDATION TRUST NEWS**

People in Somerset being cared for by community mental health teams are getting additional support to get back into paid work.

Somerset NHS Foundation Trust's (FT) employment support service follows an individual placement and support (IPS) model – an evidence-based programme that aims to help people with severe mental health conditions find and retain paid employment.

Jo Moore, Somerset FT's clinical lead for the service, "There are so many benefits for people with severe mental health conditions finding paid employment. These include improved confidence and self-esteem, having a valued role, meeting people, improved physical health, improved motivation and energy, a sense of achievement and financial stability."

They also have a small team of job retention specialists within the service to support people who currently have a job but are experiencing severe mental health conditions that may be impacting their employment or their mental health may be affected by their particular job situation.

## Hinkley Point C - Monthly Update



## A round up of the latest news from Hinkley Point C.

#### Secretary of State praises progress at Hinkley Point C

The Secretary of State for Business, Energy and Industrial Strategy has been in Somerset, seeing how work is progressing at Hinkley Point C. Kwasi Kwarteng MP toured Europe's largest construction site with the Exchequer Secretary to the Treasury, Helen Whately MP.

The Government has committed to putting nuclear at the heart of the UK's future energy mix, along with wind and solar. Hinkley Point C will be crucial in helping the country hit net-zero carbon emissions by 2050 – by moving the UK away from high-polluting fossil fuels.

Business and Energy Secretary Kwasi Kwarteng said: "It has been remarkable to see how construction work is progressing and to meet with some of the workers driving forward one of Britain's biggest infrastructure projects. New nuclear is not only at the heart of our plans to ensure greater energy independence, but to create high-quality jobs, boost apprenticeships and drive economic growth.

The UK Government recognises that large-scale nuclear is the only technology available to provide continuous, low carbon electricity at scale. In order to strengthen Britain's energy security and reduce our exposure to volatile global gas prices, we are firmly committed to deploying new nuclear, as seen through the construction of Hinkley Point C."

#### Chris joins the Hinkley Point C Chaplain team

The chaplaincy team at Hinkley Point C welcomed its newest member this week, Chris Pollard. Chris, a former bank manager and driver with Somerset Passenger Solutions has joined Ewen Huffman, Lead Chaplain, in helping to provide a listening ear for the workforce at Hinkley Point C. The Chaplaincy team focuses on looking after the overall wellbeing needs of those who work on the project. Working alongside the occupational health team and the Mental Health Buddies, the chaplain service cares for individuals pastorally and spiritually. The service provided is for those of all faiths and none to offer a listening ear and support. In addition to playing a key role in the health and wellbeing of the workforce, the chaplains also support on-site community spirit by heading up the charity arm of the Safe Day, Safe Month initiative providing funding for local charities, running the site based choir service the 'Hinkley Harmonics' and hosting services and events for the those working on the project.



Chris Pollard, left, with Ewen Huffman, the lead chaplain at Hinkley Point C



#### Stay up to date with what's happening on site

You can find the latest images, videos and updates from Hinkley Point C site on our website: <a href="https://www.edfenergy.com/hinkleypointc">www.edfenergy.com/hinkleypointc</a>
You can also follow us on Twitter: @hinkleypointc and Instagram. If you would like to receive emails with our monthly updates from the project, please email:

Hinkley-enguiries@edf-energy.com

Get in touch

Website: edfenergy.com/hpc Email: hinkley-enquiries@edf-energy.com Telephone: 0333 009 7070

#### **CORONAVIRUS SUPPORT**

If you are self-isolating or need extra support, contact:

**Somerset Local Authorities' Coronavirus Support Line** - 0300 790 6275 - 8am-6pm 7 days a week (they can put you in touch with local groups who can help with fetching shopping, medication and other essentials supplies, as well as other aid).

**Somerset Bereavement Support Service -** 0800 3047 412 - Monday to Saturday, 9am-5pm

**Somerset Mindline** - 01823 276 892 - is open 24 hours a day for mental health and emotional wellbeing support.

**Samaritans** - 116 123 - 24 hour support line.

**Papyrus** - 0800 068 4141 - If you are concerned about a young person who may have suicidal thoughts.

**Campaign Against Living Miserably (CALM)** - 0800 58 58 58 - Offer support to males of any age.

**Educational Psychology Service** - EPSHelpline@somerset.gov.uk (email best method of contact) or 01823 357 000

**Listening Chaplaincy Phoneline** for people of all faiths - 0330 229 1700 - 8am-11pm 7 days a week.

**Daily Hope** free phone line of hymns, reflections and prayers - 0800 804 8044 - 24 hours a day

**Over Stowey Neighbourhood Watch** - Tam Weeks - Mobile: 07841 866 596 (between 8am-8pm only please) - Email: tam.weeks@yahoo.co.uk

If you want to contact outside of 8am-8pm, please contact using text message, Facebook Messenger, Nextdoor or WhatsApp.

