

PITCOMBE

news



April 2021

In this issue:
Poems to delight and amuse
Happy Cooker
Parish matters

MONTHLY MAGAZINE FOR THE PARISH OF PITCOMBE

What's on...

April 2021

Friday 2nd	Good Friday
Saturday 3rd	Black Bin Collection
Sunday 4th	Easter Sunday 9.30am Holy Communion
Sunday 11th	Morning Prayer 11am
Tuesday 13th	Pitcombe Parish Council 7.30pm on Zoom
Friday 16th	Black bin collection
Sunday 18th	Holy Communion 11am
Sunday 25th	Evening Prayer 6pm

EVENT

...weekly

We hope to report resumption of-

...later

welcome

PITCOMBE NEWS

Normal transmission is resumed this month, with the return to full operational health of co-editor, Jane. Apologies for the very abridged, email edition in March.

Church news includes the continuation of socially-distanced worship at regular services and a welcome to our recently arrived new Rector, Jonathan Edwards. Also, the return of 'Rector's Ruminations', as Jonathan assumes the mantle of previous incumbent, Justin Bailey.

The Parish Council has been busy debating the pros and cons of a proposed housing development in Pitcombe and concluding it is definitely not a good idea. The Council has taken the trouble to spell out the details of the new Parish Precept, the bottom line of which indicates a modest increase for most households from last year.

Castle Cary Gardening Association is back on track, after a 12-month absence, with a 'Roses via Zoom' meeting for its members on April 1st. A welcome back and a welcome way to herald the outburst of Spring.

Walkers are in for a treat, with an enthusiastic announcement from the 'Walking in England' organisation, which invites you to visit their website for information on a massive array of walks in Somerset and beyond for all ages and capabilities.

Elsewhere, there is an interesting article about Maundy Thursday Money, and the coins that are now in the possession of a Pitcombe resident, which were presented by Queen Victoria in 1890.

Lastly, a useful 'Did you know' for our readers: 'There are no moles in Ireland.' After glaciation, sea levels rose quickly, cutting Ireland off

*Contributions please to the Editors by 15th of the month—contact
details in the Parish Directory page 14*

Editors: Jane and Anthony Hodges

APRIL

I am pleased to say, that as the Covid-19 situation improves, we have been able to resume worship at St Leonards', and the Reverend Jonathon Evans is taking services supported by our team of retired clergy. We ask you to wear a face covering and to ensure that social distancing of 2 metres between individuals or those from separate households is adhered to, and please also use the hand sanitiser provided on the chest immediately through the door upon entering the church.

Services at St Leonard's in April are as follows:

Easter Sunday - Holy Communion on 4th April at 9:30 –
Preb. Mark Ellis

Morning Prayer on 11th April at 11:00 – Rev'd Jonathan
Evans

Holy Communion on 18th April at 11:00 – Rev'd Hilary
Jalland

Evening Prayer on 25th April at 6:00pm – Rev'd Jonathan
Evans

We apologise for having to ask again, but in order to keep our worship at St Leonard's covid secure, may I ask that you continue to book into the services you wish to attend in April. Therefore, if you wish to attend any of our services please can you contact either myself, Philip Pidsley, (philip.pidsley@btinternet.com) tel. 01749 813842 or Carole Wyatt (carolewyatt@btinternet.com) tel. 01963 350222, to book in.

We are very much looking forward to our Easter Service this year, which will be in sharp contrast to one year ago when all places of worship were closed. during the first lockdown. We're cautiously optimistic that we will soon have more freedom to meet friends and family, take part in community events and to travel, all activities that add happiness to our lives.

Philip Pidsley, Church Warden

RECTOR'S RUMINATIONS

Having just moved house, I have been investigating our new garden. There is a lot of wild garlic and as I walked around the paths, I noticed the distinctive smell as my feet crushed the young leaves and they released their scent. By the end of the afternoon, my tramping around had reduced the fresh green leaves of the garlic on the paths to a sorry-looking mush.

It made me think a bit about the impact the way I go about everyday life can have on the world around me – not just on the wild plants in my garden, but on other people too. We often hear talk about an organisation's 'carbon footprint', but my impact on the environment, important as that undoubtedly is, is not the only way that my way of living has a wider effect - we make many footprints as we walk through life.

