



ISLE OF WEDMORE NEWS

March 2024
No. 528

RODERICK THOMAS

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Roderick Thomas



Editorial

With Spring just round the corner (although I think it started in late January with the first daffodils in our garden...) it is time to brush off the cobwebs and (hopefully) get some sunshine to start building up that vitamin D. Tony Connell is also back this month with a selection of jobs for you to be getting on with in the garden.

To tempt you out of the house there are some great events lined up over the next couple of months. This starts with The Big Tidy Up, as we get together to do the annual 'Spring clean' around the village. There is also the launch of the exciting Wedmore Village Farm project, taking shape with amazing efforts from the Wedmore Village Farm Team, aided by muscle from Wedmore Men's Shed.

We also see the last of this year's Warm in Wedmore dates. Well done to all of the groups who have contributed to this great communal event, typical of the caring village that we live in.

Finally, don't miss the return of the ever-popular Clash of the Choirs and the infamous, unpredictable, Clapometer. Great fun and tickets will sell out fast!

Cheers, Ian

Front Cover

Photo of Wedmore Village Farm

Liz Sweeney

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Wedmore News is digital! Each edition will be published on The Isle of Wedmore Website, www.theisleofwedmore.net. If you are a contributor who for copyright reasons does not want your entry included, please make this clear when sending it to the editor.

Key Events for March

Here is your round-up of the key events during January. **Please see the articles later in this magazine for full details.** More exciting things to do across the Isle of Wedmore are also covered in the regular centrespread 'What's On' listings.

The Big Tidy Up – 3 March

The next Big Tidy Up will be on Sunday 3 March. Starting at 10.00 am. Meet in the yard at Borough House and help us keep the lanes in and around the village looking loved and cared for. Help especially welcome from 11.00 am for sorting and recycling! See article later in this issue for full details or contact Venetia Hopkins 07967 660040.

Warm in Wedmore – Up to 7 March

Your last chances to catch this year's Warm in Wedmore are on Wednesday 6 and Thursday 7 March!

Wedmore Village Farm Launch – 22 March

Join us for our launch at Wedmore Village Farm, Plud St, Wedmore, 10.00 am until 3.00 pm.

Clash of The Choirs 'The Return' – 23 March

Please see the article later in this issue for more details soon of this popular village event at St Mary's Church. The much sought after tickets will be available from mid-February online and at Wedmore Village Store (aka The Paper Shop).

**CLASH
OF THE
CHOIRS**

Coming Soon

Below is a selection of events coming up in the Isle of Wedmore later in the year, so get these dates locked in and plan your year around them. We will bring you further details in later issues of the Wedmore News closer to the events.

Wedmore Friends of Weston Hospicecare Fashion Show – 13 April

The Wedmore Friends of Weston Hospicecare will be holding a fashion show on 13 April, 2.30 pm, at the Isle of Wedmore Bowls Club. Further details in the News section of this issue.

Freecycle – Sunday 14 April

10.00 am to 12.00 noon at the Village Car Park, Worthington Close. Further details in Green Wedmore article.

Wedmore Young Farmers – 20 April

This year Wedmore Young Farmers will be celebrating 90 years. They will be holding their annual show at the George Hotel in the centre of Wedmore on Saturday 20 April, 10.00 am to 1.00 pm. See article later in this issue.

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Wedmore Festival – 11 to 19 May

This year's Wedmore Festival is going to be unlike anything you have ever witnessed before. With so much going on in Wedmore during May, you'll wonder how on earth we managed to pack all this impressive talent into such a small space! See article later in this issue or visit www.wedmoreartsfestival.co.uk

The Parish Assembly – 24 May

A popular and vibrant community evening, where ideas are discussed, plans made, and people brought together through their shared passion for their homes and village.

Wedmore Opera – Encore! – 6 July



wedmore opera

Following Wedmore Opera's sell-out production of The Marriage of Figaro in October, you don't have long to wait for another chance to hear some of those amazing voices raise

the roof.

On Saturday 6 July soloists and the chorus of Wedmore Opera will be performing a selection of favourite opera arias in Wedmore Village Hall. The bar will be open from 6.00pm with Pimms and other summertime treats.

Wedmore Harvest Home – 17 August

The next Wedmore Harvest Home will be held on Saturday 17 August 2024. See later editions of this magazine for further details nearer the time.



Wedmore 40-30 – 1 September

Growing every year, the Wedmore 40-30 cycling event will take place on 1 September this year. Registration will go live soon for the 70-, 40-, 30-mile routes and for the family friendly 12-miler.

Wedmore Real Ale Festival – 13 to 15 September

The ever-popular Wedmore Real Ale Festival will take place this year from 13 to 15 September.

News

Parish Council Business

Hello Friends,

How lovely it is to have you here again! Here we are at the beginning of March, can you believe that we've been doing this for almost 2 years, and what a couple of years it's been! The thing is, (and I know you're probably all sick to death of me banging on about it) but I hadn't really realised, until I started this 'job' how much passion I really do have for our little space in the world. I hope you're starting to appreciate this is more than just a job for me!

I know for a lot of you the Parish Council has a great amount of stigma attached to it, the connotation of what it means to be a parish councillor, but can I just stop

you mid-eyeroll for a second and say, it can be whatever you want it to be! I know, I know ‘cheesy’! But honestly there is such a diverse group of people I’ve come to know, and they all want to make a difference, they all want to show you what is possible if we work together, and quite honestly I think there are plenty more of you out there that think things could be better, or perhaps you feel your voice is not being heard **so do something about it!** I’ve got plenty of spaces...

Just so you don’t feel like I’m only here to whine about joining the Parish Council, I’ll also shamelessly plug the upcoming Parish Assembly. It was, in Ye Olde Times, a popular and vibrant community evening, where ideas were discussed, plans made, and people brought together through their shared passion for their homes and village. Last year we made great strides and had a lovely evening celebrating all the people who have and continue to do amazing work for our community. So, if you fancy a night out its Wednesday 24 May, be there or be square!

The carpark is now looking splendid thanks to some back breaking work from Jon and Paul from Special Branch and Taylormade Services. Craig from C&T Maintenance Services has also been amazing helping to sort out the new lights which really help to make the carpark much safer for all users at night, and the CCTV is **finally** 100% up and running.

Anyway, to conclude:

Councillors – **We need more!**

Allotments – We have a couple available for rent, email me if you would like to discuss this.

Henry Butt Trophy nominations will be greatly received – See the article later in this issue (let’s have a record-breaking year please)!

Carpark done, toilet block next!

Lindsey Baker, Clerk, Wedmore Parish Council

Wedmore Village Farm

We are thrilled to introduce Wedmore Village Farm, a ground-breaking initiative nestled in the heart of Somerset. Our vision is to create a sustainable and inclusive community hub, fostering a harmonious relationship between people and the land. Join us for our launch, 10.00 am until 3.00 pm on 22 March.



What is Wedmore Village Farm?

Organic Community Farming: At the core of our project is the commitment to grow fresh, organic produce for the Wedmore community. We believe in the power of locally sourced, sustainably cultivated food to nourish both body and soul.

Horticultural Therapy for All: In addition to our farming efforts, Wedmore Village Farm will host a Care Farm programme. Individuals with learning disabilities will have the opportunity to engage in therapeutic horticulture, fostering personal growth and connection to nature. Working in collaboration with local charity Somewhere

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House, we will also be providing space for people recovering from addiction to access horticultural therapy as part of their treatment.

The Food Forest Project: We are proud to collaborate with The Food Forest Project, a charitable organisation dedicated to addressing local food insecurity. A portion of our farm will be dedicated to growing free, organic produce for the local foodbanks, ensuring that no one in our community goes hungry.

The Men's Shed: aims to advance the health and well-being of participating men and creating opportunities for men to contribute to their local communities. Wedmore Village Farm will host the Wedmore Men's Shed, a community based, friendly, and welcoming meeting place where men come together and undertake a variety of activities, including talks, day visits and construction, repair, and landscaping projects in the community.

Why We Need Your Support:

To turn this vision into reality, we need your help. The funds raised through this crowdfunding campaign will be instrumental in covering essential start-up costs, including:

Infrastructure Development: Creating a sustainable and functional space for our community farm and care farm activities.



Seed Funding for Growth: Investing in quality organic seeds, compost, tools, and equipment to kickstart our farming initiatives.

Facilities for the Care Farm: Providing a dedicated sensory garden for users of the Care Farm scheme.

Community Outreach and Education: Engaging the community through workshops, educational programmes, and events to promote sustainable living and well-being.



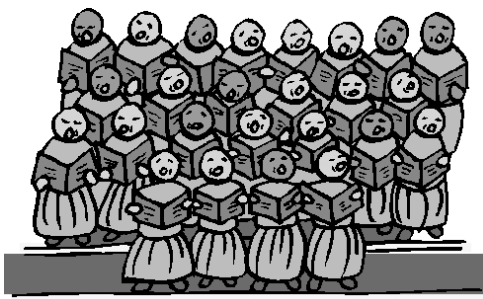
Join Us in Cultivating Change – Your contribution, no matter how small, will play a crucial role in making Wedmore Village Farm a vibrant and inclusive space for everyone. By supporting us, you are not just investing in a farm; you are investing in the well-being of our community and the sustainability of our shared future. Be a Seed of Change - Support Wedmore Village Farm Today! Together, let's sow the seeds of a healthier, happier, and more connected community. <https://www.crowdfunder.co.uk/p/wedmore-village-farm>

Tristan Faith
Wedmore Village Farm Team

Clash of The Choirs 'The Return'

After a covid break, and by public demand, the famous Clash of the Choirs returns on Saturday 23 March at St Mary's Church 5.30 pm for 6.30 pm. Local singers will get 12 minutes each to impress an audience of 350 - their applause and acclamation will, in turn, influence the dreaded 'Clapometer'!

Singers include Wedmore First School, The Blue Belles, Joyful Voices,





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St Mary's Choir, Hugh Sexey's Singers, Wookey Ladies, The Avalonian Free State Singers, The Ukrainian Singers, Chorus of Disapproval, and Street Men.



The much sought after tickets are going fast but probably still available online at Eventbrite <https://www.eventbrite.com/e/clash-of-the-choirs-tickets-803857919677> and from

Wedmore Village Store. Contact David Hopkins 07984 924432

CLASH OF THE CHOIRS

The Henry Butt Trophy – Nominations Open

Henry Butt (1861-1944) was the son of a Langport coal merchant, Henry was sent to Weston-super-Mare aged 18 to manage a branch of the Somerset Trading Company, though he quickly decided to set up his own competing business. He was an astute operator, eventually taking ownership of Milton Quarry and, with oodles of cash and his own stone to hand, purchased numerous middle-class hillside houses which he converted into flats, all of which still bear his brand name - 'Mansions'.



Being something of a rough diamond and self-publicist Butt climbed the social ladder with difficulty and when snooty members of Weston Golf Club rejected his membership application Butt simply founded an alternative club – on Worlebury. He helped fund the Winter and Italian Gardens projects and almost single-handedly raised £60,000 (£3.5million today) to build a new hospital in the Boulevard.

