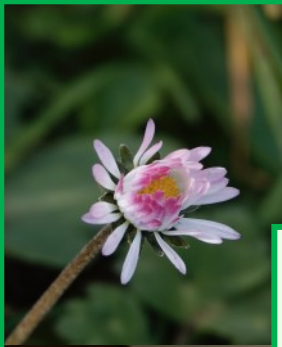


Round About

*the villages of Langford Budville
and Runnington*



April/May 2021



CONTENTS

- 1 Welcome
- 2 What's On
- 2 Team Broadband
- 3 Parish Council
- 4 Welcome to the villages
- 5 Local Eateries
- 7 Village Hall
- 8 Greener Langford Budville
- 10 Mistletoe
- 11 Village Agent
- 12 Local Story: Litter Pick
- 13 Seasonal Treats
- 14 Living Well: Gut/Brain axis
- 15 Friendship Circle
- 15 Langford Ladies
- 16 News from the Churches
- 20 Green Fingers
- 21 Young Buddies: Scaremow
- 22 Our School
- 34 Local Transport Services
- 35 Community Contacts
- 36 Magazine Information



Welcome ...

To the April/May Issue of Round About.

It looks like we may be nearing the end of the strictest lockdown, and can think about perhaps meeting up outside again – with the weather improving all the time, and new spring flowers and insects appearing on a daily basis it feels very possible.

We seem to have a very green issue this month! The **Greener Langford Budville** initiative has been awarded a substantial grant; you will find a questionnaire from the team accompanying this magazine. We do hope that you will take some time to fill in the questionnaire and return it to the collection points at the churches, and that you may find something there that enthruses you and that you'd like to be involved with.

Still being green, one of our younger residents has been **picking litter** round the villages, and writes about what he has found. And some of us have been out counting **Mistletoe**: our villages are something of a hotspot - learn a bit about this strange plant inside! We are also suggesting that you curb your enthusiasm, your mower and your greenfingers for the benefit of pollinators, by supporting Plantlife's **Every Flower Counts** program in May. Our **Young Buddies** can help by making a Scarecrow! Even the churches are going green – see the **Church Pages** for more on that.

We **Welcome** a number of new arrivals in the villages. With improving weather we will all be able to get out, and perhaps greet and befriend them. The **Village Hall** is looking forward to re-opening, as are the churches. I am sure we will all be delighted when the **Martlet** and the **White Post Café** can once more welcome us for meals or coffee, even if it must be out of doors.

We have all our regular features, of course. We look at the gut/brain axis in **Living Well**, and our **Seasonal Treat** goes Somerset traditional for Easter. **Our School** is relieved to be getting back to in-person teaching – but they've worked really hard on remote learning to keep the pupils up to speed.

And another plea from me. I am running out of ideas for the cover, and would love to get your photos; anything that is timely and in or around the villages. If there are people in the photo you must have their permission to use it – but we like people! For the cover, it needs to be portrait format (or able to be cropped to that format) and very sharp, at a high resolution (>2MB). Ideally it should have uncluttered areas top and bottom for the titles. I can use smaller pictures in the collage, and would love to get them.

Thank you to all our contributors, distributors and proof readers. If you have ideas for articles do get in touch: Our email is at the back of the magazine.

Saranne Cessford on behalf of the editorial team.

What's On:

We live in hope: perhaps before the summer we will be able to start planning functions and fund-raising events again. In the meantime we have nothing to report.

There is still plenty going on behind the scenes, however. You'll find reports on the efforts to bring decent broadband to the villages, and to improve our local carbon footprint in these pages.

LB Team Broadband Update

As we have previously mentioned, Connecting Devon and Somerset have awarded Airband the contract to supply difficult to reach areas in Somerset with superfast broadband. Airband's decision as to which areas the rollout will cover is influenced by the number of households that show interest, so we would like to thank all of you that went online and did this. Airband have now published their initial plans for their rollout which can be found here.