This Spring, as we begin to venture out a bit more and start to meet people socially again, we will need to be especially careful of each other. Some of us may still be fragile and anxious, having spent so long in seclusion, and may be wary of social contact. Others may be eager to resume the old way of doing things. As we make our way through this month of April, and hopefully enjoy greater freedoms, opportunities and possibilities, we must take care that we do not unintentionally cause distress to those whose paths we cross. We should not take for granted that those whom we used to hug will be ready for a hug; that those with whom we used to share a drink or a meal will yet be ready for close company. We will need to tread lightly as we navigate the newly opened paths of Spring 2021.

Rev. Jonathan Evans

Below is an extract from our Church Warden's welcoming words about our new Rector, taken from his unpublished report in March:

I am very pleased to say that the Reverend Jonathan Evans was licensed as Rector of the Benefice of Bruton, Brewham, Pitcombe and Shepton Montague at a special zoom service on February 11th. Jonathan has moved, with his wife Alice, two sons and two daughters, from his curacy at Holy Trinity Christchurch, so this is his first stand-alone appointment as a priest. Hopefully by the time this Pitcombe News is published Jonathan we will have been able to welcome Jonathon to Pitcombe as he takes his first service at St Leonard's.

The Miracle

Come, sweetheart, listen, for I have a thing
Most wonderful to tell you—news of spring.

Albeit winter still is in the air,
And the earth troubled, and the branches bare,

Yet down the fields to-day I saw her pass—
The spring—her feet went shining through the grass.

She touched the ragged hedgerows—I have seen
Her finger-prints, most delicately green;

And she has whispered to the crocus leaves,
And to the garrulous sparrows in the eaves.

Swiftly she passed and shyly, and her fair
Young face was hidden in her cloudy hair.

She would not stay, her season is not yet,
But she has reawakened, and has set

The sap of all the world astir, and rent
Once more the shadows of our discontent.

Triumphant news—a miracle I sing—
The everlasting miracle of spring.

John Drinkwater 1882-1937

Thank you to Merida Drysdale

The computer swallowed Grandma

The computer swallowed Grandma
Yes honestly, it's true!
She pressed control and enter
And disappeared from view

It devoured her completely
The thought just makes me squirm
She must have caught a virus

Or been eaten by a worm
I've searched through the recycle bin
And files of every kind
I've even used the Internet
But nothing did I find

In desperation I asked Mr Google
My searches to refine
The reply from him was negative
Not a thing was found online

So, if inside your Inbox
My Grandma you should see
Please Copy Scan and Paste her in an email
And send her back to me
Valerie Waite, 2004

Thank you to Kathleen Apperly

Odd Jobs

For all those jobs you
never get around to doing!

General Household and Garden Maintenance inc. Lawn Mowing
(4x4 Ride on with high grass mulch deck or collector), Fencing, Removals and Deliveries
(Large, Long Wheelbase Van)



Don't Delay, Ring Today
Alistair Gillard

Tel: 01749 347 331

Mob: 07977 054 036

Email: gillardalistair66@gmail.com



Brue Computing Ltd
IT support and services
www.bruecomp.co.uk
info@bruecomp.co.uk
07789 050987

1st Class Service, including:
PC and Mac repairs
Virus and Spyware Removal
Hardware upgrades
Home installation and setup
Small Business IT support
Phone and tablet repairs

Is History bunk?

I have two books on the go, one for bedtime reading, which mustn't be too exciting, and the other to help the sun over the yardarm and provide food for thought. In the latter category, this new year has seen some really interesting new books.

1859) Think back a century or two. This book led naturally onto Blood and Iron, an amazing first book by a newcomer, Katja Hoyer, who is a writer to watch. Reviewed as the best account of the Second Reich, it really explained Bismarck's achievement to me for the first time.

First up was Parting Words by centenarian Benjamin Ferencz, a Hungarian Jew whose parents emigrated in 1920 to New York. After serving in the war, he joined the team of prosecutors at Nuremberg. Subsequently a successful lawyer and philanthropist, his 146 pages of 'lessons for life' deserve attention.

I also enjoyed Mark Galeotti's Short History of Russia, from Pagans to Putin, which has inspired me to attack Alan Bullock's huge book Hitler and Stalin, Parallel Lives, which I have avoided since I bought it on publication in 1991 because it weighs 2kg. While Stalin gained power through stealth and the party, Hitler got himself elected. The parallel with our right-wing populist government and its proposed suppression of protest, the downloading of mobile phone data in the Police Bill and the possible restriction on judicial review of some government actions is chilling.