Henry became Weston's first Mayor in 1937 and died at his home – Langport House in Eastfield Park. He was buried with his wife, who tragically died during their Mayoral year, in Milton Road Cemetery.

Henry presented a cup to Wedmore in the mid 1930's to be used for a pushball competition which was held each year in the Lerburne. The trophy was awarded in recognition of Wedmore raising a very large sum of money towards a new wing at the General Hospital Weston Super Mare, known as the Henry Butt Ward. He also gave all the ladies who helped raise this money a string of pearls!

When the competition ceased, the cup was put away for a number of



years. Then, in 1962, the cup was resurrected and is now presented annually for Outstanding Service to the community. In 2023 the award was made to Arthur Gadd, for his dedication and services to Wedmore Harvest Home.

Awards are also given annually to people who have contributed significantly to

the community, whether for work done over the past year or commitment over many years. Whether individuals or groups, if you know someone deserving of an award download the nomination form or contact: clerk@wedmore-pc.gov.uk or phone 01934 713087.

Closing date for nominations Sunday 6 APRIL 2023. Recipients, and their nominators, will be invited to the Annual Parish Assembly to be held on Wednesday 22 May to receive their award.



Wedmore Friends of Weston Hospicecare

The Wedmore Friends of Weston Hospicecare will be holding a fashion show by the Hidden Boutique, Axbridge. This will be held on Saturday 13 April, 2.30 pm, at the Isle of Wedmore Bowls Club. Why not come and join us and support the excellent work of Weston Hospicecare

Tickets are £12.50 each (non-refundable) and include cream tea. Tickets are available from: Trish Newell 01934 713117, Liz Burton 01934 221288, Shirley Wederell 01934 712089, Dave Nicholls 01934 713483, Wedmore Village Store 01934 712545, and the Hidden Boutique, Axbridge Square 07795 360018. We look forward to seeing you!

Wedmore Community Bus Needs New Volunteer Drivers!

The community bus has vacancies for volunteer drivers for Scheduled Services on Mondays to Fridays and/or Private Hire for community and social groups on weekday evenings and at weekends.



We would particularly welcome volunteers connected with community groups as we'd like to expand use of the bus by this sector.

Driving the bus

- isn't a big commitment. Many volunteers are only available occasionally, but they still make a valuable contribution. Even the volunteers who drive most frequently rarely drive more than once a month and they only drive at times when they make themselves available.
- is very rewarding as it provides an important service to many local residents.
- is great fun as the bus is a friendly place where there is normally a happy buzz of conversation and plenty of laughs.
- isn't difficult. All drivers are given free training by an approved Somerset CC trainer. This is provided before the volunteer starts driving and is repeated every 4 years.

Volunteers do need to have category D1 on their driving licence, but this should be available on all licences gained before September 2008. They will also need to undergo a DBS check (Disclosure and Barring Service) which we will arrange at no cost to the volunteer.

Interested?

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For further details of the Community Bus and its services go to the Wedmore website at theisleofwedmore.net under Local Directory/Wedmore Community Bus or email us on wedmorebus@gmail.com

Enhanced Community Bus Service

The Community Bus services to Weston-super-Mare, Bridgwater and Cribbs Causeway are being enhanced!

Cribbs Causeway

Last year we initiated a monthly service to Cribbs Causeway Shopping Centre, which normally runs on the 3rd Monday of each month. This has been so successful that we have extended our trial of additional trips to March and April.

So, there will be Cribbs Causeway services on 4 and 11 March and 8 and 15 April. For bookings and further information call Angeline Duckett on 01934 712631. These trips are popular, and spaces are limited so call as soon as you can.

Bridgwater and Weston-super-Mare

These services run weekly on Wednesdays and Thursdays respectively. Both services will now make additional stops at the out-of-town Shopping in addition to the existing stops in the town centres.

This means passengers can now be dropped off and picked up at either the town centre or the out-of-town shopping. By arrangement there will usually also be an option to be transferred between the two locations.

The out-of-town shopping at Weston includes Dunelm, The Range, Iceland, Halfords, Wicks, B&M, Currys, Pets at Home, Topps Tiles, Next, Asda, Waitrose and Majestic Wine.

At Bridgwater it includes Sainsburys, Lidl, Iceland, Asda, Costa, McDonald's, Subway, M&S Foodhall, Pets at Home, Jollyes Pet Store, Farmfoods, Cancer Research UK, Home Bargains, Currys, Shoe Zone, Next, Card Warehouse and Halfords.

So, there's plenty of retail therapy available at both locations!

Further details of all Community Bus services are available at the end of this magazine.

Kings of Wessex Reading Scheme – Volunteers Needed

Do You like Reading?

The idea of the reading scheme is to pair adult volunteer readers with students at the Kings of Wessex, Cheddar who are still having difficulty reading with confidence. It is hugely satisfying for the Volunteer and much appreciated by the School and Students.

The sessions, that last around 20 minutes from 8.45 am to 9.05 am, are held one to one in the School Library during term time. The volunteers are asked to commit to a regular time each week although, of course, there is flexibility around holidays and other commitments.

Volunteers have to be included in the normal DBS checks that all School staff undergo as well as attend annual safeguarding training. If anyone is interested, please email Lydia Seddon by email at Lseddon@kovessex.co.uk

Wedmore Festival

Not long now...

This year's Wedmore Festival is going to be unlike anything you have ever witnessed before. With so much going on in Wedmore during May, you'll wonder how on earth we managed to pack all this impressive talent into such a small space!

There will be a few familiar faces you are bound to recognise, each of them sharing with the Wedmore audiences their own special field of expertise. We're especially delighted to welcome back Kate Adie, one of the Festival's patrons, and Poppy McGhee, our 'very own' violinist. But there will also be some newcomers to the village, young and old, famous and on the way!

We have classical musicians, tribute musicians, singers, dancers, singing dancers! We have jazz and pop, strings and woodwind. We have comedy (none other than the multi-award-winning Mock the Week regular Andy Parsons), murder mystery, fashion, make up, drama, art history, even an encounter with Sherlock Holmes. And we have an afternoon of Tudor pageantry as Darren Royston (BBC's Dancing Cheek to Cheek) helps the ladies from court to celebrate the merrie month of May. You can even join in yourself if you happen to feel like dancing!

There's plenty to look forward to, with the full programme revealed in next month's Isle of Wedmore News. So, make sure you don't miss the updates, or the tickets: become a Friend of the Wedmore Festival now. Full details on www.wedmoreartsfestival.co.uk

Dorothy Wright

'From Air Raid to First Aid' – A History of Wedmore St. John's Ambulance

As many of you will be aware, The Wedmore St John Ambulance Division closed in February 2003. The land was eventually sold in February 2021, thus bringing to an end, the existence of a village organisation that had served the sick and injured since 1940. The proceeds of the sale, together with all remaining Divisional assets, was donated to the Wedmore & Axbridge Community Health Fund.

From Air Raid to First Aid documents the history of the Wedmore Division from its origins as a war time First Aid / Civil Defence Party to a recognised St John Unit in 1945.

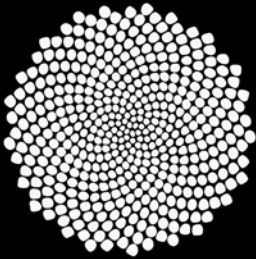
My father was a founder member, and I was the last Divisional Superintendent and not only one of the last three Trustees, but probably one of only three children of founder members who know the story.

Books are £10 each and 25% from each sale will be donated to the Wedmore & Axbridge Community Health Fund. By purchasing a copy, you will be supporting your local Doctors and Health Care Professionals. If you would like a copy, please contact me by either email or telephone: silvz51@yahoo.co.uk or 01278 792536.

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Pushing Hard to Raise Awareness for Brain Tumour Research

Imagine pushing a gym prowler weighing at least 40kg continuously for 24 hours up and down the gym! That's the Challenge Target Fitness set themselves in memory of Adam Stimpson, aged 20 from Wedmore who tragically lost the fight against Brain Cancer. On Saturday, 3 February 2024, Target Fitness raised over £9,700 for The Brain Tumour Charity, the UK's leading charity dedicated to fighting this devastating disease, by doing a 24-hour 'Prowlathon' challenge. The gym prowler was pushed up and down the gym for 24-hours to see how many equivalent laps of the Cheddar reservoir they could complete.

More than 50 gym members and their friends took part in this unique challenge that was named the PROWLATHON. They were supported on the day by many friends and family offering their encouragement. The prowler was pushed 142,990 laps of the gym an **incredible 88.8 MILES** - nearly 3 and a half marathons, and the equivalent of 40.3 laps of the Cheddar Reservoir. We averaged an amazing 3.7 miles per hour, with the supersonic 1.00am team completing an incredible 780 laps at an average of 4.83 mph. Thank you to Adam's friends, particularly the ones who came over from Swansea Uni to join in. A massive well done everyone!

Nathan Brown and Jac Goodacre, from Target Fitness, Weare, Somerset were inspired to hold the event in support for gym member Annette Stimpson whose son, Adam, tragically died in May 2023, less than 6 months after diagnosis of a Glioblastoma. Prior to his diagnosis, Adam was a fit young man in his 2nd year at University of Swansea studying Aeronautical Engineering.

Annette said: 'I am blown away by the support from all my friends at the gym for their enthusiasm and support for such an important cause. Losing a child is the worst thing any mother can imagine, we struggled to get an earlier diagnosis for Adam, we need a greater awareness of the early signs and symptom to increase the chances and quality of life for people suffering this dreadful disease'.

Donations can still be made through the <https://www.justgiving.com/page/target-fitness-prowlathon>



The Brain Tumour Charity is the UK's largest dedicated brain tumour charity, committed to fighting brain tumours on all fronts. They fund pioneering research to increase survival and improve treatment options as well as raising awareness of the symptoms and effects of brain tumours to bring about earlier diagnosis. The Charity also provides support for everyone affected so that they can live as full a life as possible, with the best quality of life. Find out more at <https://www.thebraintumourcharity.org/>

Avalon Camps Appeal

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A gift to us in your Will can power this work for years to come, so that we can help improve the lives of a few of the most deserving cases. £300 is all it takes to provide a weeklong adventure that can be life altering for these young people.

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Tasty Morsels – Recipes for You

Ingredients –

300g dark chocolate (either chips or broken bars)

100g butter

150g golden syrup

40g salted popcorn (fresh popped is best, even if it's microwaved)

150g salted pretzels, slightly crushed

50g mini marshmallows

50g dark chocolate (to finish)

Method –

Line a 20X20cm baking dish or tin with parchment paper.

Add the 300g of dark chocolate, butter, and golden syrup to a large microwave safe bowl. The bowl will need to be large enough to eventually fit all the ingredients in. Microwave on high for short 30 second bursts, stirring in between each burst until



(479)

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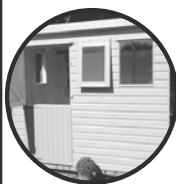
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the chocolate is nearly melted. The chocolate should melt completely as you give it the final stir. Add the popcorn, pretzels and marshmallows to the chocolate mixture. Mix well to ensure all the ingredients are covered in chocolate. Pour the mix into the baking dish or tin and spread it evenly.