<https://www.connectingdevonandsomerset.co.uk/#>

So far, they only show some maps of the proposed rollout which are very difficult to interpret but they appear to highlight Langford Budville, Holywell Lake and Runnington. However, there is no indication of exactly where or when. Karen has emailed her contact at Airband to try and get a more definitive answer. We will update the partnership group as soon as we hear anything.

There is also an update from Rebecca Pow (our local MP) and Matt Warmen MP (Parliamentary Undersecretary of State for Digital Infrastructure) regarding the Gigaclear work to be done in the Spring Grove, Bindon and Cobhay area.

"The Gigaclear project manager responsible for Bindon has confirmed that they will be connecting the premises in question within the next 6 months, however, an exact date could not be confirmed. Thus, your constituents should see Project Delivery Leads from Gigaclear on the ground inspecting the area in the next few weeks.

I have been informed that a Community Engagement Officer in the area should be in contact with the customers directly to explain the situation to them, and to reassure them that they will be connected in the near future. Your constituents should have received a letter from Gigaclear recently informing them of the renewed build activity."

For further updates as they arrive please visit our website:

Email: LBteambroadband@gmail.com : **Website:** www.lbteambroadband.co.uk

The Broadband Team: Karen Grabham, Rodger Allen, Graham Warner, Dave McKay, Amanda Baker, Jane Hancock, John Spackman & David Faulkner.

News from the Villages

Parish Council

A Parish Council meeting was due to be held at 7pm at Langford Budville Village Hall on Monday 8 March 2021. However, as a result of the latest COVID-19 restrictions, the parish council have suspended public meetings and council work is done by the Parish clerk in remote consultation with the councillors.

St. Peters Church, Langford Budville and **St. Peter & St. Paul's Church, Runnington:** The PC gave grants of £350 & £300 respectively towards graveyard maintenance.

Planning Applications: All applications can be viewed in full at: <https://www2.somersetwestandtaunton.gov.uk/asp/webpages/plan/plapplookup.asp>

Unitary Consultation: The **Stronger Somerset & One Somerset** proposals were discussed without consensus. The consultation will need completing before Monday 19 April. <https://www.gov.uk/government/news/proposals-for-unitary-local-government-in-cumbria-north-yorkshire-and-somerset> for more info.

Somerset Day – Tuesday 11 May 2021: Information has been shared with the parish Churches so that they may 'fly the flag' if they are able.

Hedging Saplings for the Triangle: 200 hedging saplings were kindly donated by the SW&T Climate change team. Councillor David Faulkner collected them from the Nursery and they were planted on the Triangle, along with further saplings donated by a garden centre through one of the team of volunteers. The PC wish to thank all involved.

Temporary Road Closure: Station Road, Wellington - Tuesday 6 April until Friday 9 April 2021, from 18:30 - 23:30.

The next Parish Council Meeting is scheduled to take place on Monday 12 April 2021, at 7.00 pm. Location TBC.

England is still in a national lockdown. You must stay at home, leaving only where permitted by law, and follow the rules in the government guidance.
<https://www.gov.uk/government/publications/covid-19-response-spring-2021>

Parish Clerk: langfordbudvillepc@gmail.com

David Faulkner has retired from his post on the Parish Council, in which he dedicated a huge amount of time and practical help to the Village. He will be much missed; members of the parish council offer their thanks for his contribution, and wish him the very best for the future. They hope he will enjoy having more time for his many other interests.

His departure leaves a vacancy on the Council, and villagers are invited to volunteer to join and commit to serve their very special local community. Applications for the post can be sent to langfordbudvillepc@gmail.com. Unless ten electors of the Parish give notice in writing requesting an election to the Returning Officer at West Somerset House, Killick Way, Williton, TA4 4QA, the Parish Council may fill the vacancy by co-optation.

Maggie Norvell (Parish Councillor)

Welcome to the Villages...

Mark Osmond

Please welcome Mark Osmond to the village who nearly slipped under the wire during lockdown but was brought to our attention when he very kindly offered to help the broadband team out.