Just to show that history is not bunk, Ken Follett produced a book about Notre Dame and its fire informed by his research for the Pillars of the Earth series. He wrote about a fire in his fictional cathedral in Kingsbridge which had an uncanny warning.

Charles Brook

A series of new histories merit attention because of their contents but also because they are so readable: as W Bruce Lincoln (1938-2000) aimed to show, "it is possible to write good history which is also engaging prose". Habsburgs, the Rise and Fall of a World Power, by Martin Rady, is just such a book. If you thought, as I did, that the rise culminated in Metternich (1773-

Letter to the editors!

From Willie Constantine, with reference to the article in the February PN entitled 'Let's Count the Stars'.

I am very familiar with ORION and, when I was at sea as a navigator of passenger liners to Australia, we had to use the sun and the stars to find our position, when we were out of sight of land.

We had a Star Globe, about the size of a football, on which the 52 navigational stars were plotted. We had to use Spherical trigonometry, as we were dealing with very large angles. The Star Globe would be set for the time we would observe the stars, which was about 5 minutes after the sun had set, or, if we were observing in the morning, before the sun rose. We chose 4 or 5 stars to observe. It had to be done quickly while there was a clear horizon and before it became too light in the morning or dark at night.

Great fun! I often gaze at them and recall the times I needed them.

Nowadays they use SAT Nav., which takes away all the fun.

Regards, Willie

What a delightful insight, Willie—thank you

THE HAPPY COOKER



Lemon cheesecake with yoghurt and honey

Thank you to Anne Collyer who supplied this recipe in the latest South Somerset Beekeepers' news; she kindly agreed to let The Happy Cooker reproduce it here! Just perfect for April.

INGREDIENTS

175g crushed digestive biscuits yoghurt
75gm melted butter 25gm demerara Juice and zest of 2 lemons
sugar 1 x 142ml pot of fresh double cream
200gm full fat soft cheese*
4 tbsp honey 150gm Greek Style plain

Anne's note: Last time I made this I used 'La Fresca Margarita', an organic soft cheese made at Feltham's Farm, Horsington -scrumptious!

METHOD

1. Lightly grease the base of a 20cm round loose bottomed cake tin. Combine the biscuit crumbs, butter and sugar. Press mixture evenly over the base of the tin and leave in the fridge to chill while preparing the cheesecake topping.
2. Put the soft cheese, yoghurt and honey into a bowl and beat well until mixture is thoroughly combined. Stir in the lemon juice and zest.
3. Add the cream and continue whisking until the mixture becomes the consistency of whipped cream.
4. Pour the mixture over the biscuit base and leave in the fridge for at least 4 hours or overnight.
5. Transfer to serving plate and decorate with shavings of lemon zest or seasonal fruit.

Maundy Thursday silver coins

We're very grateful to a Parish resident for sharing with us the story of the Maundy coins that came into her possession.

The Maundy Service dates back to 600 AD and is held each year on the Thursday before Easter Sunday, when coins are traditionally distributed to the poor (nowadays they are awarded in recognition for services to the community). The reigning monarch distributes these gifts personally, to the value of the same number of pence as the years of the monarch's age.

These particular silver coins were presented by Queen Victoria in 1890, aged 70, with each coin being minted that same year. Each recipient of Maundy money is given the coins in a small leather purse.

Col. Perkins, who lived at Burcot Manor, near Bath, was one of the proud recipients. The purse and his coins were passed on to our lucky parishioner and are pictured on these pages..





P I T C O M B E P A R I S H

Parish Council

Chairman	Richard Waller	01749 812754 rjtwaller@hotmail.com
Parish Clerk	Patrick Pender-Cudlip	07742 930521 clerk@pitcombepc.org.uk

St Leonard's Church

The Rector	Rev'd Jonathan Evans	01749 813080
	Church Office	07305 736042 rector@stmarysbruton.org
Benefice Office Secretary		benefice@stmarysbruton.org
Bell-ringing	Tina Harley	01749 813262 tina.harley@btinternet.com
Church Flowers roster	Tina Harley	01749 813262 tina.harley@btinternet.com
Church Wardens		01749 813842
	Philip Pidsley	philip.pidsley@btinternet.com
PPC Secretary		01963 350222
	Carole Wyatt	carolewyatt@btinternet.com