In a small microwave safe bowl, melt the rest of the chocolate using short 30 second bursts. Drizzle this chocolate over the top of the rocky road.

Chill in the refrigerator for 4 hours or overnight to set. Cut into squares to serve. Store in an airtight container in the refrigerator for up to 2 weeks.

Enjoy 😊

Jennifer Wright

This Month in The Garden

Busy, busy, busy month in the garden, always depending on the weather of course. But our plants are waking up now and bursting with new sap and plump buds. It's a job to know where to begin!

A priority is to empty the compost heap now, spreading the mulch over borders but not too close to existing plant stems. There will be lots of old plant stems and grass clippings needing composting so maybe a second compost bin is needed? If not done yet, get the mower cleaned up and maintained, ready for action. If the lawn is dry enough, give it a first? cut or strim with the blade set high initially. Grass grows most quickly in the spring and autumn so don't delay that first cut. This is the time to lift, divide and replant clumps of snowdrops. Lift and pull apart in clumps of 5 or so then replant and water in well. Remember to top up the bird feeders to help our feathered friends. They will also search out caterpillars, grubs, and vine weevils, so encourage birds, frogs, toads, and hedgehogs to join your defence army!

Cut down the coloured stems of dogwoods (Cornus) and willows at the end of the month, cut to about 6 -12 inches (15-30cms) from the ground, as the best coloured stems are produced on new growth. The stems can be used to make wonderful woven features and supports for other plants. Late flowering clematis are best hard pruned now as they flower on new shoots. Early flowering clematis are best pruned after flowering with the vigorous 'montana' varieties generally best left alone or pruned hard every few years rather than every year.

On sheltered plots, the early potatoes can be planted together with onion sets, radish, parsnips, spinach, broad beans, and shallots. Seeds to be sown include beetroot, lettuce, leeks, and peas, but delay if frost is present. I prefer to grow sugar peas as you get a bigger lunch by eating the pods as well as the peas themselves and they are delicious hot or cold in salads. In the greenhouse, half-hardy annuals such as the highly scented nicotiana, the popular cosmos, tagetes, and cleome can be sown ready for planting out in May and June. This is an ideal month for planting new shrubs or border plants but be prepared to water well in dry spells until the plant is established. Looking good is the lungwort (Pulmonaria) and the very best pure blue is the variety 'Blue Ensign'. Visits to the garden centre are a real temptation now.

Now is really the last moment to prune bush roses. Like many hardy shrubs, these are best pruned using the replacement method, cutting about one third of the branches hard back to about 12 inches. Roses generally flower best on current year's wood,

so the idea is to encourage this by cutting some stems hard back (to encourage new growth) but to leave some branches longer. The modern new English roses (eg. Austin varieties) can be left a bit taller, but the same principle applies, and my comments are about bush roses only. Climbing roses are pruned more gently, cutting laterals back to a few buds but every few years cutting a mature stem back, so the replacement principle is the same. After pruning, plants really need a bit of feed so an organic rose fertilizer and an organic mulch will benefit depending on the current vigour. If your roses suffer from black spot disease, pick up and pick off as many diseased leaves as you can and feed the plants well.

Daffodils should be glowing by now, so remember to preserve the leaves as long as possible, remove just the old flower (not the stem) to prevent seeding and if you want to spread them, lift, divide, and replant once flowering is over, just like the snowdrops.

Once all this is done, it's time for a cuppa and a sit down to just enjoy your garden - this is probably the best advice I could ever give you!

Tony Connell

Country Lane Walker

It'll be spring in just three weeks, and everything is happening. Well, it was even in January, with daffs up, and many plants budding. Of course, this was written end of January, so don't know if we had weather in February, or not!! Hmm...

Getting so much brighter in March, with much longer days, to get in much more walking and doing all those things we have been putting off with the dreary months. It gets me as a Season Affected Disorder person, so I have to push, and do so. Now getting much easier.



Why do I walk?

Well, I met my neighbour Tony Pearman recently, I didn't know he had had a heart attack back in April 23. He was telling me of his experience with them wanting to do bypass surgery, but Tony wanted stents, so had to be referred to the same consultant at Musgrove I had, as the only guy who might be able to handle it. Success as with me. What a genius!!

So, learning of Tony's experience he wanted me to mention him by name, which I don't normally do, to push on the notion exercise saves lives, and improves health. Tony, an avid tennis player as so many of you know, had 4 stents, worked at getting better, and now is back playing tennis again!! This at 81 years old! Hey, what about that then!? Isn't that just great news folks?

Well tennis is not my thing. If I hit the ball, it's because I don't want it back again 😊!!! But, walking, as you may just have noticed, is my thing, and not beyond the bounds of most people's ability. So, I am still walking and talking with the trees, the sun and moon. I had my cardiac consultant on the phone recently, who was really pleased about my progress.

What else can I add this month? Well, I year ago I tripped over the large slab of stone at the bottom of Lascot Woods, with a nasty gash. Healed the wound with calendula tincture, best remedy for treating cuts and grazes. Hypericum best for puncture wounds, cuts and grazes. Some will make up a combination of the two. You



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My lovely Anne passed away this month 2 years ago, I still miss her every single day so very much. So, I walk for Anne too, good company, she always was that and still is as I still have contact with her, over 20 times now since her passing. But somehow life still goes on, still hearing her laugh and talking, and that amazing smile. Beautiful until the end.

O yay, Big Tidy Up day, we have been at it for around 15 years!! Please put in your diaries Sunday March 3 10.00am at Susanne Ager's yard, - Borough House, please bring gloves and litter grabber if you have one. We will pick up litter all around the roads and lanes of Wedmore village, and further afield for some. Good time doing something really worthwhile, and yeah, nearly forgot to mention - do some walking... and 11.00am to help sort.

If you want to chat, it's Melvyn 01934 712404 or 07976 288535 on WhatsApp too, or melvyn@gmx.co.uk

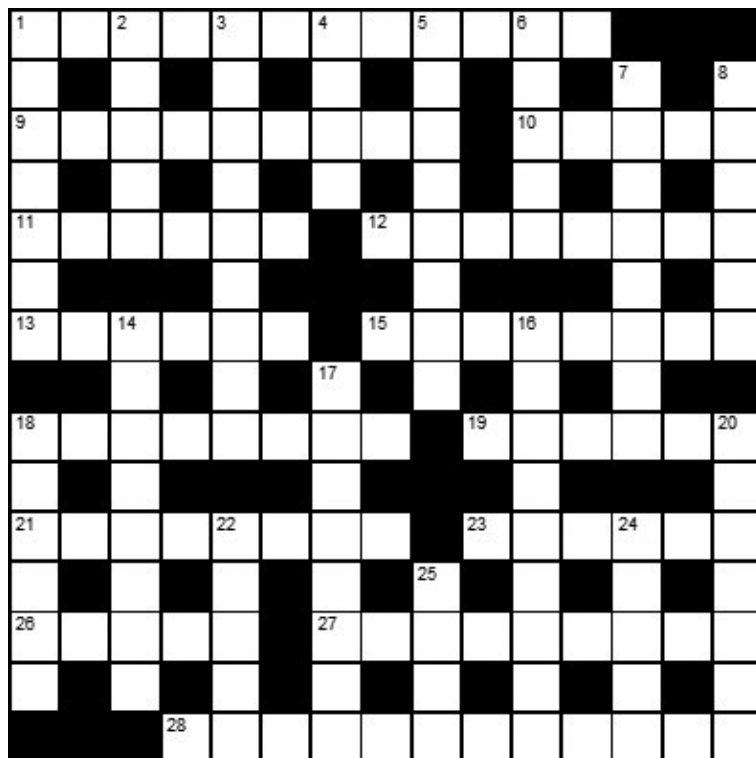
(The views represented in this article are those of the author. Please always take advice from your doctor on medical treatments or dietary habits – Ed.)

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ACROSS

- 1 A fine mineral improved world cup team (6,6)
- 9 Being clumsy, when I do it, it's with alarm (9)
- 10 Pavarotti developed the right note (5)
- 11 Covers ducks, chickens and geese (6)
- 12 Take care of man working to protect queen (8)
- 13 Present journalist has talent (6)
- 15 Ordered about a rugby second row forward obstruction (8)
- 18 'O' Boy, a chair without AA rating sings well (8)
- 19 Pilot for one (2,4)
- 21 At the high table you could be served this delight by Hebe or Ganymede (8)
- 23 Shut near beginning of dusk (6)
- 26 Illness of one caught in game of chukkas (5)
- 27 Addressing a reprimand (7,2)
- 28 Mercedes approaches hot insect slope and hopes it will satisfy Nigel Farage (8,4)

DOWN

- 1 Get mail sorted in the break (4,3)
- 2 Money on a stick (5)
- 3 Use bottom gear less than expected (9)
- 4 Yet, it is not a water sport (4)
- 5 Check comedian getting doubly hot and doddery (8)
- 6 Take advantage of food offered in flight (3,2)
- 7 Advance in French vehicle going round centre of Paris (8)
- 8 'The Moving Finger' on the Edinburgh stage (6)
- 14 Game for gentlemen played by hooligans (8)
- 16 King's annual allowance (5,4)
- 17 Some alcohol is ticking all the boxes, on the whole (8)
- 18 Conservative inclines hurt (6)
- 20 Union without a single member (7)
- 22 Empty area or a form of oxygen at the seaside (5)
- 24 Images without the fifth make the eighteenth in Greek (5)
- 25 Trifle ambitious part for a jumper (4)



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Letters to the Editor

Please note that all letters submitted are the views of the contributor and not of the Wedmore News. The Editor reserves the right decline publication of any letter.



Dear Editor,

Over the last 50 years and more I have visited Theale Churchyard to attend the graves of my grandparents, parents and two uncles. Over the past few years, the graveyard has deteriorated to a state which is positively dangerous. The long grass and wildflowers hide the potholes, and someone is going to break or twist an ankle very badly. The long grass has tripped me more than once. Flower meadows look lovely in the right setting, but this is definitely not a churchyard which is frequently visited by the public. There is also the costly maintenance of a wildflower meadow.

Regards, Mrs Gwen Fisher

Please submit any letters by email to editorwedmorenews@gmail.com

Health and Wellbeing

Our Health & Wellbeing

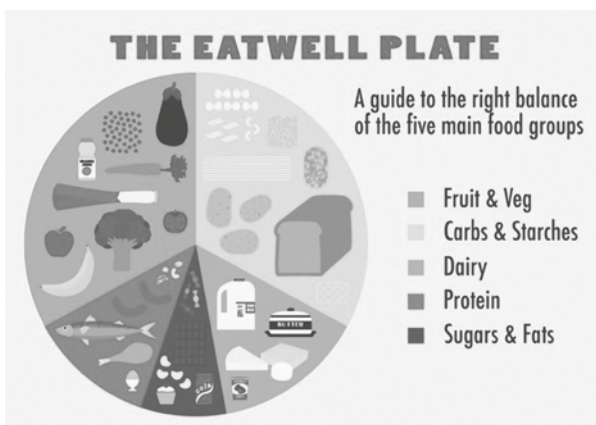
In consultation with Axbridge and Wedmore Medical Practice and with the support of Wedmore Parish Council here is this month's item relating to our health & wellbeing.

