KILMERSDON **PARISH**NEW/S



JANUARY / FEBRUARY 2023



Your **FREE** magazine, supporting the **COMMUNITY** and **PARISH COUNCIL** news. DELIVERED TO THE PARISH OF KILMERSDON, CHARLTON, GREEN PARLOUR & FOSSEFIELD ROAD.

From the editor ...

May I start this piece by belatedly wishing you all a very happy new year!

As I was reflecting on the past year, the Queen's famous phrase - "Annus Horriblis" came to mind, since I think most of you will agree that this is what 2022 was like for many of us living in Kilmersdon. We lost so many much-loved villagers, family members and friends! Of course, it hasn't been just Kilmersdon that suffered in this way, as sadly so many other people throughout the world have had huge losses, one of the most prominent areas of conflict being the Russian invasion of Ukraine! However, I believe that we all need to get back to the uplifting words of comedian Eric Idle's song: " Always look on the bright side of life"! As ever we are always delighted to receive your articles, pictures and news, so keep them rolling in and, if possible, limit them to 350 words. The deadline for our next issue will be 20th Feb.

> Warmest wishes, Penny Hutton

Kilmersdon WI



The Christmas party was a great evening. Fun was had by all with full Christmas dinner with all the trimmings. We had Father Christmas visit us with presents for everyone. There was entertainment with some carols from Julie and Phil. We finished with a quiz which proved to be very entertaining.

We meet every second Thursday of the month 7.15pm at Kilmersdon village hall.

12th Jan - Social, bring & bye any unwanted Christmas presents, any books you have read for our book shop.

9th February - John Dando down the garden path.

Any questions please ring

Viv Love 01762 414419

Cover photo: Julie Palmer Please send in your photos if you would like to be featured on our front page

> If you would like to receive your Parish News online, please contact Penny on 01761 435193

Kilmersdon Parish Council

The nights are long, it gets dark early & unfortunately it's the time of year for thieves to be out & about, particularly targeting sheds, outbuildings & garages. So it's time to be careful & protect our property.

There are a number of steps we can all take to make sure we can be as secure as possible. These suggestions have come from a number of Police forces, particularly to deter the one-off 'opportunist' potential thief.

• If you store tools outside, use old ones, or deface new ones to reduce their resale value. Painting all tools pink is remarkably effective (recommended by Northumbria Police !).

• Use high quality locks, doors and hinges and ideally block off all windows.

• Use tamper proof screws or drill out screw heads. Use non return screws on all hinges, coach bolts or strong pad-bars and close shackle padlocks. Attach bars to windows of sheds to make them more secure. If smashed these cannot then be used as a point of entry.

• Visibly mark property and record the serial numbers for free on www.immobilise.com, the police's national property register, to aid recovery of any stolen items. Etch or mark the site postcode on all tools; if you get a spate of thefts you may be able to trace them to a specific car boot sale, for example.

• If you must store valuable items outside, store them in a strong, lockable box chained to something immovable.

• Keep a note of serial numbers of power tools and photograph valuable items.

I hope some of these ideas will be useful, while appreciating that there is no perfect deterrent.

Hope that everyone had a happy Christmas & New Year, here's hoping none of these suggestions will be necessary !

Robin Moss

Clerk, Kilmersdon Parish Council

Kilmersdon Church

Christmas Wreaths and Flowers

Please could everyone remove any Christmas Wreaths or Flowers from the Churchyard soon (they should be taken away by the beginning of February). It would be very helpful if you could take them away and put them in your own bins - this helps to keep our churchyard looking as good as possible.

Dear Friends

I am typing this after many of our pre-Christmas services but before Christmas. The church looked really lovely for Christmas and as well as our Christmas tree and decorations was full of the wonderful Christmas pictures done by children from Kilmersdon School We had so many that they were everywhere you looked. It was actually really difficult to judge them, and the winners were, in no order, Vivian Shaw Year 6, Annabel Eggar Year 2 and Lexi Piasecki-Talbot, Year 3. All of these featured on our Christmas card which was (we hope) delivered to every house in Kilmersdon. These were seen by many people. During the week beginning 12 December we had Eileen Ham's funeral: Kilmersdon School PTA Christmas concert: Kilmersdon School Key Stage 1 and Key Stage 2 Christmas services both with parents; on Saturday 17th the Christening of Sidney-Rose Dukes (seen here with her parents, Sarah and Steve), and on Sunday 18th our Carol Service. And, as I type, I am hoping for a full church for Midnight Mass.