Friends of St Leonards

Secretary	Cathie Brook	01963 351492 catherinebrook@aol.com
-----------	--------------	------------------------------------------------------------------------------------

Hadspen Village Hall

Chairman	Robin Currie	01749 814899 arctheduke@gmail.com
Bookings Secretaries	Penny Mounsey	01963 359488 penny.mounsey345@btinternet.com
	Jan James	01963 350464 janet.james945@btinternet.com
Secretary	Sheelagh Douglas	07733 102819. sdmdouglas7@gmail.com

Neighbourhood Watch

Co-ordinating Officer	Sue Chamberlain	01963 350616 sechamberlain@btinternet.com
-----------------------	-----------------	------------------------------------------------------------------------------------------------

S H D I R E C T O R Y

Pitcombe News

Co-editors	Jane Hodges	01963 351429 janeamelahodges@hotmail.com anthony.hodges@hodgeassociates.org
	Anthony Hodges	

Short Mat Bowls Club

Secretary	Carole Wyatt	01963 350222 car-olewyatt@btinternet.com
-----------	--------------	---------------------------------------------

U3A

Bridge	Kate Mair	01963 351544 kate-andbillmair@hotmail.com
--------	-----------	----------------------------------------------

Patchwork	Jan Wilcox	01747 840335 mail@janwilcox.plus.com
-----------	------------	-----------------------------------------

History	Bruce Bower	01747 840335 bowersxb@btinternet.com
---------	-------------	--------------------------------------------------------------------------------------

<u>Pilates</u>	Shirley Rutter	07733 085 077
-----------------------	----------------	---------------

-

Avon and Somerset Police

Emergencies	999
-------------	-----

Non Emergencies	101
-----------------	-----

Healthcare

Bruton Surgery	01749 812 310
----------------	---------------

Wincanton Health Centre	01963 435700
-------------------------	--------------

Shepton Mallet Treatment Centre	01749 333600
---------------------------------	--------------

Local Government

District Councillor,	Robin Bastable	01749 812335 robin.bastable@southsomerset.gov.uk
----------------------	----------------	--------------------------------------------------------------------------------------------------------------

County Councillor	Anna Groskop.	01749 812520 amgroskop@somerset.gov.uk
-------------------	---------------	------------------------------------------------------------------------------------------

Roads and Transport		roadsandtransportSD@somerset.gov.uk
---------------------	--	----------------------------------------------------------------------------------------------



The Flower Shop

Beautiful fresh flowers
Bespoke country style bouquets
Range of jugs, pots, gifts and vases
Weddings, funerals, events
Family run business
Local delivery

8 High Street
Bruton, Somerset. BA10 0AA
Telephone: 01749 812465
Email: jo@theflowershopbruton.co.uk
www.theflowershopbruton.co.uk

ovencor 
Domestic and Commercial Oven Cleaning

**Your local, independent
oven cleaning service.**



Domestic Ovens,
Ranges, AGAs,
Hobs & Extractors

Commercial Ovens,
Extractors, Floors &
much more ...



01963 240931

www.ovencor.co.uk

Email: contact@ovencor.co.uk

Neighbourhood Watch



Scams – Local numbers

We are hearing several reports of members receiving scam calls from local numbers; these are where scammers are trying to trick you into believing they MUST be real as they are nearby.

One such example has been received from a member in Martock who had a call claiming to be from ebay security on a local number. Very handy if there was indeed a problem with ebay, as we may be able to visit them to fix the problem (after Lockdown)! But quite clearly a scam. Several others have been reported since from various companies, and again the ploy is to instil a sense of trust in the recipient.

Do please remain alert to any calls you receive, advising for example, ‘You have a slow broadband connection, Your loft insulation does not meet current regulations, You have post from Royal Mail that has not been fully paid, Your Amazon Prime has expired or has been hacked.’

These will almost certainly be scams and if in doubt hang up, let the phone line clear for at least 5 minutes and then call the company back on a number you know, preferably on a different phone. And please never press 1 on your keypad when asked.