March is Nutrition and Hydration Month

This section about nutrition and hydration has been written by Julie Lynham, Health & Wellbeing Coach, Axbridge & Wedmore Medical Practice.

Eating a healthy, balanced diet is an essential part of maintaining good health and to help you feel your best the NHS Eatwell guide recommends that we:

- eat at least 5 portions of a variety of fruit and vegetables every day which should make up a third of your plate.
- base our meals on higher fibre starchy foods like potatoes, bread, brown rice or wholewheat pasta.
- have dairy or dairy alternatives (such as soya drinks) in moderate amounts. Choose low fat versions and natural yoghurts, you can add some fruit for taste.



Protein is essential for the body to grow and repair itself. Meat, eggs and fish (2 portions of fish per week, 1 oily fish), beans, legumes and pulses are all good sources.

Choose unsaturated fats in small amounts. Avoid trans-fat and limit saturated fats.

drink plenty of fluids to keep hydrated throughout the day. Side effects of dehydration are headaches, tiredness and a tendency to overeat.

Build your diet around natural whole foods, limit processed foods and eat slowly taking time to enjoy your meals with little distraction.

What is the right portion size? Typically:

- A baked potato about the size of your fist (220g)
- Two handfuls of dried pasta shapes or rice (75g)
- A bunch of spaghetti the size of a £1 coin (75g)
- About three handfuls of breakfast cereal (40g)
- A grilled chicken breast about size of your hand (120g)
- A piece of cheddar cheese about the size of two thumbs together (30g)
- One small piece of fruit such as an apple, a handful of grapes or two kiwi fruits
- One slice of larger fruit (melon, pineapple) (British Dietetics Association)

Meal planning is also key as by making sure we have staple foods at home to put together a simple meal we can avoid calorie heavy convenience foods. Attend a local cookery course to learn the basics and make food enjoyable, fun and satisfying. Thanks to Julie for this section.

The Isle of Wodmore Directory

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Our Directory with all that useful information about achieving our '5 Ways to Wellbeing' is due for an update. We are hoping we will be able to do just that this year. If you think that an organisation needs to be included or you know any information has changed, please do contact us. We need your help to make sure we all know what we need to know to keep our sense of 'wellbeing' as good as it can be!

For easy links to all the websites referenced please go to www.whawb.co.uk and go to the Wedmore News item for March 2024.

Cathy Butterworth

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What's On in the Parish

KEY EVENTS THIS MONTH

Fri	1	Mr Punch's Folk Club	8.00pm	Theale Village Hall
Sun	3	Green Wedmore 'The Big Tidy Up'	10.00am	The Yard of Borough House
Sat	9	Messy Church	3.00pm-5.00pm	St Mary's Church, Wedmore
Fri	15	Mr Punch's Folk Club	8.00pm	Theale Village Hall
Sun	17	Theale Film Club	7.00pm	Theale Village Hall
Wed	20	Club 50 - A Talk by 'Somewhere House ' Alcohol and Drug Addiction treatment in Burnham on Sea	2.00pm	Masonic Hall
Thu	21	Wedmore Opera Goers Trip to see Matthew Bourne's Ballet 'Edward Scissorhands'	9.30am-8.00pm	Wedmore Playing Fields
Fri	22	Wedmore Village Farm Launch	10:00am-3.00pm	Wedmore Village Farm, Plud Street
Sat	23	Clash of The Choirs 'The Return'	5.30pm	St Mary's Church
Tue	26	Wedmore Gardening Club - A Talk by Ian Anderson 'International Country Gardens'	7.30pm	Masonic Hall
Thu	28	Isle of Wedmore Society - A Talk by Jennifer Moorcroft 'Dentistry: what your check-up reveals about you.'	7.30pm	Masonic Hall
Fri	29	Mr Punch's Folk Club	8.00pm	Theale Village Hall

REGULAR MONTHLY EVENTS

MONDAY				
Enhanced Community Bus Service - Cribbs Causeway			Every 3rd Monday	
Music in Mind		The Masonic Hall, Wedmore		Alternate Monday's
WEDNESDAY				
Wedmore Parish Council Meeting		7.30pm	The Council Rooms	Every 3rd Wednesday
Probus		10.15am	Isle of Wedmore Golf Club	2nd & 4th Wednesday every month
Blackford Café		2.00pm-4.00pm	Blackford Village Hall	Every 2nd Wednesday
THURSDAY				
Green Wedmore Meeting		7.30pm	The Bluebird Café, The Borough,	Last Thursday of each month
FRIDAY				
Wedmore Carers Group		10.00am-12.00pm	The Swan, Wedmore	1st Friday of Every Month
Mr Punch's Folk Club - Singers, Musicians, Poets and Storytellers all welcome		8.00pm	Theale Village Hall	1st, 3rd & 5th Friday each Month
SATURDAY				
Theale Community Café		10.00am-12.00pm	Theale Village Hall	3rd Saturday of each Month

REGULAR WEEKLY EVENTS

MONDAY

Beavers	5.45 - 6.45pm	+ Scout Hut	Bill Belshaw	01934 712438
Pilates with Anna MacGregor	6.00pm	Blackford VH	Anna MacGregor	07587 703883
Yoga with Anna MacGregor	7.00pm	Blackford VH	Anna MacGregor	07587 703883
Bridge Club	7.00pm	Masonic Hall	Steve Pedrick	01934 712852
Scouts	7.15 - 8.45pm	+ Scout Hut	Bill Belshaw	01934 712438

TUESDAY

Little Lambs	9.15am - 11.15am	+ Little Lambs	Heather Hector	01934 712216
Wedmore Men's Shed	9.30am - 12:00			
Chair Yoga	9.45am	Masonic Hall	Jo Willis	07552 711101
Yoga for the body, breath and mind	10.00am - 11.15am	Scout Hut	Kay Wensley	07584 374515
50+ Dance Class	10.00am	Wedmore VH	Rhian Weston	07854 594268
Tuesday Club	10.30am	Wedmore VH	Lesley Nichols	01934 712045
Wedmore Men's Shed	9.30am - 11:30	Wedmore Village Farm or Bluebird Café	Andy Daintree	01934 712617
Music Matters	2.30pm	via Zoom	mhc.dance4change@hotmail.co.uk	
Cubs	6.30 - 7.45pm	+ Scout Hut	Bill Belshaw	01934 712438
Pilates with Anna MacGregor - beginner / general class	6.10pm	Wedmore VH	Anna MacGregor	07587 703883
Yoga with Anna MacGregor	7.20 pm	Wedmore VH	Anna MacGregor	07587 703883

WEDNESDAY

Pilates	9.15 - 10.15am	Blackford VH	Lucy	07813 913309
Piloga Fit	9.30 - 10.30am	Wedmore VH	John Beasley	01749 672482
Warm in Wedmore	10.00am - 2.00pm	Masonic Hall	Various	01934 806299
Pilates	10.30 - 11.30am	Blackford VH	Lucy	07813 913309
Coffee with a View	10.30 - 12:00	Bagley Baptist Church		
Rainbows	4.30pm	+ Wedmore VH	Gail Millard	01934 713922
Brownies	6.15pm	+ Wedmore VH	Sue Moreman	01934 710278
Guides	7.00pm	+ Wedmore VH	Elaine Tilling	01934 713650
Health Tai Chi	11.00 - 12.00	Wedmore VH	John Beasley	01749 672482

THURSDAY

Warm in Wedmore	10.00am - 2.00pm	Masonic Hall	Various	01934 806299
Wedmore Dance Group	10.30am	Wedmore VH	Nikki Pryn	07519 630365
Cubs	6.30pm	+ Scout Hut	Bill Belshaw	01934 712438
Table Tennis at Theale	6.30pm - 8.00pm	Theale VH	Dave Whitmarsh	01934 712620

Friday

Tots and Tinies	9.15am	+ Wedmore First School	Penny Wallace	07833 105418
Wedmore Art Group	2.00pm	+ Masonic Hall	Jim Collett	01934 712663

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Wedmore Carers Group

Are you caring for someone with dementia? Come along to the next 'Heads Up' Carers Group at the Swan Hotel in Wedmore.



This is an informal, social group where you can meet other carers over a cup of coffee and find out what support is available. We also have talks, workshops and activities including the very popular pamper days!

Heads Up Somerset is a mental health and wellbeing charity based in Wells. We understand the critical work that carers undertake for their loved ones and that carers need support too. Heads Up also provides a range of day care services, including our memory workshops for people affected by dementia on Wednesdays and Fridays.

Wedmore Carers Group meets on the first Friday of every month at The Swan Hotel in Wedmore from 10.00am-noon. We would love to meet you so please do come along or contact Heads Up for more information on 01749 670667 or info@headsupsomerset.org.uk

Wedmore Good Neighbours

Need a favour from a neighbour? Got a little task but not sure who to ask? Give the Wedmore Good Neighbours Group a call on 01934 806299.



Most requests are from people needing transport for a medical appointment - taxis are expensive and impersonal! We also provide lifts to local club and society meetings. Having said that, it's hard for us to give someone a regular lift to something like a weekly class – we totally rely on volunteers and unfortunately can't guarantee that one will offer this kind of continuous and frequent support.

Transport is not the only way we can help. Maybe you need some light work doing in the garden? Or someone to walk your dog if you are unwell? Got some rubbish that you'd like taking to the local recycling centre – we can probably manage that too. Perhaps you are unable to get out of the house but need something from the local shops or chemist?

Volunteers can also help with writing letters and filling forms, including assisting with simple tasks that need completing online. Last, but not least, you might just want some company over a cuppa? The group can handle a wide variety of requests – but occasionally has to decline simply because the insurance policy does not cover every circumstance.

Whatever your request please call 01934 806299 and leave a message - a volunteer will reply within 24 hours. Please note that we're not part of social services, or an emergency service...we're just good neighbours!

Wedmore Good Neighbours is operated by volunteers and has received some funding from various charities. It's free to use but the group does have running costs – insurance, petrol expenses, as well as vetting and training of volunteers (all volunteers are DBS checked and many have received first aid and cardiopulmonary resuscitation training). So, if you do use the service and want to donate, this is always very welcome! On the other hand, if you'd like to become a volunteer that would be very welcome also – call the number above and we'll be in touch.

If you'd like more detailed information about the group and how it operates visit the Wedmore Health and Wellbeing website – www.whawb.co.uk/gns/

Jim O'Connor

Somerset Foundation Trust

Patients treated for cancer in Somerset are benefitting from an award-winning clinical service that provides continued support in the months and years after radiotherapy treatment.

The Macmillan Radiotherapy Late Effects service provides specialist advice, support and management for people who are experiencing ongoing effects from radiotherapy. The service was initially pioneered at Musgrove Park Hospital in 2014 but has since grown to offer clinics at Yeovil Hospital and Bridgwater Community Hospital.

Radiotherapy is a highly effective treatment for many types of cancer, but it can cause physical or psychological late effects for people, sometimes months or years after their treatment has been completed. The support provided by the service ranges from lifestyle changes and self-management, through to prescribing medications, and referrals to specialist regional and national services.