Brought up in Curry Rivel, Mark went on to do a 25-year stint in the United States before returning to the UK to be closer to family (his parents now live in Wiveliscombe). He currently runs global distribution for Cloud and Service Providers at Veeam Software. When asked why he chose Langford Budville he replied, "what's not to like?"

Mark also has three brothers, three daughters and three dogs! He is passionate about animal and child welfare and does everything he can to support local charities. In a perfect world he would like to have a farm with over 100 animals.

Welcome to the village Mark.

Simon Collins, his partner Peter and his mum Doe.

Simon, Peter and Doe moved into Rosemary Cottage, Chipley in February.

Doe writes...

"We are originally from Devon (Plymouth, the Killerton estate and Tavistock), but have just relocated to the wonderful Westcountry from Kent by way of Southampton, Bahrain, London, Axminster and most recently a holiday cottage in Bridport (while the conveyancing was completed!)

Our welcome from the community of neighbours in Chipley and Langford Budville has been so friendly in spite of the lockdown, from tea on the first cold day we arrived, to flowers, home made apple juice, and lovely cards and drawings especially from Redvers and Wilfred!

We love the area and the cottage and feel very at home. The garden and woodland are going to be a great joy and we can already see the signs of things rushing out of the ground, so can't wait for spring to properly arrive and for our friends and family to visit in the not too distant future.

Luckily Graham and Maureen, who have moved on from Rosemary Cottage, were kind enough to share with us lots of contacts for people who can help with building, fencing, plumbing etc and we've slowly been making contact to get a few jobs done. We've already sampled the delights at the Martlet and nearest coffee roasters in Wellington – both excellent. We are looking forward to lockdown ending and getting to know more of the delights of the area.

If you are passing on foot, horseback, bicycle or with other four legged friends, please say hello. If you get barked at, it's just our four legged family member Hudson saying hello in his own way!"

Dave and Alex Stapleton

If you love any sort of outdoor sport, then do stop and chat to Dave Stapleton and his son Alex. In December last year they moved into **The Old Forge** in Langford Budville. They had lived in rented accommodation after they left Hampshire and started the job of house hunting, eventually buying The Old Forge.

Dave originated in Bristol and continues to demonstrate the Bristolian lilt. He studied at Birmingham University and now works as a self-employed Safety Engineer.

Alex attends Wellington School and has adopted his father's love of the outdoors alongside extra curricular activities. For both of them, horse-riding has kept them focused and diverted during lockdown. They are looking forward to having their pony in the paddock behind the Old Forge in the near future.

The Today programme has been asking people what they are most looking forward to when lockdown is lifted? The Stapleton's hope to enjoy time away walking in the Brecon Beacons or the Lakes. Dave also hopes to pick up his first love of sailing.

It was a privilege to hear all about the activities and the sports they have embarked on, cycling, riding, walking, paddle boarding, canoeing along with lots of others including skiing. I walked home after visiting Dave and had a coffee in my comfy easy chair; after imagining embarking on all those sporting activities I felt I needed a rest!

Welcome to the village, Dave and Alex.

Lauren Farrar

Our Local Eateries be opening in April!

The Martlet

As of 12 April the beautiful garden at **The Martlet** will be open daily from 11 am to 11 pm. They have been busy adding extra garden furniture, parasols and patio heaters so you can sit outside into the evenings. They'll be serving their new food menu every lunch and dinner time; the bar is fully stocked, and Braziers coffee will be available throughout the day. They will continue to offer takeaway options during food service times – see their ad on the back page for these.

Everyone is welcome: it is not essential to book but it is advised if you are planning to eat so you can be sure of getting a good table.

White Post Cafe

Meanwhile, Patrick, at the **White Post Café** will be continuing with his takeout offerings at weekends (Friday, Saturday and Sunday 10.00 am to 3.00 pm) until 11 April, then from 15 April, they will be re-opening outside (garden & patio) daily from 9.30 am to 4.00 pm, with a full menu available.