Somerset Police



CAULFIELD CONSTRUCTION ENGINEERING

- Period Property
- Renovations
- Extensions
- Alterations
- Roofing
- Repairs
- Groundworks
- Underpinning



07541 326750



01963 359679



www.cce-construction.com



contact@cce-construction.com



DORSET GARAGE DOORS

QUALITY★RELIABILITY★SECURITY

- ♦ Sectional Doors
- ♦ Roller Doors
- ♦ Up and Over
- ♦ Side Hinged
- ♦ Personnel Doors
- ♦ Spares & Accessories
- ♦ Installation

- ♦ Repairs
- ♦ Servicing
- ♦ Automation
- ♦ 2 into 1 Conversions
- ♦ Automated Gate Systems

Contact us today for your free
no-obligation quote

Call 01963 363782 or 01258 472830
www.dorsetgaragedoors.co.uk

Sharpen your pencils and colour in!



I AM A LOCAL TREE SURGEON
RELIABLE, EXPERIENCED AND ENVIRONMENTALLY SENSITIVE
FOR A PERSONAL APPROACH TO ALL YOUR
TREE AND GARDEN NEEDS
PLEASE CALL FOR A FREE QUOTE

*Quality work at
sensible prices*

*Any job
Big or small*

**FELLING & DISMANTLING
PROFESSIONAL PRUNING
FRUIT TREES
HEDGE CUTTING
STUMP GRINDING
SITE CLEARANCE**

*Public liability insurance certificate
provided on request*

**NOEL RADFORD
TREE SURGEON
N.C.HORT (ARB)**

9, BURROWFIELD SQUARE, BRUTON, SOMERSET BA10 0HR

01749 812151

PARISH COUNCIL



On 9th March the Parish Council met by Zoom and we were delighted to see a large number of residents in attendance. It was apparent that the latest application to build 5 houses on the site of Pitcombe Farm had aroused concerns which people wished to express. The full minutes of the meeting are available on the Council website, but the following summarises the outcome of the discussion after contributions made in the public session:

The Chair reminded members that, in February 2020, the Parish Council had recommended refusal of an application on the same site for eight dwellings and asked councillors to consider if the reduction to the number of dwellings in the new application represented any material changes.

All councillors agreed that the new application did not address any of the issues raised by the first application. A development of five dwellings would still negatively impact on flood risk in the area, inadequate access to the site and concerns over parking remained. Five dwellings equated to a 25% increase in the number of dwellings in the village of Pitcombe. The scale and volume of the proposal was inappropriate for the site. As stated in SSDC Local Plan policy SS2, there was no requirement for additional housing in Pitcombe and the application did not satisfy the criteria for development in a rural settlement such as Pitcombe. The issue of flooding at the site had not been considered seriously by the application and it was noted that, during times of heavy rain, the only access road to the site was often underwater and impassable. The proposal to construct a large, tarmacked parking area, along with the building of the dwellings themselves, would worsen the flood risk, due to increased surface water run-off.

Although the number of houses in this application had been reduced, the dwellings themselves were larger. There would be no reduction in agricultural vehicle movements, despite claims to the contrary in the application, as access to the farm at the top of Pitcombe Hill would still be required by the farmer. The additional vehicle movements resulting from the development, added to the current agricultural vehicle movements, would cause congestion and dangerous driving conditions. Other inaccuracies in the application were noted, namely that there had been no consultation with residents or the Parish Council, the increase in the number of dwellings in the village of Pitcombe as a result of this development would be 25%, not 2.5% and that the application claimed that the site did not flood when, in fact, the flood report associated with the application confirmed that the flood line crosses the access road of the site. The development would result in increased light

Parish Council Report contd

pollution and represented an increase in the visual urbanisation in this unlit, rural settlement. The proposed vehicle access to the site was opposite two existing properties, which would cause problems for new and existing residents trying to exit their driveways.

District Councillor Bastable confirmed that Area East Committee meetings were restarting at SSDC, so this application should be brought before District Councillors rather than being decided by officers. Members of the public were able to attend AE meetings and would be allowed three minutes to speak. The Chair said that any member of the public wishing to attend an AE meeting could contact the Clerk for details.

RESOLVED: It was proposed and unanimously agreed that the Parish Council objects strongly to this application and recommends that it is refused by SSDC. The Parish Council wishes to reiterate its objections to the previous application on this site as the reasons for these objections have not been addressed with this new application.

This decision by the PC is not binding on the planning authority, which is SSDC but will hopefully be taken into account when reaching their conclusions.

Other matters were considered, and the meeting ended with the Chairman expressing thanks for Zoe Godden's stint as Clerk and welcoming our new Clerk, Patrick Pender-Cudlip who is now in role.