Patients may be referred to counselling or programmes of exercise, including swimming and other activities to improve function and sleep.



Pictured (left to right): Vicki Hands - advanced practice radiographer, Michele Chiroussel - late effects navigator, Lisa Durrant - Macmillan consultant radiographer.

The late effects team has grown and now leads a new regional service in a partnership between Macmillan Cancer Support, the Somerset, Wiltshire, Avon and Gloucestershire Cancer Alliance – also known as ‘SWAG’, and radiotherapy services across the Southwest region. This work was recognised with a prestigious Macmillan Professionals Award for Innovation Excellence in November 2023.

The partnership is initially a two-year project that will see radiotherapy late effects services develop a network

of support at four radiotherapy centres in the areas that made up the SWAG Cancer Alliance – the Beacon Centre at MPH, Royal United Hospital in Bath, Cheltenham General Hospital, and Bristol Haematology and Oncology Centre. The team also provides mentorship, developing further services at hospitals in Exeter, Torbay and Truro.

Shelley Orton, Macmillan’s strategic partnership manager, said: ‘This is a real step forward in personalised cancer care. We’re so pleased to have worked with the cancer alliance to fill this gap in support for people who are often struggling from life-changing effects caused by cancer treatment.’

Paul Hopkins

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Club Reports and Society Updates

Wedmore Young Farmers

This year Wedmore Young Farmers will be celebrating 90 years. They will be holding their annual show at the George Hotel in the centre of Wedmore on Saturday 20 April, 10-1. The public are encouraged to come along and help the club celebrate this historic milestone. There will be 58 cattle shown (beef and dairy), and a whole host of



pigs and sheep, as well as all of the club's lovingly prepared handicrafts. People who come along early will be able to take part in a fun stock judging competition at the event to see if their scores match those of the actual judges. The club are proud to be able to welcome back many past members to be the official judges of the event this year.

The club has over 40 members ranging from 10-27 and has a tradition of livestock showing and judging which is what they will be showcasing at the show. For many of the junior members this will be their first show and they have been busy preparing their livestock for months now.



The club are very grateful for the continued support of the George Hotel, for allowing them to hold their show. The George will be serving food at the event and will be open all day for their usual food and drink service. The Parish Council and the Community Solar Farm have also supported the event this year with grants to make this anniversary event one to remember. Other sponsors to date are

Cooper & Tanner, Old Mill, West Country Tech, Barbers Cheese, Bridgmans and Mole Valley. If anyone else would be interested in sponsoring this event or future ones, then please contact the club.

The Club look forward to welcoming everyone on the day.

Women of Wedmore WI

Women of Wedmore began the new year with a well-attended meeting in January. The meeting kicked-off with three local speakers.



All Aboard!

Henry Parkinson, from the Wedmore Community Bus, enthusiastically told us about the exciting new proposals for the bus to encourage people to use it. There are now monthly scheduled services to Cribbs Causeway. This service has proved so popular that more services to Cribbs Causeway have been added. Future plans include other destinations and maybe Mystery Tours!

Somerset County Council funds the bus so scheduled services run Tuesdays – Fridays. At other times the Community Bus volunteers can provide services to other destinations and private hire. Please see details for bookings on the back pages of the magazine. Volunteer drivers and administrators warmly welcome!

Healthy Minds!

Inspirational mental health nurse Vanessa Gordon talked about her nursing role and her volunteer work with Heads Up, a mental health and wellbeing charity based in Wells. Heads Up supports carers with groups across Somerset, supports clients, has teams of qualified staff, and committed volunteers, and encourages recovery and wellbeing through workshops and activities open to all. Please visit Heads Up to see what it does and volunteer! www.headsupsomerset.org.uk

Healthy Wedmore!

Cathy Butterworth, Wedmore's Health and Wellbeing coordinator, was our third speaker. Cathy is helping organise a third Wedmore Health and Wellbeing Day on 4 May. In addition, an accompanying Health and Wellbeing directory will be collated and published. Volunteer help on the day and help to update the directory will be gratefully received! Cathy's contact details are in the magazine under Health and Wellbeing.

Spirits were high as we continued the meeting with brainstorming ideas for the year ahead and a get-to-know you session by moving around tables to meet people we did not know.



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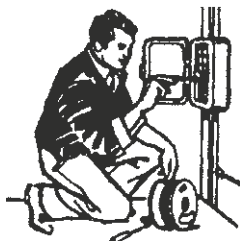
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Women of Wedmore hosted a very well-attended Warm in Wedmore in January. Each day 40 people enjoyed tasty soups and delicious cakes. The photo shows some of our helpers taking a relaxing time out.

The next Women of Wedmore WI meeting is on Wednesday 13 March at the Post and Wicket, Wedmore Recreational Ground, 7.00pm. Meet Master Chef contestant Ayesha from Queen of Cups, Glastonbury. For more details, please email WoW on wedmorewi@outlook.com

Linda Morecroft

Wedmore Men's Shed



What's been happening?

Wedmore Men's Shed have been busy at the new Wedmore Village Community Farm. Work continues on creating a new shed as well as helping out on the farm with projects such as revitalising an old chicken shed.

Members have also enjoyed a visit to the St Nicholas Market / Air Raid Shelter Tour in Bristol recently. See the picture of the team together with a mystery guest! (picture 2)

Like many other local organisations, Men's Shed hosted Warm in Wedmore for two days in February.

What's coming up?

Members have a visit planned to Hinkley Point C in March.

Interested in getting involved?

Wedmore Men's Shed is a friendly, welcoming place where men can get involved in a number of activities, including projects that help the local community, as well as socialising and enjoying many interesting visits.

If you are interested in joining either email: wedmoremensshed@outlook.com or come and meet us Tuesdays from 9.30am to 11.30am at the community farm off Plud Street, or at The Bluebird Bar and Café in the Borough. If you are interested, please come along and find out what we are all about.

John Ford



Wedmore in Bloom

At the time of writing (end of January) the tulips are just beginning to make an appearance around the village. Hopefully, the weather will be warm, and they will continue their upward journey smoothly, giving us a lovely show in April/ May.

We hope everyone enjoyed the AGM and social evening held on 9 Feb. We were treated to music by Liz Anderson on cello and Catherine Lord on violin. Many thanks go to them both.

Wedmore in Bloom would like to sincerely thank the Wedmore Community Power Co-Operative. Their very generous donation of £500 will help the team to carry out necessary repairs, replacements and ensure further colourful displays going forward. WIB rely totally on community support, and we are truly grateful for all donations given. The contact details if you wish to know more are wedmoreinbloom@gmail.com

Kay Adams

St Mary's Church, Wedmore, 100 Club

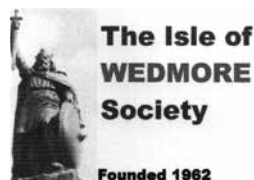
The lucky winners this month are Martin and Joyce Banner as well as Bill and Gill Litherland.

Lis Bull

Isle of Wedmore Society

Report of 25 January Meeting

Our first meeting of the year was well attended by 27 Society members and 15 visitors, for an enthusiastic talk by Steve Mewes, the Chair of Green Wedmore, who spoke to the Society about 'Green Wedmore and Wedmore Village Community Farm – the journey, the future.' From its humble origins in 2006, Green Wedmore has achieved much, not least the spawning of many other green related projects like Wedmore Community Power Co-Op, Wilder Wedmore, and now Wedmore Village Farm.



The Farm will occupy a 4-acre site on the south-western outskirts of the village and much of Steve's talk centred on the detailed development of this scheme. One example will be that it will produce its own power and not be tied into the National Grid. Its publicity up to now had been deliberately kept low until the organisers were certain it would go ahead. This it will, as a lease on the land has now been signed. March should show a blaze of publicity with a Grand Launch, when visitors will be welcomed not only to see the site, but also to participate in its future development. Steve admitted, though, there will be problems: one being how to stop the apparently ever-increasing numbers of deer in the area gaining access to the site for a free meal!

Overall, Steve took us all on a light-hearted informative journey through the ups & downs, as well as the future of this village group, helping the Parish on its sustainable journey.

The Annual General Meeting

The Society's 58th AGM followed the talk and was attended by 22 members. Although the Society is secure through 2024 with a full programme, there is uncertainty about the future beyond this year. After many years of service, the Chair, Secretary, and



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Speakers Secretary, will be retiring and we only now have one Committee member. We really do need to see some younger blood joining us to fill these appointments to continue the Society's future.

Next Meeting – Thursday 28 March

Our March meeting will be a talk by Jennifer Moorcroft, Practice Principal at Wedmore Dental Practice, entitled 'Dentistry: what your check-up reveals about you.' Jennifer will explore, in her presentation, what your check-up reveals about you. For example, the dietary, lifestyle, health, and medical conclusions she can draw about a patient just by looking in their mouth. She also hopes to be able to get hold of some skulls to delve into the diet and lifestyle and habits of previous generations. There will be a Q&A session at the end. As usual, the meeting will be in the Wedmore Masonic Hall at 7.30pm. Society members free, visitors £5 with free tea/coffee afterwards.

Ian Tomes

Green Wedmore

Green Wedmore Meetings

The last Thursday of every month at 7.30pm. Come along to the next meeting on Thursday 29 February. Everyone is welcome and it has been great seeing some new faces.



We have been busy as always:

Big Tidy Up – This year marks our 15th anniversary so it would be amazing to see as many people as possible join in. Meet at 10.00 am in Suzanne's Yard, Borough House, The Borough on Sunday 3 March. Litter pickers and tabards will be provided, come and help keep our village and lanes clear of litter. Help especially welcome from 11.00 am for sorting and recycling.

Freecycle – Sunday 14 April, 10.00 am-12 noon at the Village Car Park, Worthington Close. If you've never been before, this works essentially like a car boot sale, but no money changes hands. Give away your unwanted items to someone who will give them a new lease of life. Clear out those cupboards, sheds and garages. All unclaimed items must be removed at the end. Let's help keep things out of landfill.

Please keep in touch.

We need your help to achieve positive, local, achievable, green focused village projects. Visit www.greenwedmore.co.uk and sign up to receive regular information. Please see, like and follow our Facebook page. Email hello@greenwedmore.co.uk to contact us.

Liz Burton

Wedmore Probus Club

The Clifton Suspension Bridge by Bob Bruton

Bob Bruton, a supervisor at the Suspension Bridge Visitor Centre, gave us a very detailed talk on the history of the Clifton Suspension Bridge from its inception.

In 1750 William Vick put up £1000 for the construction of a bridge across the Avon Gorge. This was to solve a problem for the Smythe family of the Ashton Estate as the

only crossing of the river Avon was across Bristol Bridge, a toll bridge, in the city centre and extremely busy. The next crossing of the river Avon was at Keynsham. The only other crossing was by the Rownham ferry which was very problematic in a muddy tidal river.

In 1792 William Bridges proposed a stone bridge but this was not built. In 1829 a competition was held for designs for a new bridge. Both Thomas Telford and Isambard Kingdom Brunel entered, but neither won. A new design was finally ordered 14 days later.