News from the Village Hall

We are looking forward to **Monday 17 May** when we will be substantively re-opening the Hall and welcoming back activities in accordance with "the rule of six" and social distancing. The next big date is **Monday 21 June** when, with luck, all social restriction rules will be lifted. We should hold an AGM around then and it would be a fine thing if we could organise a late Summer event for people to get together when the time is right...

In the meantime, we are pushing on with planning and maintenance. Thank you to Tim Seddon for his hours spent pressure washing each of the flagstones around the outside of the building. They're back to the original ivory colour now and are beautifully algae-free! And thank you to the Moores and the Browns for completing the infrastructure work on the bank overlooking the courtyard, for replacing several of the standard trees around the grounds that have weakened and died over the years and for the spring tidy-up. We have lists of plants for the courtyard bank but it's not too late if you would like to contribute with ideas or time.

The hall is a community building and this last year has really cast a spotlight on how we are serving our parishioners' needs. We would welcome fresh ideas and would welcome new and energised members onto our trustees' group. What can our hall provide that would benefit the parish ?

With spring and fresh ideas in the air, we're considering setting up a recycling hub at the hall for the items not currently collected from our doorsteps. Would you prefer to be able to drop sorted waste such as old toothbrushes and plastic packaging at the hall, rather than binning it or taking it to the dump yourself?

Would you use a boule court if it were set up by the hall, perhaps with a picnic table or bench as well? Would you welcome a public notice board for sharing news, items for sale and upcoming events? How about outdoor cinema shows? Let us know.

Finally, here's a little challenge for you - can you find the new little elephant friend who has made its home at the hall? It is unnamed at the moment so if you find it, please email us your suggestion, along with a photo of the perky pachyderm!

Happy Easter to all.

Village Hall Trustee Committee

Please could the person or persons who have been riding horses through the village hall grounds remember that the permissive footpath down to the hall from Crown Field is really just for access to the hall and is not a bridleway. There are deep hoof prints left in the grass beside the hall which will now need to be filled. This grassy area is used by the hall users in the summer months.

Margaret Brown

The Jubilee Hall is an ideal venue for a wide variety of events including wedding receptions, parties and dances, shows and concerts, club and society meetings, fetes and community events, conferences, meetings and training days

In normal times the Main Hall seats up to 150 theatre style, or at tables
The comfortable Committee Room has seating for 36
Large, well equipped kitchen
Spacious foyer and cloakroom Gravelled patio + grassed terrace
Easy access and parking for 40+ cars Full bar/entertainment licence

For booking availability visit **www.lbjubileehall.com**

A Bench for Loughton

Round About has received rather more in donations than the cost of the tree already installed at the Hall: with a bit from Round About, we have enough to buy a **recycled plastic bench** (image below left) with the remainder. We will order this and it will be installed at a place to be agreed with the Hall Trustees.

Saranne Cessford



Are you 60 or over and on a low income and in need of a flat in Taunton?

The Taunton Heritage Trust is an almshouse charity with self-contained flats available.

All flats have flooring & white goods provided and communal gardens/laundry facilities.

Please get in touch 01823 335348 or email info@tauntonheritagetrust.org.uk for more information.

A Greener Langford Budville

Big Green Bid Win.....

The **Climate Emergency Fund** has awarded the parish £11,305 in response to a 40-page bid spearheaded by Josh Wedderkopp. This laid out plans for surveys to encourage a greener, more sustainable way of life. These will lead to a range of activities from making gardens more wildlife friendly to setting up a small-scale, local produce shop and improving footpath access. All of these activities will be designed to be open to everyone. The Parish Council will control finances.

The necessary baseline surveys are:

- ♦ A community consultation and household survey
- ♦ A biodiversity audit
- ♦ A low-carbon travel feasibility study
- ♦ A proposal for a green Langford Budville website

Action so far:

- ♦ **The survey which is enclosed in this issue**
- ♦ Consultation on a village shop - part of the survey
- ♦ Groups to share and record wildlife and wild flowers
- ♦ A conservation/regeneration group to work on local, hand-tool tasks.

Please fill in the survey which will come along with this magazine. Then volunteer to help with **any of the initiatives** by contacting those below. You won't regret it.