On Saturday 7th January, I shall be licensed in Kilmersdon Church as Vicar of East Mendip Trinity. This is of course only a year and a quarter after I actually took on the job, but



the legal side of things moves very slowly in the Church of England! I am looking forward to this very much and am sure we shall have a full church.

Looking forward to the rest of January and February, there is not a lot to say at the moment. I hope to be out and about as much as I can, though that may well depend on the weather.

This comes with love and every blessing,

Revd Clarissa Cridland, Vicar, East Mendip Trinity

clarissacridland@hotmail.co.uk 01373 812705 www.eastmendiptrinity.co.uk facebook.com/eastmendiptrinity

Hughs Views

Wines for the Great occasion



With Christmas and the New Year over and done with I thought it might be fun to take stock and partly

recap the wines we covered in 2022 via a specimen menu for whatever great day together with wines I recommend. So here goes.

Let's begin with some nibbles, available at all supermarkets, and champagne or sparkling wine. For the Champagne, I recommend Laurent Perrier rose', around £46.00at Sainsburys. As a sparkling alternative, Freixenet Cordon Negro Brut Gran Seleccion the best of the Cavas.

For our starter what about scallops with a good Sauvignon Blanc?

Now the main course. With Beef a Barolo from Italy, £16.00 plus at most wine houses. Failing that, at a much cheaper price at Tesco a Barefoot Merlot around £6.00. It is delicious.

With Turkey or chicken perhaps a Vouvray from France at £11.00

KILMERSDON PARISH NEWS

plus, a brilliant white wine. If we can find room in our distended stomachs we might confront a pudding. For that we will need a very sweet and heady golden wine. Such wines are really expensive with one glorious exception, a Moscatel de Valencia from Spain costing only £7.00 or less. This wine will amaze you and confound the experts. Hooray!

None of these wines are unaffordable except for the Champagne, but this is for that GREAT OCCASION.

After all this indulgence we need a good digestif and Port is probably lurking in cellar or some dusty cupboard. There are many to choose from as I indicated in my article last year; Sanderson's, Sandeman's, Graham's, andTaylor's are names to conjure with and Port need not be inordinately expensive. A Good Tawny or Ruby is not hard to find and £15.00 or so will suffice.

White Port chilled is another blissful alternative.

Finally a Government Health Warning; DON'T DRIVE Just lie down and let things settle.

Hugh Pountney

The copy date for the next issue is 20th February. Please restrict articles to 350 words and notices to 100 words. Items for inclusion to be sent by email to kilmersdonnews@gmail.com — We reserve the right to edit any item submitted.

I Can & I Am is a charity passionate about helping young people to move forward with a sense of purpose and a belief in their own abilities.

The charity was set up in 2015 by James Shone, a gifted pastoral teacher whose career was abruptly ended by a brain tumour in 2012. The resulting surgery and two strokes left him blind and with reduced physical capabilities. After a couple of years convalescence, James realised that his passion for seeing young people fulfil their potential was still burning. He started delivering talks in schools, based on his own challenges but with the underlying message that we all have qualities within us that will allow us to flourish in life.

In January 2020, Howdens donated a converted double decker bus to the charity which has enabled us to hugely step up our involvement with young people. The I Can & I Am team visit schools around the South West on the bus working with pupils and staff.

The messages of the charity are rooted in simplicity. Everyone has a balloon of self-belief inside them. When it's full, life tends to be good, we bounce back from setbacks, and we feel we have purpose. When it's deflated, however, life becomes a struggle. Things we may have once found easy become difficult, and it becomes hard



to think positively. Our mission on the bus is to enable those we work with to recognise their own balloon, and give them the tools to keep it inflated.

We're careful not to present ourselves as a counselling service, rather as a 'mental health management' service, giving young people the knowledge and tools to take control of their own mental health. Our message is about how to move forward rather than looking back – coaching not counselling.