Brunel won the contract to build the bridge, but construction was halted in 1831 due to the Bristol riots, which caused a constriction of funds. In 1836 the foundation stones were laid but construction was halted again in 1843 due to lack of funds. At this time there was a 2.5' steel bar across the river to which a basket was attached. This allowed four people to be towed across the river by ropes at 5 shillings per trip - only for the most adventurous!! Brunel died in 1859 and didn't live to see the bridge completed.

John Hawkshaw and William Henry Barlow, both competent engineers, took over the construction as a memorial to Brunel. Wrought iron links were forged in South Wales and, to save money, two links were appropriated from the Hungerford Bridge in London. The walkway was constructed from Baltic pine to save weight.

With considerable fanfare from the burghers of Bristol the bridge opened in 1864. Lord Elton from Clevedon Court officiated. A most elegant span of 720 feet graced the Avon Gorge and, not immediately apparent, is that the two towers are different. Also, it was recently discovered that the abutments were not solid, but with brick encasing the stone structure internally.

The Clifton Suspension Bridge is 95% original and carries an insurance value of £59 million. In 1959, to some excitement, the bridge was fitted with external lighting. Following permission from English Heritage, the lights are soon to be replaced with colour-changing LEDs, and possibly a future for Son et Lumiere!!

Thank you, Bob.....such a well-received talk.

Bridgewater Port by Captain Jessica Tyson

The history of Bridgewater and its port go back a very long way and very well covered by our Speaker Captain Jessica Tyson.

Bridgewater was a very small settlement on the river Parrett in Saxon times, the name derived possibly from the Saxon word Bryj meaning bridge and Walter from 'Walters Bridge' named after Walter de Douai. A bridge was constructed in circa 1200 by both William Brewer (a wealthy Burgher) and Thomas Trivett. Similarly, Bridgewater Castle was built, allegedly, to protect the town from King Harold's supporters who had fled to Southern Ireland following their defeat at the Battle of Hastings, and not to repel the Welsh as may have been supposed.

Bridgewater's famous son Admiral Blake (1598-1659) credited with the birth of the Royal Navy was put in charge of Oliver Cromwell's navy but died at sea. Following the restoration of King Charles II, his body was exhumed and dumped in a lime pit!

Bridgewater docks were created 1837 - 1841 and became extremely busy with exports of cloth, cereals to France, Spain, and Ireland. Manufacturing both bricks



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(480)

and tiles was an important industry, including use of Bath Brick (a type of abrasive stone deposit) from the Parrott riverbed. Imports included wine from France and Spain, and timber for pit props to Wales, in exchange for coal.

Having 33 vessels registered at Bridgwater, and 140 ships built there, this was not to last. The arrival of the railways and the Severn Tunnel reduced trade considerably. Both Combech and Dunball became important as ships became too large to navigate the Bridgwater docks. In 1952 British Railways took control of the docks and they are currently owned by Somerset Council who lease them to private Companies. Combech is much used now for materials in the construction of Hinkley C power station.

Jessica, now Deputy Harbour Master of Bridgwater Docks has a very interesting CV! Thank you, Jessica.

March Speakers:

I Wanna Tell You Story, by Lottie Dale

David Ewens (Past Chairman)

Wedmore Opera Goers

Wedmore operagoers upcoming visits are to Cardiff on 2 March to see Cosi Fan Tutti and Thursday 21 March to see Matthew Bourne's Ballet Edward Scissorhands.

Whilst Cosi Fan Tutti is sold out, there are still seats available for Edward Scissorhands in the mid stalls £61 each, and £53 each in the raised stalls, to include the coach and the theatre. We leave the Wedmore playing fields at 9.30 so that we can have time for lunch somewhere of our choice around the bay. The matinee performance starts at 3.00 pm, so we should be home between 7.00 pm and 8.00 pm.

If you are a single person and with us for the first time you will be made very welcome. For further information email suzannemetters@hotmail.com or telephone 01934 712515.

Suzanne Metters

Wedmore Gardening Club

What a good start the Gardening Club has had to the 2024 programme with two really enjoyable talks. We continue on Tuesday 26 March with Ian Anderson's talk on 'International Country Gardens'. Sounds interesting doesn't it, especially for our globetrotting members!

Looking further forward, on Tuesday 23 April Katherine Crouch's subject is 'New Tricks for Old Gardeners'. Not so keen on 'Old' but many of us are certainly gardeners of many years standing! Recently (end of January) the weather has been sunny enough for many of us to spend time in our gardens enjoying the wonderful displays of snowdrops and emerging hellebore flowers. So much to look forward to.

Meetings are held in the Masonic Hall and begin at 7.30 pm with refreshments served after the talk. As always members, guests and friends are very welcome. The annual subs remain the same - £15 single and £25 joint, but the guest fee has increased to £5, which is still excellent value. www.wedmoregc.co.uk

Margaret Windridge

Club 50

We continue our Winter meetings on Wednesday March 20. 2.00pm in the Masonic Hall. We'll have a speaker from 'Somewhere House' who will tell us about Alcohol and Drug Addiction treatment in Burnham on Sea. Followed by tea and cake.

You can come and join us at any time, the annual Membership is £5 plus £3 per meeting for tea. Our coach trips commence on April 17 with a visit to the Cotswolds. Open to non-members. Cost £25 member or £28 guest.

Andrea West

News and Events from Outside the Parish

Henton Garden Club

A reminder that 2024 is the 25th anniversary year for Henton Garden Club and we are delighted to welcome Nick Bailey of BBC Gardeners' World fame to talk to us on Wednesday 20 March 2024. His talk is entitled 'In 365 Days of Colour in Your Garden' and shows you how to manage your garden, whatever its size, to ensure year-round colour and interest. Initially explaining simple colour theory principles and how to apply them to your garden, the talk goes on to highlight beautiful plants and planting combinations for every season no matter what type of garden you have.

The talk will be held at Henton Village Hall, beginning at 7.30pm, Doors open at 7.00pm with teas and coffee.

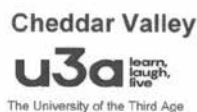
This is a ticketed event: Members £8, Non-members £10. Tickets are available at meetings or contact Sue Thorne 01749 674767 email sue.fennycastle@gmail.com, www.hentongardenclub.weebly.com



Cheddar Valley u3a – Saturday 2 March

Cheddar Valley u3a will be flying high on Thursday 7 March when Sally Smith, author and skydiver who formed the World's first All Girl Parachute Display Team, regales us with stories of 'Magnificent Women'. This talk details the first 200 years of 'airborne' women. Be in Cheddar Village Hall by 2.00pm for this amazing Speaker afternoon.

This slots between our Open Day on Saturday 2 March (10.00am – 4.00pm) when there will be displays and demonstrations by many of our Special Interest Groups and our Seed and Plant Swap Coffee Morning on Thursday 21 March from 10.00 – 11.30am, both in the Village Hall. There's lots going on and we're looking forward to welcoming you to any of these events. See our website <https://u3asites.org.uk/cheddar-valley>, for full details.



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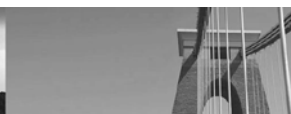
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Save the Children Lunches, Shipham

Lunches will be served at Shipham village hall at 12.30pm on Friday 2 and 16 March where soup, bread, cheese, pickle, homemade biscuits, and tea or coffee will be available for £5.50pp. Our Good Friday lunch on 29 March will have homemade soup, and hot-cross buns for £6.00pp. Do come and support us as all profits will go to the Save The Children charity.

Cheddar Arts @ King's Theatre – Friday 8 March

Cheddar Arts' spring cinema season concludes on Friday 8 March with *The Great Escaper* starring: Michael Caine, Glenda Jackson and John Standing.

The true-life story of Second World War Navy veteran Bernard Jordan, who left his care home to attend the 70th anniversary of the D Day landings in Normandy. Glenda Jackson's last film, *The Great Escaper* is also regarded as one of Michael Caine's finest. 'A wonderful last hurrah for Glenda Jackson, [it's] moving and awe-inspiring to see these two British icons together.'

Tickets are available online at www.thelittleboxoffice.com/cheddararts The doors of Kings Theatre at the Kings of Wessex School open at 6.45 pm and performances begin at 7.30 pm. For queries and help, email cheddararts@gmail.com

Royal Air Forces Association Mid-Somerset Branch

On Monday 5 February the Branch held a General Branch Meeting in Wells Golf Club. Eighteen Members were treated to an absorbing Presentation by Baz Hamblin entitled 'Falklands Operation Black Buck' covering the organisation and implementation of the Victor Tanker and Vulcan Bomber Force from Ascension Island to attack Port Stanley airfield during the Falklands War in 1982. The meeting concluded with briefings and preparation for the Branch AGM (see below) followed by a Pub Lunch and drinks from the Golf Club Menu and bar.



The next event will be the 2024 Annual General Meeting on Monday 4 March at 11.00 am in Wells Golf Club, Blackheath Lane, Wells, BA5 3DS. This will be a formal AGM including a Presentation on 2023 activities, a review of 2023 accounts, election of the Branch Committee, nomination of the Branch Support Group, an overview and discussion of the Branch Objectives for 2024 and an outline of the proposed 2024 Programme. The AGM will conclude with an option for a Pub Lunch and drinks from the Golf Club Menu and bar. All Branch Members are encouraged to attend.

The Branch programme will continue with a Branch Meeting on Monday 8 April at 11.00 am in Wells Golf Club, Blackheath Lane, Wells, BA5 3DS. This will be a Branch Meeting including a Presentation by the new Chairman Paul Ashmore entitled 'They Bend Them, We Mend Them'; the meeting will conclude with an option for a Pub Lunch and drinks from the Golf Club Menu and bar.

The Branch covers BS25, BS26, BS27, BS28, BA4, BA5, BA16, TA10 & TA11 postal areas. These events are open to Members from any RAFA Branch, current and ex-RAF Personnel and Reserves, current and ex-Commonwealth Air Forces Personnel, Members of the RAF Family and Members of the public that support the aims and

purpose of RAFA. Please contact the Branch via e-mail; rafa.midsomerset@gmail.com or contact the Secretary on 01458 224057 for further information.

Paul Ashmore

RNLI Winscombe and District Branch

Results Update

The Branch is pleased to report that the total funds raised in 2023 was £20,188 due to the large amount £5,000 collected in December. This is £3,700 more than raised in 2022 but is still less than the pre-Covid peak years of 2018 & 2019; nevertheless, it demonstrates that the post-Covid programme continues to recover the Branch's fortunes. Results for January 2024 are not yet available and will be reported next month.

RNLI Winscombe and District Branch Bicentennial Super Quiz



The Branch Bicentennial Year started with our Special Bicentennial Super Quiz on Saturday 27 January 2024 in Shipham Village Hall. From 6.00 pm the crew were busy setting up tables, erecting the bar and raffle, plating up the Ploughman's and sorting out the cutlery; by 6.45 pm all was complete. In the end there were nineteen teams of six that took part in fourteen rounds of six questions covering a wide range of topics.