See Community Directory (p.32) for Parish Council and Medical Centre contact details.

### **COMMUNITY DIRECTORY**

Police (emergency: 999 or non-emergency: 101)

Email somwestnptsedgemoor@avonandsomerset.pnn.police.uk PC Claire Allen, PCSO Jason Wyatt, PCSO Jeremy Pidgeon Jake Dade (Hinkley issues only). @avonandsomerset.police.uk

Antisocial behaviour 0800 298 2009 Vandalism on the Quantock Hills use 101 Household noise problems (Environmental Health) 0845 408 2540

Michael Caswell 01278 652 043 County Councillor:

MCaswell@somerset.gov.uk

District Councillors Michael Caswell 01278 652 043

> michael.caswell@sedgemoor.gov.uk Julie Pay 01278 732 956

julie.pay@sedgemoor.gov.uk

**Nether Stowey Parish Council Over Stowey Parish Council** Clerk: Caro Slaymaker Clerk: Amanda McMurren

01278 733 779 01278 734 689

clerk@netherstowey-pc.gov.uk clerk@overstoweyparishcouncil.co.uk

**Bookings secretaries** 

N/Stowey Church Centre Pat Stacev 01278 732 518 (9am—9pm)

N/S Village Hall Jan Miller 01278 733 436 O/Stowev Village Hall Wendy Hill 01278 732 194

Quantock Medical Centre (if closed call the NHS on 111)

Reception 01278 732 696 Dispensary 01278 733 385

Centre open 8am - 6:30pm (Mon-Fri)

Dispensary phone line open 10am - 12pm & 4 - 5pm (Mon-Fri) Pick up from Dispensary 10am - 12pm and 4 - 6pm (Mon-Fri)

quantock.mc@nhs.net https://quantockmedicalcentre.gpsurgery.net/

Cannington Health Centre (if closed call NHS on 111)

Reception 01278 652 335 Prescription line 01278 651 311

**Other Community Facilities** 

Citizens Advice Consumer Helpline 03454 040 506

Thomas Poole Library 732 741 (Mon, Wed, Fri 10am-1pm / Fri 2-5pm / Sat 10am-12)

Quantock Hills AONB, Amanda Sampson - 01823 451 884, quantockhills@somerset.gov.uk

**Community Car Scheme** Stowey Shuttle - 07943 923 742 (48 hours in advance) **Nether Stowey Post Office** 

732 235 (9am-1pm & 2-5pm Mon-Fri, 9am-12:30 Sat,

closed Sun)

Village Agent: Sarah Bennet, 07985 680269, Email: sarahb@somersetrcc.org.uk

### **CHURCH SERVICES – FEBRUARY 2022**

	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>
	February	February	February	February
	4 <sup>th</sup> Sunday	3 <sup>rd</sup> Sunday	2 <sup>nd</sup> Sunday	Sunday next
	before Lent	before Lent	before Lent	before Lent
Nether Stowey	11:00am Morning Worship (C/Centre)	11:00am Holy Communion (Church)	11:00am Morning Worship (C/Centre)	11:00am Holy Communion (Church)
Over Stowey	6:30pm Evensong	9.30am Holy Communion (BCP)	9:30am Holy Communion	9:30am Morning Worship
Aisholt	11:00am Matins	3.30pm Evensong (BCP)	11:00am Holy Communion (BCP)	11:00am Matins
Enmore	11:00am	11.00am	11.00am	11:00am
	Holy	Family	Morning	Holy
	Communion	Worship	Worship	Communion
Goathurst	9.30amam Morning Worship	9.30am Holy Communion	9.30am Family Worship	6:30pm Holy Communion (BCP)
Spaxton	9.30am	11.00am	11:00am	9:30am
	Holy	Morning	Holy	Morning
	Communion	Worship	Communion	Worship

#### Dear All,

I have been watching the TV Show 'The Masked Singer'. For those of you who haven't seen it a group of celebrities, disguised with elaborate costumes compete in a singing competition. Each week one contestant is voted off but before they go, they must reveal their true identity. Before this happens, there is a period when celebrity judges and studio audience all chant repeatedly 'take it off, take it off.'