The bus enables the charity to spread and embed our messages to a wider audience, and also to offer more personal and 'in-depth' support to young people. On board the bus there is a friendly, welcoming, warm, open, honest and accepting atmosphere. As one teacher observed, the bus enables students to move into a neutral location where they do not feel judged or any pressure to belong. This is so vital for those students who find school a challenging place to be for whatever reason.

What happens on the bus?

The fully fitted kitchen downstairs and casual seating upstairs enables a combination of hands-on baking followed by small group workshops. The baking involves making bread or pizza – activities that stimulate a sense of achievement, togetherness and creativity.

Small group sessions are run by our facilitators on the top deck of the bus. Here we discuss what inflates an individual's balloon, what it is that they are naturally good at and what they need to do to thrive. Everything is underpinned by fun, positivity, empathy and passion for what we do. The bus hit the road in May 2021. We've been very comfortable treating our first twelve months of operation as a 'Pilot Year' - happy to try anything, learn and refine as we go along. As we move into our second year, we're fine tuning the offering and developing further practices (outlined below) – the underlying focus always being on how we can maximise the impact on those we work with. What is key to the success of this work is that we are an experienced and professional team who understand young people and the challenges they are facing. Above all, we listen, learn, reflect and refine our offering to ensure it's always the best it can be.

DON'T FORGET TO JOIN US AT THE JOLLIFFE ARMS PUB FOR



EVERY THIRD FRIDAY OF THE MONTH AT 8PM



Ammerdown

January

20-22 - Doctors' Yoga & Mindfulness Retreat - Reconnecting

22 - Dinner with the Rwandan Sisterhood

23 - 25 - Tools to Resource us in Anxious Times

26 - Holocaust Memorial Day

27-29 - Defiant Imagination - Living Hopefully into the Future

30 - Cuppa and a Chat

February

4 - Fused Glass Dragonflies

5 - Storytelling

11 - Extraordinary Women Part 1 - Etty Hillesum

21 - Refreshing Day for Carers

23 - TLC Day for the Retired

27 - Cuppa and a Chat

27 - 2 march - Doodle Stitching

March

4 - Quiet Day
4 - Grief and Loss
6-10 - Chinese Brush Painting - Chinese Opera
7-9 - Enneagram Foundation Workshop
12-15 - Painting with Pastels
16 - TLC Day for the Retired
20-22 - Caring for Creation
21 - Refreshing Day for Carers
23 - God of the Oppressed: The Revolutionary Theology of James H. Cone
26 - Interfaith Walk
27 - Cuppa and a Chat

The Ammerdown Centre Ammerdown Park BA3 5SW www.ammerdown.org admin@ammerdown.org 01761 433709

KILMERSDON VILLAGE HALL

Temporary Closure

The Kilmersdon Village Hall Committee have decided that the Hall's kitchen is in need of upgrading and refurbishment. This means that **the Hall will be closed from Monday 30 January -10 February 2023** inclusive.

We are very sorry for any inconvenience that will be caused to our regular hirers but with our Health & Safety hat on we cannot allow anyone in the Hall whilst the work is ongoing. Our regular hirers have all been notified separately.

We are sure that the closure will be worth it and look forward to welcoming our hirers back in due course.

Warm Spaces

We are also considering whether to open the Hall two mornings/afternoons a week from week beginning 13 February 2023 to provide a "warm space" for anyone that would like to come in to keep warm and share a cup of tea/coffee. Taking into account our regular bookings the most likely days would be a Tuesday and/or Friday from 10.00 to 14.00.