Richard Waller, Chair

Precept explained

An explanation of the precept for Pitcombe Parish Council 2021/2022

You may have noticed within this year's council tax bill an apparently hefty percentage increase in the precept for the Parish Council. Although in pound-note terms this will only amount to a modest sum of £2 or £3 for most households across the year, it is only fair that the Parish Council explains why, in what promises to be a challenging year, this increase was necessary.

The main changes in expenditure over the previous year's budget are as follows:

Provision in the budget for a £1000 grant for the upkeep of the graveyard, as opposed to the £816 budgeted 2020/2021 (the figure of £816 originated from the grant request in November 2019). Therefore, an increase of £184.

Provision in the budget for a £250 grant to Pitcombe News to assist with production costs. (We supported PN, when printing costs escalated due to COVID, and have maintained this support for the time being, until hopefully they may become self-financing again).

Provision in the budget for a higher salary for the replacement clerk who was recruited to replace a less-experienced and less-qualified individual, who left midway through the year.

Most of the expenditure within the budget was otherwise unchanged or modestly reduced.

It is worth noting that the previous year's parish precept saw a modest reduction whilst others were increased. The effect of that reduction has been to amplify the percentage increase this year.

Wildlife to spot in Spring

Squirrels become more active and are easier to spot

Migrant birds such as Chiffchaffs, sand martins and wheatears start to arrive in March

The first bumblebees emerge on warm sunny days. These are queens that have survived winter and need nectar and pollen.

Frogs and toads start to spawn in garden ponds. Keep ponds fish free if you want the tadpoles to survive.

Robins, sparrows, blackbirds start to build their nests. Leave twigs or debris from borders near feeders for them to collect.

Take advantage of spring's ideal planting weather to put new wildlife-attracting shrubs, such as buddleia for butterflies or berrying holly for birds.

Seed-eating birds such as finches may come to gardens to top up their diets, so keep feeders full.

Warm spring weather may bring an increase in mole activity. Try deterrents or collect the soil to use in potting compost mixtures.

Taken from Garden Wildlife Notebook, published by English Garden

Castle Cary Gardening Association

I really hope that everyone is remaining well and feels encouraged by the increasing daylight, the bursting buds and the general enthusiasm of spring. Spring has officially sprung and the club has now not met for a year. Obviously, we had to postpone all our speakers in the hope that we would pick up where we left off in 2021! Happily, some of them give their talks by Zoom! SO.... Our next talk is being Zoomed directly into our own homes.

Thursday April 1st at 7.30pm, Micky Little from Avon Bulbs will give us a talk on **Roses** via **Zoom**.

The talk will start at 7.30pm and last for about 50 minutes.

Micky says "my talk will be based on my journey to and from work and the lovely roses that people have growing in their gardens. Each picture will have a cultural note or an amusing anecdote. I try to cover the vast array of rose selection, planting and maintenance and allow time for any questions"

If anyone is interested in hearing this talk, you are **very** welcome to join our club, we would love to 'see' you. Annual membership is only £7. Along with ten talks a year, members also qualify for discretionary discount at Dave Marsh Hardware and Julian Shave on gardening items, full details of membership are on the website <http://ccga.btck.co.uk/>



Wishing you all happy gardening

Erica Holt

4FAMILY MENTORS: an opportunity to make a real difference

Since 2011 **Yeovil4Family**, hosted by Yeovil Community Church, has worked successfully in partnership with South Somerset District Council and other key agencies in supporting struggling families providing support in the family home. Our role has been to deliver a family support programme by providing Link Workers and **Volunteer Mentors** who are the families' voice amongst the agencies so that they can regain control over their own lives and feel empowered and equipped to move forward.

During the summer of 2020, we secured significant funding and are, therefore, looking to expand our reach from Yeovil to across South Somerset. Working with a Link Worker, **Mentors play a crucial role.**

WHY BE A MENTOR?

- Be part of a fantastic family mentoring programme which carefully matches mentors with a family living within South Somerset.
- By providing one-to-one non-judgmental listening support in the home, helping the family gain the support it needs to make changes and find solutions to their challenges, mentors have the opportunity to bring new hope into the lives of a family.
- 4Family's Mentors have seen 100s of families regain control over their own lives and feel empowered and equipped to move forward.
- The training that you receive and the skills that you learn will help build your CV and will benefit you generally in your every-day life.
- Volunteering has been shown to have immense benefits for the health and wellbeing of the volunteer.