I have been reflecting a little about the masks we all wear. We have, of course all got used to wearing face masks to protect ourselves and others from Coronavirus but the masks I'm thinking of are the unseen ones. In church and possibly elsewhere there is what I call the 'I'm fine mask'. It is the one we put on when someone asks how we are – we smile and answer 'I'm fine' even when what we really want to say is I'm really feeling rubbish today. Sometimes this may be appropriate – it's probably not good to give the details of the argument we have just had with someone in our family to our boss at work, but often the mask prevents us from accessing help and support as we need it. Sometimes a mask hides our true behaviour or feelings about someone. We seem to be kind to someone but behind our mask of friendliness we are gossiping about them to others.

Masks hide fear, relationship problems, our sexuality, depression and many other things. However, what they all have in common is that they prevent other people from knowing who we really are. The Bible has quite a bit to say about mask wearing. You might not spot it but in the gospels, Jesus often condemns hypocrites - a word literally meaning 'mask wearer'. Hypocrites are condemned for pretending to come as sheep when really they are wolves waiting to devour the people, for standing on street corners to pray when their behaviour denies his existence or for saying we love God but hating our brothers.

In God's kingdom there is no place for mask wearing so my prayer is that each of us will look at ourselves, notice the mask we put on and with God's help 'Take it off'.

Rev'd Nicki Bradford

### **CHURCH CONTACT POINTS**

#### ST. MARY'S, Nether Stowey with ST. PETER & ST. PAUL, Over Stowey

**Rector** Revd. Eleanor King Tel: 734 777

The Rectory, 25 St Mary St, Nether Stowey TA5 1LJ

eleanor.king@hotmail.com

Associate Priest Revd. Kate Sax Tel. 671 168

The Vicarage, Church Road, Spaxton TA5 1DA

kate.kinkiizi@gmail.com

Working days: Sun, Tues, Wed

**Curate** Revd. Nicki Bradford Tel. 327 681

nicki.bradford@hotmail.com

**Readers** Mrs Viv Chesterton, B.A. Tel: 733 568

3 Bishop Road, Nether Stowey TA5 1NP

Mrs Maggie Harrison Tel: 732 532

32 Old Farm Road, Nether Stowey, TA5 1PE

Mrs Alison Hoare Tel: 732 350

2 Park Cottages, Over Stowey

Mrs Jeanette Bole Tel: 741 297

Putsham Mead, Kilve TA5 1DZ

Church Wardens - Nether Stowey

Mr. Alan Simson Tel: (01984) 632 773

Weacombe Gate, West Quantoxhead, TA4 4EB

Mrs. Gerry Wright Tel: 734 584

1 Mount Road, Nether Stowey, TA5 1LU

Church Warden - Over Stowey

Mr. Peter Higginson Tel: 732 102

Bincombe Tops, Over Stowey

**Church Centre Contact:** 

Mrs. Barbara Beer Tel: 732 412

Church Centre Bookings:

Mrs. Pat Stacey Tel: 732 518

Benefice Office: Mrs Alison Hoare

Church Centre, 27 St. Mary Street, Nether Stowey TA5 1LJ

Office hours Mon, Tue, Wed, Thu. 9am - 11am

Otherwise phone & leave a message or email Tel: 732 855

Email: qv.benefice@gmail.com

#### STOWEY SHUTTLE NEEDS VOLUNTEERS

Could you be a driver with Stowey Shuttle? Stowey Shuttle is a local community car scheme, which provides car journeys at cost to its registered members. It is run entirely by volunteers who manage the scheme, receive and allocate requests for travel, and drive our passengers using their own cars. Our drivers receive a mileage allowance for each journey, and we are supported by Somerset County Council and the scheme is linked to the bus pass scheme.

We always welcome more volunteers and at present would like to increase the number of our drivers. If you can offer yourself and your car or would just like to know more about what is involved, please ring Dave, our driver representative, on <u>01278 732466</u>.

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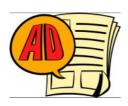
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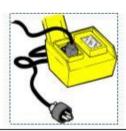
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