Clearly, we do not want to heat the Hall if there is no demand so we would be grateful for your views. Please let the secretary know on secretarykilmersdonhall@btinternet.com or text/telephone the Hall Manager on

07527693937. Please let us know by the 31 January 2023.

Happy New Year. Kilmersdon Village Hall Management Committee

VILLAGE GROUPS

KILMERSDON ART GROUP Roz Wilkinson 01761 434452

KMR BRIDGE CLUB Mike Bradbury Tel: 01373 455645

KILMERSDON VILLAGE HALL Danielle Forrester 07527 693937 managerkilmersdonhall@outlook.com

COLES GARDEN MEETING ROOM Cherry Gilham 01761 436767 www.kilmersdonmeetingroom.org

KILMERSDON FACEBOOK www.facebook.com/Kilmersdon

KILMERSDON VILLAGE DAY enquiries: kilmersdonvillageday@gmail.com www.kilmersdonvillageday.org KILMERSDON C of E VA SCHOOL

Head Teacher Stephen Bamford 01761 432283

KILMERSDON GARDENERS Chairman Judith Stanford 01761 233045 www.kimersdongardeners.org

KILMERSDON VILLAGE SHOP John Clayton 07974 440468 john.clayton@outlook.com

PARISH COUNCIL clerk@kilmersdonpc.co.uk www.kilmersdonpc.co.uk

PARISH PATH LIASION OFFICER Stuart Green 07753 904 678

PARISH CHURCH (East Mendip Trinity) clarissacridland@hotmail.co.uk 01373 812705 www.eastmendiptrinity.co.uk

PARISH NEWS EDITOR Penny Hutton 01761 435193 pennyhutton.ph@gmail.com

WOMENS INSTITUTE President - Viv Love 01761 414419



No booking necessary. Parents/carers must stay with their child/children. For more details, contact kilmersdonvillageday@gmail.com



KILMERSDON WASSAIL and

BURNING the ASHEN FAGGOT

will take place on

SATURDAY 14th January 2023 Meet at the Community Orchard at the end of Ames Lane by the Cycle Path

> ready for a 3.00 p.m. start when the 2023 Kilmersdon Wassail Queen will be crowned

Bring warm clothes, sturdy footwear and you may find a torch useful

Music by The Village Band

Then onto The Old School House for another Wassail and the burning of the Ashen Faggot

As usual there will be no charge but any contributions will be gratefully received and all profits will go towards the purchase of the Hanging Baskets throughout the village

CONTACT : Martin Horler 01761 437372

How to solve a cryptic crossword – part 2

I hope some of you found my article on how to solve a cryptic crossword useful. I promised a bit more detail on some of the common clue types and devices. So here goes.

I mentioned that most clues come in two parts: a definition and some wordplay. The wordplay element may use a single device or may be a series of elements that combine together.

The anagram: This is a jumbling up or re-ordering of letters in a word or phrase to produce a new meaning. The first clue in my first crossword for the Parish News was:

Mole drinks around here (10)

On the surface you might be forgiven for thinking that this clue is referring to the fluid intake of a certain character from The Wind in The Willows. However, this has nothing at all to do with nocturnal tunnellers. The word MOLE and the word DRINKS are being used purely to provide you with the necessary letters to make up the answer. The clue to this is the word *around*. If you move these letters around you can make the word: KILMERSDON which is defined simply as here.

The container: In this type of clue, you are expected to put one word (or sequence of letters from somewhere) inside another.

Here is an example from my second puzzle in the Parish News:

She takes half of them if absorbing energy (5)

As I discussed last time, the basis of many cryptic clues is the charade. If you recall, that is when the wordplay is split into multiple parts. This time, each part uses a different device to give just some of the letters that make up the answer. Following the definition (the descriptive she takes), the next part of the clue is telling us we just want half of the word THEM. In this case just the TH. The container indicator here is absorbing. This means that we are putting the letter E (the scientific symbol for Energy) inside the word IF to give us IEF. Put the two parts together and we get our answer.

Letter selection: This is a very common device. In the above clue half of was used to select just a couple of letters from a word. More common though are phrases like head of, initials, etc... which let you know that you just want the first letter. Something like *finally* or *at the end* might indicate that the last letter of a word may be all that is needed, etc...

Deletion: You might also encounter devices where most of a word or phrase is used, but one or more letters need to be excluded.