On the way in, players spent generously on tickets in a 'Mega Raffle' that made over £400 while the bar went into overdrive as the beer, wine, cider and soft drinks

flowed freely ahead of the quiz. At half time, the questions stopped so that everyone could enjoy Tina's Mega Ploughman's Supper and grab a few more drinks. By 10.00 pm 114 befuzzled brains were stood down as the Quizmaster counted up the scores. The winners were 'Quizzy Rascals' (Second Year running) who managed to get their bow just ahead of runners-up 'Redland Raiders' and third placed 'We thought this was Speed Dating'; prizes were awarded to the top three teams. This left the crew with the clear up task that was achieved efficiently in record time. It was a splendid evening and full results will be reported next month.

Collection at Nailsea Tesco

Once again on Sunday 18 February, the Branch launched to Tesco Nailsea at 09.30 and eight of our crew were on station from 10.00 to 16.00 ready to rescue funds from the Sunday Shoppers. Tesco Nailsea proved to be a good 'Shout' in October & December 2023 so the Branch hoped for a good haul this time; results will be reported next month.



Annual General Meeting

The Branch held its Annual General Meeting at 3.00 pm on Thursday 29 February at the President's house. The AGM included a Presentation on 2023 activities, a review of 2023 accounts, election of the Branch Committee, and discussion of the proposed 2024 Bicentennial Programme. Photographs and further details of the reports will appear in a future edition and on the Branch Facebook.

January Shouts

In January there were 8 'Shouts' between three of our four Lifeboat Stations (Minehead – 1, Portishead – 2, Weston-super-Mare - 5). On the night of Friday 26 January 2024 Weston-super-Mare lifeboat crew were tasked by HM Coastguard to a vehicle that had left the toll road towards Kewstoke. Both lifeboats were launched to support a multi-agency response (Avon and Somerset Police, Weston-Super-Mare

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Coastguard Rescue Team, Burnham Coastguard Rescue Team, Avon Fire & Rescue Service, & Southwestern Ambulance Service NHS Foundation Trust).

The casualties were able to extract themselves from the vehicle and make their way to the rocks. On arrival RNLI volunteer crew assisted them up the cliff to safety with support from the Fire Service, where medical services were waiting.

Paul Ashmore

Sports Reports

Isle of Wedmore Bowls Club

January 2024 will always be remembered as a momentous month in the history of the IOW Bowls Club! In late 2023 at a Special General Meeting of the club its members voted overwhelmingly in favour of making a substantial investment to install a large array of solar panels on the south facing aspect of the clubhouse roof. 120 panels would be added to the existing small array of 26 panels. Additionally, the panels would be backed up by the installation of two large Tesla batteries designed to store energy for later use. We believe this is a great method of protecting our future power requirements at a time of supply and price volatility.



This investment is part of the club's drive to become carbon neutral and raise environmental awareness in all that we do. Over the past five years we have ceased all use of chemicals on our outdoor bowling green and only use organic and environmentally friendly fertilizers and disease control products. We are indebted to the Wedmore Community Power Cooperative for the provision of a sizeable grant to help us undertake this project. We are still on the journey and not at a destination yet so this grant will enable us to do more for the environment and the community. We believe we are merely the current custodians of a great community asset, and it

falls to us to protect, as best we can, its future to provide a place which is intended to promote fitness, health and mental well-being for every age group in our community.

Once the decision to proceed had been made consultations with potential suppliers began and it was our enormous pleasure to appoint local company, Sunlit Solar to undertake the work. Mike Rogers and his team at Sunlit Solar have been magnificent. Work began promptly and was completed well ahead of schedule and the club began to generate and store power by mid-January, even in the murkiness of a typical January day. We are really looking forward to spring and summer when we generate all of our electricity requirements and export surplus to the grid! If you would like to see our new power generating system, please contact us.

So it is with great pleasure that the IOWBC welcomes Sunlit Solar as one of its generous club sponsors. We are very grateful to this very select group of excellent local businesses and as a small token of our gratitude the club hosted a 'Sponsors Evening' in mid-January when we all enjoyed some hot food, great conversation and an indoor bowls taster session. As ever, the club sends its great thanks to all of our sponsors: Cobbs of Cheddar, Cooper and Tanner Estate agents, 2Js Travel agents, DHA Electrical, Ratcliffe Brothers Car Sales and Servicing, Southwest Supreme Cleaning, Ilex eco heating systems, the George Inn and finally, Sunlit Solar. Many thanks.

Back on the indoor rinks our team won both rinks in a friendly fixture against Victoria and then lost a nail biter against Queen Camel 26-28. Our next friendly fixture against City of Wells was a comprehensive win by 36-24. Next up was a SCIBA match against Purnells played two rinks home and two rinks away. Although each team won two rinks the cumulative score was 81-69 and a win for Wedmore. Particular mention must be made for Rob Jewell and Dave Nicholls who skipped the winning rinks so splendidly. Our Men's team played its first round Somerset County double rink match against Nailsea but unfortunately lost in an incredibly close fought contest 36-34.

If you would like to find out more about this great club, please check out our website: www.isleofwedmorebowlsclub.org or by scanning the QR code on this article. We would love to welcome you. Remember, the Outdoor season starts at the beginning of May!

Finally, and sadly, the whole club mourns the loss of dear friend and much-loved fellow bowler Dave Collins after a valiant struggle against a terrible illness. We will miss him.



Peter Gower

Wedmore Golf Club

A brand-New Year dawns as we move into 2024. Unfortunately, no one had told the weather gods, so it continued with bursts of heavy rain followed by bursts of cold frosty weather, the frosty weather being better of the two as at least the balls ran. The rain relented enough to allow the Monthly Stableford to go ahead, first competition of the year. Considering that conditions were still very damp the scoring was very respectable. Top score of the day by some margin came from Chris Mckinley who





won division 3 by 5 points after scoring 43 points This put him well clear of Garry Stimpson and Darren Hayward with Stimpson taking second place on countback. The other divisions were very much closer. Jason Simms won division 1 by a single point after scoring 39 points. Again, countback was needed to sort out the other places with Marc Large taking the runners-up spot ahead of Moly Mcmillan. There was a very similar result in division 2 which was won by Richard Jackson on 38 ahead of Andrew Charter on 37, beating Ian Williams on countback. Not too many Ladies chose to play this week with Jane Prosser winning with 32 points ahead of Sandy Bedford and Fran Mcmillan.

The next week was a no rain week. A bit of frost certainly but no rain. Not that conditions were easy as was reflected in the scores in the third round of the Seniors Winter Stableford league. With players able to choose their best three rounds out of four nothing has been decided yet, but Trevor Guy has certainly got one hand on the trophy. This week he added 37 points to his previous two rounds both of 41 which gives him an impressive total of 119, nine ahead of his nearest rival. This is Frank Sparks who won division 3 with 35 points, 2 better than Nick Smith with David Bates third. Best score of the day came from Barry Royal, winning division 3 on 38, 4 better than John Harding who beat Philip Springfield on countback. Trevor Guy's score was best in division two, a couple ahead of Martin Blackhouse with Paul Dickie third with 32. Scores were not so strong in division 1 but this produced a very close finish. Kevin Vaux won on 32, just a single point ahead of Martin Olive who beat Dom Smith on countback.

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Next week the Mixed Winter League finally got under way after previous rounds fell victim to the weather. The frost was still causing some strange bounces, but most players seemed to cope, particularly the higher handicappers in division 3 who occupied three out of the top four places. Quentin Thorne led the way with 43 points, one better than Ken Fisher with Darren Hayward third in the division with 40. John Steele was the only player from division 1 to finish in the overall top 3, scoring 41. Dave Skelton was division 1 runner-up with 39 and Laurie Olive third with 36. Ian Williams was top scorer in division 2 on 37, just a point better than Max Grant who beat Stan Dinotaro on countback. A disappointing number of ladies took part, best score coming from Claire Biggs on 37. With 3 rounds still to play the top places are all still up for grabs.

The weather started the following week with a few hail showers for the Seniors on Monday, but it slowly improved and so did the scoring. Best of the day came from Quenton Thorne, a familiar name this January, winning division 3 with 38 points. He was closely chased by both Dave Pilling and Ken Lohmann who both scored 36 with Pilling taking runners-up spot on countback. Graham Sugg was the winner in division 1 with 37 points, 2 better than second placed Steve Plant with Geoff Fisher third on 32. Steve Major took the honours in division 2 with 35 points putting him 2 ahead of second placed Graham Kendell who in turn was 2 better than Richard Efford. 34 points was enough to win division 4 for Geoff Brooks which put him 2 better than Geoff Musson-Thorp and 3 ahead of Tony Ireland.

The weather was good enough by Thursday for the Ladies to risk 18 holes for the first time this year. They all seemed to survive the experience and the bowmaker produced a close finish. Taking first place was the team of Ann Dixon, Sue McDonald and Mary-Lou Denny with 64 points. This put them 2 ahead of the next 2 teams with Lyn Bird, Ruth Rogers and Ali Mantell taking second place on countback from Jill Cornelius, Prue Witter and Maggie Tolchard.

Tony Biggs

Church News

Funerals

Our condolences go to the family and friends of: -

Mark Banwell of Heath House, who died on 3 January aged 82 and whose funeral took place at St Mary's, Wedmore on 1 February 2024.

Elizabeth Greengrass of Shipham, who died on 19 December 2023 aged 80 and whose funeral took place at Holy Trinity, Blackford on 23 January 2024.

'On a Wheel and a Prayer'

On Tuesday 19 March the vicar will be conducting the next 'cycle prayer pilgrimage', cycling around the different villages and hamlets that make up the Benefice of the Isle of Wedmore that our churches serve, stopping at various points and praying for

the particular communities. Details of timings can be found in the churches, and you are welcome to join Richard at any of the stops.

Mothering Sunday

All are welcome to our churches on Sunday 10 March for special services to mark Mothering Sunday. All services then will be all age services. Flowers will be given to all mothers.

Lent Lunches

St Mary's are holding a number of simple lunches in aid of charities throughout Lent. All are welcome and there is no fixed charge, instead donations will be welcome.

- Wednesday 6 March at Damson Cottage, Plud Street Contact 07891 713045
- Saturday 16 March at St Mary's, Lady Chapel Contact Claire Gelder – gelderclaire@gmail.com
- Thursday 21 March at Westholme Farm, West End. Contact 07891 712216

Messy Church – Saturday 9 March 3.00pm-5.00pm at St Mary's



...is a way of being church for families involving fun and is for adults and children to enjoy together uses hands-on activities to explore Bible stories, to reflect a God of creativity and to give people a chance to play together is about hospitality, expressed most evidently by eating together is returning to the Isle of Wedmore on Saturday 9 March 3.00-5.00pm in St Mary's church.

The two hours of Messy Church will feature a number of craft tables based around the theme of 'Mothers and Others', a time of worship and a shared tea. It is for all the family, whether or not you normally come to church. Look out for flyers, posters and invitations later in the month. Speak to the vicar Richard Neill if you want to know more or look at www.messychurch.org.uk/

New(ish) Priest for the Isle of Wedmore

Reverend Joy Hawes was curate for our local churches between 2016-2019. After some time serving elsewhere in Somerset Joy is returning to serve as a priest on the Isle of Wedmore. She will be licensed during the Palm Sunday celebration in St Mary's on 24 March. Welcome back Joy.