Community consultation: Tryphena Huntingford: tryphenahuntingford@gmail.com

Website and general enquiries: Josh Wedderkopp: oneplanetlb@gmail.com

Biodiversity audit: Hannah Montag:

Low-carbon travel: Juliet Shrimpton:

Wild flowers: Christine Loudon:

Wildlife and conservation: Ian Loudon:

greener.lb.biodiversity@gmail.com



From Little Acorns...

The biodiversity strand of our successful bid dealt with the natural world. If we want to become a community resilient to the effects of climate change, we need to know where to begin. So let's imagine...

Perhaps it starts with an acorn. Take one from the Common, put it in a pot for at least a year, take it back and plant it in a gap left by ash die-back. That's nature restoration: a tiny contribution to saving the planet. But not so tiny if everyone does it. Maybe 500 oak trees just from our parish.

But perhaps the acorn might sprout not just shoots, but ideas? Joining a work party to plant the acorns could be very satisfying.

And what about:

- ♦ using a **Signal group or a website** to share wildlife and wild flower sightings: hedgehogs, sparrowhawks, shrews, painted ladies, ramsons (Spring) field poppies (Summer) spindle (Autumn)? The beginnings of citizen science.
- ♦ setting up a **library of things** to be rented, like wildlife cameras, bat recorders, mammal tubes, reptile mats, moth traps, binoculars? More citizen science to be shared on the wildlife sighting page of a new website.
- ♦ doing something about making our patch more **wildlife friendly**. Dig a pond, make a bog garden, put up nest boxes, bird feeders and bee hotels, make hedgehog holes in fences, cut down on weedkiller and fertilisers, find non-peat compost, leave untidy bits and log piles.
- ♦ **working with others on small-scale tasks** of nature restoration, on local verges, round the Triangle, under supervision on the Common. All of this helping to extend the wildlife corridor of which the parish should be a part.
- ♦ as **parents or grandparents**, following up on projects started in primary school or forest school.
- ♦ extending these wildlife interests to other green actions: saving the planet and saving money with **sensible green-energy** items like loft-insulation or heat pumps? Or changing to a renewable supplier of energy (greener and often cheaper!) Or buying local and organic?

For these things to happen effectively as part of a broader scheme, an audit of the current state of our nature is required; a baseline from which to build. The success of the bid means this can now take place.

If we managed all this, we could be proud of being part of a greener community; one which others could even use as a model? Because the problem is far too big for one village to solve.

And that's just from one acorn. But from little acorns ...

Ian Loudon

The Next Steps For The Biodiversity Audit:

We will be getting a local ecological consultancy involved to set up a base map of the parish and carry out some initial ecological surveys. There will be opportunities for local volunteers to get involved with bat walks, water vole and otter surveys - dates will be published in the next issue.

Other sources of data will feed into this (such as the local wildlife recording group, plant recording group and conservation volunteers) and we will also carry out some local community surveys (once covid restrictions allow).

The aim of the audit is to give us a better idea of what we have in our parish in terms of habitats, plants and animals - we will then know what we need to protect and expand to ensure resilience in terms of our local biodiversity.

If you would like to get involved in the **wildlife surveys**, contact Hannah Montag greener.lb.biodiversity@gmail.com or 07502 436 474

Village Story: Mistletoe ...

A Somerset Mistletoe Survey 2020-2021

This survey was carried out by the **Somerset Rare Plants Group**, a friendly and active (and possibly misnamed) plant recording set of people. We make thousands of records each year of **all plant species** in Somerset, both common and rare. There is even a Dandelion Cup, (and dandelions are hardly rare) presented each year among the small group of members who can tell one subspecies from another.