There is more

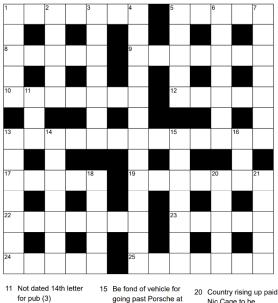
To be continued

Phil Preen phil@philpreen.co.uk

Kilmersdon Cryptic #10 **By Phil Preen**

ACROSS		23	Wilts. Equestrian Society initially follows
1	Cores of anjou fruit and dried apple - these are used to produce	24	fashion? (5) Get out of the way of American car (5)
	the flavour of gin (7)	25	Trash clothing era (7)
5	Smell conveyed to around 100 (5)	DO	WN
8	Endless salad containing small spicy tomato concoction (5)	1	Kids judge gives evidence, AT&T must be discounted (5)
9	Times to drop the ball in NY? (3,4)	2	Any longer stocking fibre?
10	Subsequently, with respect to Frank (7)	3	Highland place consumed gold (7)
12	Move around and start to cavort with energy! (5)	4	Meeting split, Oliver Zapel making a comeback
13	Yes indeed unique but a bit confused in speech (13)	5	occasionally and taking advantage (13) Saul's enthusiasm
17		5	wains, eventually David starts to get stitched up (5)
19	()	6	Essence of Green Lantern almost destroyed forever (7)
22	Europe (7) Big wave from star after time with friend in	7	Shortly to expect relatively small election losses, yes

Paris (7)



- the end (4.3) 13 Happy having seen latest version installed 16 Cables in one site take off East from road (3) 14 Tell all about former 18 Pull a sicky? (5)
 - Nic Cage to be removed (5) 21 Sweden's UEFA hosts come next (5)

Solve online at www.philpreen.co.uk/kilmersdon-cryptics

from the left (7)



(7)

partner and money (7)

Nic Edwards Tel: 01823 331222 Email:nicolae@somersetrcc.org.uk Check out the CCS Village & Community Agents website www.somersetagents.org or the CCS website: www.ccslovesomerset.org

REEL PEOPLE FILM SOCIETY

25 years of films with reel people

Kilmersdon Village Hall

Doors open 7.15 - Films start 8pm - Membership £20 for 12 films - (Guests £5 per film)

Friday 6th January

The Favourite 2018 (15) 120 minutes

While Queen Anne's England is at war with France, duck racing and pineapple eating are still thriving at Court. A new servant steps in to a new role as Queen's companion. A stellar cast display a litany of

shenanigans, treachery, lousy tricks and a lot more in this dark comedy.

Friday 27th January

Prayers for the Stolen 2021 (15) (F) 110 minutes. Spanish with subtitles

Ana, Paula, and Maria are three young girls growing up in a rural Mexico village dominated by the violent

presence of the local drug trade. It is a complex and tender story of a young girl's upbringing menaced by cartels and people traffickers.

Friday 17th February

Parasite 2020 (15) 128 minutes. Korean with subtitles

A hustling poor Korean family demonstrate that the class divide can never be surmounted. A slow-paced thriller that keeps you on the edge. The first foreign

language film to win Best Picture Oscar at the Academy Awards.



www.reelpeople.org.uk 07947 325950 reelpeoplebooking@gmail.com



I'm so delighted because today is the perfect moment - a culmination of 22 years of the journey I've been on to accumulate and share the learning of what it takes for any one of us to find, not 'one way' or 'the way' or 'someone else's way', but 'YOUR WAY' of living and sharing the gift of the time we are given, in a way, that when we look back on a day, a week, a year, a decade, a lifetime - we know that (regardless of the brightest of times we celebrate and the darkest of times we find our way through) it's been worth it.

To coin a phrase in the gorgeous words of Gandalf and Frodo from the Lord of the Rings that I hold on to dearly in those darkest of moments

Frodo: "I wish the Ring had never come to me. I wish none of this had happened."

Gandalf: "So do all who live to see such times, but that is not for them to decide. All we have to decide is what to do with the time that is given to us."

It's part of what has brought me to today where I am guided in its simplest form by four words that keep me on track when I am close to losing 'my way'.

ULTIMATE POWER OF

Honesty - True Honesty with Yourself and Others - Calibrated to Flow and Away from Conflict

Integrity - A Sense of Integrity that Eradicates The Chance of Being Bought, Sold or Manipulated

Boldness - A Boldness That Allows You to Step Over the Imaginary Line of Fear ... Over and Over

Compassion - Wanting The Best For All and Everything ... INCLUDING YOURSELF

That's the briefest of summaries of 'my way' - WHAT IS YOURS?