Holy Week and Easter Services

Easter falls on Sunday 31 March. Here is a list of the special church services we will be holding in the week leading up to Easter (known as Holy Week).

Sunday 24 March (Palm Sunday)

- When we remember Jesus entering Jerusalem to the acclaim of the crowds). Procession starts from Wedmore First School at 10.00am with a special Communion Service at 10.30am. During the service Reverend Joy Hawes will be licensed as associate priest.

Monday 25 March

- We join together with others from across the Cheddar Valley for a special service in Cheddar Roman Catholic Church at 7.00 pm. Ministers from different churches and different church traditions each lead a short reflection on one of the Stations of the Cross (an imaginative and reflective way of entering into Jesus' suffering and death).

Tuesday 26 March

- Night Prayer at St Mary's at 8.00 pm. A short reflective service with a sermon to end the day.

Wednesday 27 March

- Night Prayer at St Mary's at 8.00 pm. A short reflective service with a sermon to end the day.

Thursday 28 March

- Bring and Share Supper and informal Communion at Blackford Village Hall Trinity at 6.00 pm. Suitable for all ages this is an opportunity to remember the Last Supper of Jesus and his Disciples.

Friday 29 March (Good Friday)

- When we remember Jesus' death on the cross). Stations of the Cross for children at St Mary's at 10.00 am. An interactive journey around St Mary's tracing events of the trial and crucifixion of Jesus. This will be followed by making easter biscuits and creating an Easter Garden.

At 10.00 am some members of Christchurch walk up the hill to Bagley Baptist Church for a service there at 10.30 am remembering Jesus' death.

An Hour of the Cross at Allerton at 2.00 pm. Readings, hymns and reflections to mark the last hour of Jesus' life.

Saturday 30 March (Holy Saturday)

- When we remember Jesus lying in the tomb and prepare ourselves for the joy of Easter Sunday

Easter Vigil on Facebook live from the Vicarage garden at 8.30 pm. We listen to important bible readings, sit in silence and wait before lighting lots of candles and proclaiming with joy Jesus' resurrection.

Sunday 31 March (Easter Sunday)

- The most important day in the church's year when we give thanks for Jesus' resurrection). The day begins with a sunrise service at Bagley Community Orchard. We begin at 6.30 am light a fire, wait for the sunrise and sing joyful hymns. Bacon rolls and coffee are then served in Theale Village Hall.

There will then be special Easter Sunday Communion Services at all our churches, which will be full of joy and colour. Easter egg hunts for the children will follow these.

9.00am at Allerton Church and Holy Trinity Blackford

10.30am at St Mary's Wedmore

11.00am at Christchurch. Theale

Revd Richard Neill

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Church Services

Isle of Wedmore Benefice

Our worship will also continue to be available online. At least one of our Sunday services each week is recorded, and you can join in via the St Mary's YouTube channel. Links for all the above and details of services both online and in churches can be found <https://www.achurchnearyou.com/church/10871/>.

Everyday excluding Sunday there is Morning Prayer online at 9.00am on our Facebook page <https://www.facebook.com/St-Marys-Wedmore-384215139101196/>

St Mary's Church, Wedmore

Holy Communion is celebrated most weeks on Wednesday morning at 9.45 am

Sunday 3 Lent 3	10.30am	Café Church
	6.00pm	Start the Week
Sunday 10 Lent 4/Mothering Sunday	10.30am	Family Service
	6.00pm	Start The Week
Sunday 17 Lent 5	8.00am	BCP Communion (Badgworth)
	10.30am	Morning Praise
	6.00pm	Start the Week
Sunday 24 Palm Sunday	10.00am	Procession
	10.30am	Benefice Communion
	6.00pm	Start the Week
Sunday 31 Easter Day	10.30am	Festival Communion

Holy Trinity Church

Sunday 3 Lent 3	9.00am	Parish Communion
Sunday 10 Lent 4/Mothering Sunday	9.00am	Sunday Breakfast
Sunday 17 Lent 5	9.00am	Parish Communion
Sunday 24 Palm Sunday	9.00am	See St Mary's
Sunday 31 Easter Day	9.00am	Festival Communion

Christchurch, Theale

Sunday 3 Lent 3	11.00am	Parish Communion
Sunday 10 Lent 4/Mothering Sunday	11.00am	All Age Communion
Saturday 17 Lent 5	11.00am	Parish Communion
Sunday 24 Palm Sunday	11.00am	See St Mary's
Sunday 31 Easter Day	11.00am	Festival Communion

Allerton Church

Sunday 3 Lent 3	9.00am	Morning Praise
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Sunday 10	Lent 4/Mothering Sunday	9.00am	Family Service
Sunday 17	Lent 5	9.00am	Morning Praise
Sunday 24	Palm Sunday	9.00am	See St Mary's
Sunday 31	Easter Day	9.00am	Festival Communion

Bagley Baptist Church

Sunday service at 10.30 am. Come in person or view live via our Bagley Baptist YouTube channel. Teaching groups for children & young people starting around 11.00 am.

Every Wednesday 10.30 am-12noon is our popular ‘Coffee with a View.’ Come for coffee/tea, home-made cakes, our wonderful view, and a warm welcome. All free of charge. Bring a friend or come and make some new ones here. We have good parking and wheelchair access.

Other fellowship groups are available - youth group, young adults’ group, home groups, gatherings, prayer meetings, and more. For further details Tel: 01934 710779, Email: contactus@bagleybaptist.co.uk, website: www.bagleybaptist.co.uk

Family All-In Easter Service takes place on Sunday 31 March at 10.30 am.

Axbridge and Wedmore GP Practice

Surgery Opening Times

Please note that the Wedmore Surgery opening times were incorrect in previous issues of the Wedmore News. The surgery is only open until 1.00 pm on Fridays. Our apologies for any inconvenience caused – Ed.

Wedmore Surgery

Monday 8.30 am to 6.00 pm

Tuesday to Friday 8.30 am to 1.00 pm

Telephone 01934 712774

Axbridge Surgery

Monday to Fridays 8.30 am to 6.00 pm

Telephone 01934 732464 - Please note the surgeries are closed on Bank Holidays.

Contact our Clinical Team through our Website

We can also be contacted, in your own time, through our website, with a member of our clinical team replying to you by the end of the next working day. You will be asked to complete an online form. This is useful for non-urgent conditions. We will then contact you and let you know the best action to take.

www.axbridgeandwedmoremedicalpractice.nhs.uk

Improved Access Appointments

Axbridge Surgery, Tuesdays 6.30 pm to 8.00 pm

During these a Nurse/HCA/Phlebotomist will be available for routine appointments outside normal surgery times. These appointments are provided, but not exclusively, for those patients who find it difficult to attend during normal surgery hours. Please note, these hours may be subject to change depending on the availability of clinical staff.

Please visit our website or visit/ telephone the practice 732464 or 712774 for changes to opening hours. You can also obtain 24-hour general medical advice by telephoning NHS 111 or visit the NHS 111 website.

During improved access appointments the front door will be locked. Please ring the video doorbell for access. Access will only be granted to patients with pre-booked appointments. Surgery telephones are not manned during extended hours.

Wedmore Community Bus

Scheduled Services

There are five Scheduled Services a week. These are:

- Cribbs Causeway – some Mondays
- Taunton - Tuesday
- Bridgwater - Wednesday
- Weston-s-Mare - Thursday
- Street & Glastonbury - Friday



The bus departs from Wedmore Car Park at The Lerburne at around 9.30 am to start picking up passengers. It returns to Wedmore between 1.30 pm and 3.30 pm depending on the destination. See below for more details.

The bus is a friendly place where there is normally a happy buzz of conversation. Our passengers often meet for a coffee whilst at the destination.

Anyone is welcome to come on the bus and a place can easily be booked by phone.

We try to pick up and drop off at the homes of all users who need this. For other passengers this will be at a location that is convenient for them. We are also flexible about drop offs on route.

We are happy to provide help in getting on and off the bus for those who need it.

Drivers are all volunteers who want to help passengers to enjoy their time on the bus as much as possible.

The service is free for everyone with a Concessionary Bus Pass and for children under 5 years old on all services except Cribbs Causeway. Cribbs Causeway is £2 for Concessions and free for children under 5. For other passengers, fares are low as the bus is financed by Somerset Council and drivers are volunteers.

Timetable and Booking Details

All services

Depart Wedmore Car Park at The Lerburne at around 9.30am to start picking up passengers.

Some Mondays - Cribbs Causeway

Departs Cribbs Causeway 2.00 pm. Back around 3.30 pm. Upcoming Cribbs Causeway services will be on 4 and 11 March and 8 and 15 April, for further information call Angeline Duckett on 01934 712631.

Tuesday - Taunton

Departs Taunton 2.00 pm. Back around 2.45 pm.

Wednesday - Bridgwater

Departs Bridgwater 1.00 pm. Back around 2.00 pm.

Thursday - Weston-super-Mare

Departs Weston 1.45 pm. Back around 2.45 pm.

Friday - Street and Glastonbury

Departs Street 1.00 pm. Back around 1.30 pm.

Passenger pickups/drop-offs for all five services are normally available in Wedmore, Sand, Heath House, Mudgley, Latcham and Cocklake.

Additional pickups/drop-offs are normally available in other villages on route to each destination.

Cribbs Causeway – this is at Mark.

Taunton & Bridgwater - these are at Mark, Bason Bridge and East Huntspill

Weston-super-Mare - these are at Stoughton, Allerton and Mark

Street - these are at Theale and Godney

To be sure of a seat, just call the number indicated below against the relevant destination at the time shown and we'll agree a convenient pick-up location and time.

Alternatively, just come to the Lerburne car park before 9.30 am. Except on the Cribbs Causeway service we will normally be able to fit you in, although this isn't guaranteed.

Some Mondays to Cribbs Causeway –

Angeline Duckett on 01934 712631 as early as possible

Tuesday to Taunton -

Angeline Duckett on 01934 712631 between 6.00 pm & 6.30 pm on the previous evening.

Wednesday to Bridgwater -

Helen Flooks on 01934 611006 between 6.00 pm & 6.30 pm on the previous evening.

Thursday to Weston-super-Mare -

Carol Ayliffe on 01934 713471 between 6.00 pm & 6.30 pm on the previous evening.

Friday to Street & Glastonbury -

Ann Hughes on 01934 712832 between 6.00 pm & 6.30 pm on the previous evening.

Relief Booking Controller -

Lesley 01934 900571

Private Hire

On weekends the bus is available for private hire throughout the day and in the evening. It is also available by arrangement on most Mondays.

On Tuesdays to Fridays, it is available for private hire after 3.30 pm and in the evening.

Each private hire comes with a list of volunteer drivers for the hirer to approach.

The bus has seats for a maximum of 16 passengers. It is often booked for weddings, club outings etc.

To make a booking please contact us by email at iowrtabookings@gmail.com

Further details at the Wedmore website [www.theisleofwedmore.net/LocalDirectory/Wedmore Community Bus](http://www.theisleofwedmore.net/LocalDirectory/WedmoreCommunityBus) or email us at wedmorebus@gmail.com



(685)

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