This could be your opportunity to make a real difference to your local community - knowing you have contributed to helping a client family gain hope for a better life and a better future.

TIME COMMITMENT

Being a volunteer Mentor takes approximately 2 hours each week; 1 hour with the family or individual you have been matched with and up to an hour with your Link Worker. You must be able to commit to being part of the programme for a minimum of 6 months.

WHAT WE OFFER

We know that it can appear daunting to take on a role such as this and, therefore, we support each Mentor by offering:

- an initial 12 hours training over six sessions spread over six weeks *or* 3 x longer day sessions depending on people's availability
- weekly support from their Link Worker
- back up support from the Programme Leader
- additional ad hoc training

an opportunity to meet up regularly with other 4Family Mentors

WHAT NEXT?

To explore whether being a 4Family Mentor may be for you:

find out more about Yeovil4Family, please go to <https://yeovilcommunitychurch.co.uk/yeovil-4-family/>

Please contact Deanne Mahony for further information.

email deanne.mahony@yeovil4family.org.uk

call the office on 01935 530050

post any que-

ries to Yeovil4Family, The GateWay, Addlewell Lane, Yeovil, BA20 1QN

We look forward to hearing from you. “

Fantastic website for Somerset walkers

Are you fed-up with doing the same old walks?

Walking in Somerset www.walkinginengland.co.uk/somerset is the website for you!

With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group, all the information is there in one place.

John said 'There is so much walking information on the web. but it is difficult to find. Walking in Somerset (part of the Walking in England suite of websites (www.walkinginengland.co.uk) – one for each county in England), has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles+ long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk

email: john@walkinginengland.co.uk

If you could change one thing about your health – what would it be?

Your Gut Microbiome is THE key to your health



What is your Microbiome?

Recent scientific studies have uncovered a fascinating ecosystem within each of us called the Microbiome. This is a complex network of bacteria, fungi & microflora, which impacts the health of virtually every system in the human body. The Microbiome accounts for 90% of the cells that create YOU. These cells can work for you or against you.

Please contact Sarah Crossman if you would like to know how to improve your health with a unique 21 day Microbiome Reset Programme.

Tel: 07531 831 553 or email sarah@lifereflexology.co.uk



lifereflexology
-Somerset-

Hand and Feet Reflexology

Reflexology Lymph Drainage

Baby & Toddler Reflexology Workshops

Beautiful boxed gift vouchers
available from Life Reflexology on 07531 831 553

Sarah Crossman CRM5 MAR

E: sarah@lifereflexology.co.uk

W: lifereflexology.co.uk

@life_reflexology

April Jobs in the Garden

Edible Crops

- * Sow quick growing half hardy annuals: pumpkins, squash, sweetcorn, basil and French runner beans
- * Direct sow hardy annuals: salad leaves, lettuce, carrots, beetroot, chard and spinach
- * Direct sow green manures eg phacelia, on fallow ground waiting for half hardy annuals
- * Plant early potatoes (if not already done) and maincrop potatoes
- * Continue to sow tomatoes and cucumbers ready for planting under Cover

Flowers

- * Direct sow hardy annuals eg marigolds, poppies, dill, cerinthe, and nigella
- * Start planting out half hardies, eg cosmos in sheltered spots at the end of the month
- * Plant out semi-tender perennials taken from cuttings last year eg penstemons

KIMBERS'

Feasts. Gifts. Goodness.



See our social media or phone for details of events, family feasts, guest chefs, steak nights, curry nights and more

Our farms' meats, groceries, dairy, veg, wine, cheeses, orders & deliveries . . .

on the B3081 between Bruton & Wincanton BA9 8HD. Closed Mondays. 01963 331 77

 [kimbersfarmshop.co.uk](https://www.kimbersfarmshop.co.uk)

Kimbers' Farm Shop
meats, dairy, groceries, gifts
[kimbersfarmshop.co.uk](https://www.kimbersfarmshop.co.uk)
01963 331 77

The Kitchen at Kimbers'
breakfast, lunch, pop-ups, events
[thekitchenatkimbers.co.uk](https://www.thekitchenatkimbers.co.uk)
01963 331 77

Trading Barn
Vintage & Interiors,
collectables & curios
Tues-Sat 10am-5pm