Please stay in touch - share your thoughts as you take baby step by baby step to fine-tune your life - YOUR WAY

Why go on that journey?

Because if these few lines have warmed your heart, stimulated questions and piqued your curiosity - plain and simple - LIFE IS TOO SHORT NOT TO!

Love.

PLH

www.theultimatepowerofyou.com

NORTON GARDEN MACHINERY

SALES - SERVICE - SPARES SPECIALIST GARDEN MACHINERY SERVICES



For the best price and service, contact the specialists. Telephone 01761 435353.

THE OLD GARAGE, KILMERSDON, BA3 5TD



• GENERAL PLASTERING • SKIMMING • RENDERING • DRY LINING

07849 717702 danielhurle@sky.com



Need Legal Advice?

Check out our Virtual Legal Surgery at th-law.co.uk or call us on 01761 414646.

Quality legal advice on a range of matters, without you leaving the comfort of your own home.

- 🛪 th-law.co.uk
- **u** 01761 414 646
- 🛚 enquiries@th-law.co.uk
- 0 f 🎔 🛅



Fosseway Press

Supplying print and stationery since 1968.

PAPER • CARDS • LABELS • GIFTS RUBBER STAMPS • DRAW TICKETS BINDING • LAMINATING AND MORE!



NOW STOCKING Local Artists cards and prints. Pop in to have a look at the wonderful variety of artwork available.

Bring your business forward in 2023 with one of our 3 business stationery packages.

Specialists in Giclee fine art printing and Greeting Card Printing.

KILMERSDON PARISH NEWS IS PRINTED BY

FOSSEWAY PRESS

7 Frome Road, Radstock. BA3 3PT. Tel: 01761 431919 Email: fossewaypress@btconnect.com www.fossewaypress.com

The Most Thorough Cleaning You've Ever Seen Or Its Free!!

Carpets Advanced Low Moisture System. Superb results and <u>dry in as little as 30mins!</u> Your neighbours will think you've got new.

Upholstery Fabric and leather upholstery
 can look like new and smell fresh again.

 Oriental & Area Rugs Off site cleaning facility for superior results. Free Collection & Delivery.

- Hard Flooring Restorative
- Cleaning and sealing of natural
- Stone, Ceramic & Porcelain Tiles
- & Grout, Wood, Vinyl etc.
- Re-polishing of
- limestone, travertine and marble

merset

flooring and worktops.

What We Give Others Can't

- * Value For Money You get what you pay for. We may not be cheapest, (we won't use the tricks necessary to be so!)
- * Accurate Appointment Times No more waiting around! 10 or more mins late, we ring ahead.
- * **100% Money Back Guarantee** We are not perfect! If a spot re-appears or you're unhappy, we'll return and re-clean free. If you are still unhappy, your payment will not be accepted.

Free, Friendly Advice
TLC (Bath) Ltd, Unit 33,
Old Mills, Paulton BS39 7SU
info@tlcbath.co.uk01761
235600

YOUR LOCAL WORKWEAR SUPPLIER

WORKWEAR · FOOTWEAR · IN-HOUSE EMBROIDERY

WWW.SOMERSETWORKWEAR.COM

Units 6 & 12 First Avenue · Westfield Industrial Estate · Radstock · BA3 4BS 01761 233230

Thatcher + Hallam Solicitors

BRYAN G. BISHOP DEANAJAMIESON Family Funeral Director & Memorials PRIVATE CHAPEL OF REST **PEST CONTROL & PREVENTION** 24 hour bersonal service We are pleased to offer GOLDEN CHARTER Pre-paid funeral plans as part of our service. Effective pest control solutions from a mouse in a kitchen to a wasp nest in a shed, Paulton & Radstock and surrounding areas from a squirrel in an attic to implementing a Pest Management Scheme for commercial premises. Golden 01761 412046 Charter 🕊 **Offering Domestic & Commercial Services** www.bryangbishop.co.uk Rats • Mice • Moles • Squirrels • Wasps Ants • Flies • Moths • and more... POLICE COMMUNITY Qualified in RSPH Level 2 Pest Management SUPPORT OFFICER PCSO 9011 RUSSELL FORD Contact me today to attend to any pests you RURAL BEAT MANAGER FROME NORTH, AVON & SOMERSET have or to discuss your requirements Russell.Ford@avonandsomerset.police.uk Tel: 01761 751 296 Mobile: 07751 722 562 Phone 07547658018 Email: deanaiamieson.pestcontrol@gmail.com www.avonandsomerset.police.uk www.deanajamiesonpestcontrol.co.uk **101 NON-EMERGENCY NUMBER** F Deana Jamieson Pest Control In the event of an EMERGENCY requiring POLICE ATTENTION PLEASE dial 999 She's the best at controlling the pests! S.G. TAYLOR. WATCH & CLOCKMAKERS SPECIALIST REPAIRERS and **VOLUNTEER VISITING RESTORERS of WATCHES** & JEWELLERY SERVICE Delivery and Collection All your work guaranteed Insurance valuation undertaken Do you know someone who is visually impaired and Established 1932 High Street, Paulton. 01761 412389 We are a long established charity supporting people with N sight loss. Our befriending service provides fully trained JANE LANGLEY DILATES and checked volunteers who visit sight impaired people on a regular basis to provide company and support. VIRTUAL CLASSES AND 1-1 AVAILABLE SO YOU CAN PARTICIPATE FROM ANYWHERE! The ongoing help and friendship of a volunteer can make Maintain and increase mobility, strength, muscle tone, a lasting difference to a person's guality of life. balance, flexibility. Rehab after an injury. Focus your mind and breath to create a sense of wellbeing. 0777 355 3327 janeslangley@hotmail.com JaneLanglevPilates@facebook.com REGULAR CLASSES: NUNNEY MON 9.30/10.30 AND NORTH BRADLEY 5/6PM. Somerset HOLCOMBE WED 9.30/10.30 THURS 8.10PM PUREMOVES ** KILMERSDON TUESDAY MORNINGS ** GET IN TOUCH ENJOY MOVING WELL - Pilates is suitable for all ages and abilities

SAIF OUR PRODUCTS CAN HELP WITH STRESS & ANXIETY I ACHES & PAINS I IMMUNE SUP Working with people who lack sight, not vision

TRUSTED RESIDENTIAL AND COMMERCIAL GLAZERS WITH OVER 35 YEARS EXPERIENCE





SLEEP I MENOPAL

Aluminium specialists with in-house design, fabrication and fitting teams

Windows - Doors - Specialist Glazing - Conservatories - Orangeries Shop Fronts - Commercial Glazing - Secondary Glazing

Tel. 01761 417654 www.techniglaze.co.uk

Units 1-6 Fourth Avenue Westfield Trading Estate, Midsomer Norton, Bath BA3 4XE



Introduce your mind, body & soul to the wonders of nature.

Looking for natural and sustainable health, beauty or lifestyle products? Running on Hempty has a huge range of hemp, bamboo and plant-based products for your health, home & lifestyle.

CHECK US OUT ONLINE WWW.HEMPTYONLINE.CO.UK T. 07745 016 277 EMMA@HEMPTYONLINE.CO.UK

do

RUNNING ON

WHAT'S IMPORTANT TO YOU IS IMPORTANT TO US

At NFU Mutual we can look after you, your family and your business.

Our insurance products and financial planning services include:

Home

• Farm

- Car
- Business

- Property Owners
- Income Protection
- Financial Planning
- Pensions

NFU Mutual Financial Advisers advise on NFU Mutual products and selected products from specialist providers. When you get in touch we'll explain the advice services offered and the charges. Financial advice is provided by NFU Mutual Select Investments Limited.

For a real conversation about your needs call us or pop in NFU Mutual, The Old Stables, Manor Courtyard, Stratton on the Fosse, Bath, BA34OF Tel: 01761 239382





A P R Smith & H G Wareham is an appointed representative of The National Farmers Union Mutual Insurance Society Limited (No. 111982). And an introducer to NFU Mutual Select Investments Limited, a member of the NFU Mutual group of companies.

- Equine