But everyone can recognise mistletoe, and a lockdown winter seemed a good time to engage members and the wider public in noting where it grows and what it grows on. It's always been a mystery plant, and not the least of the puzzles is **where** it grows. This is not simply related to the kind of trees in the area, as you might imagine. The favourite hosts are apple (Top), (cider or eating) and lime: you've probably seen the wonderful lime avenue at Chipley (right). In fact, Chipley is one of the real hotspots around here, yet there is virtually none in Nynhead or in Bathelton. Anecdotally, people have tried and failed to establish mistletoe plants in their orchards there. Spooky eh? Chipley and Runnington are the places to live if you want mistletoe!

Our survey has had over 1,300 submissions so far, exceeding my expectations. Some records have come from friends and acquaintances, a few from people who happened to see the SRPG website, but most have been from members of the group. This has inevitably led to the results map looking a bit like a guide to where the most active SRPG members live! But considering the restrictions that we've all been under, with most people not travelling very far, we got a reasonable spread of results.

Where Mistletoe grows is only one of its mysteries. The idea of a plant being a parasite is a strange one anyway; it is properly described as a 'hemiparasite', as it is green and it photosynthesises, making its own food but getting water and minerals from the host tree. Add to that the almost invisibly small flowers in winter and its strange growth form and you can see how it got a reputation for magical powers. Unusually, but like a few other plants such as Holly, there are separate male and female plants, quite easy to tell at a distance by the lack of berries on male plants.

This close up of a male flower shows the strange sponge like areas from which pollen is released if an insect lands on it.



Smaller female flower



Image of male flower

Presumably simply to release pollen into the air, as some plants do, or make pollen easily available for a passing bee wouldn't work in the middle of winter,.

No wonder it has been seen as mysterious and used in traditional ceremonies in the past. The Druids and their groves of oak famously got there long ago, but unless they had orchards as well it must have been a rare plant then, as it very seldom grows on oak. Our survey hasn't had a single record on oak, in spite of there being a prize for anyone who could find it. So keep looking out for Mistletoe before the host leaves hide it completely; all reports are valuable - and the 'Oak prize' may still be there to be claimed.

Survey recording was carried out by Linda Everton and myself, with technical input from Tony Price of the **Somerset Environmental Records Centre**. If you want to find out more and see the distribution maps

<https://www.somsetrareplantsgroup.org.uk/mistletoe-survey-winter-2020-21/>

Christine Loudon

From Your Village Agent



Spring is in full swing and so is the COVID-19 vaccine roll out! Hopefully mid-April will see the 40-50 year olds invited to have vaccinations. If you're an unpaid carer you may be eligible to be vaccinated now:

<https://somersetcarers.org/news/unpaid-carers-vaccine-group-6/> .

Ensure you register with your surgery and let them know you're an unpaid Carer.

For those still shielding and extremely isolated, have you thought about joining a Befriending Service? CCS has a NEW project called **CHAT TO CONNECT** for Clinically Extremely Vulnerable (CEV) people. Complete the short online registration form and we'll match you with someone with similar interests and hobbies. We're also offering 1-2-1 virtual support with phones, tablets, laptops.

Phone options include:

Age UK Somerset's Friendly Phone Calls: 01823 345613,

Mind in Somerset – Somerset Wellbeing Friends: 01935 474875,

The Silver Line: 0800 470 8090

Many organisations have also moved online:

Keeping Active:

Somerset Activity & Sports Partnerships <https://www.sasp.co.uk/be-active-at-home>

Sport England <https://www.sportengland.org/jointhemovement>

AGE UK Somerset: <https://www.ageuk.org.uk/somerset/activities-and-events/exercise-sessions/>

Courses: Thinking of starting a new career or just learning something new?

Try **Somerset Skills & Learning** <https://www.sslcourses.co.uk/> or **Step Up Somerset** www.stepupsomerset.org.uk

Cat Sweatman - Email: cat@somsetrcc.org.uk : 01823 331222

Local Stories: Matt's Litter Pick

It's all rubbish!

As part of my Duke of Edinburgh volunteering during November through to February, my family and I have been doing a circular litter pick every Saturday around the village. I recorded the volume and types of litter found as I wondered if there were any trends.

During this time over 1000 items of litter were collected with the main types being 'plastic other'. Examples of 'plastic other' include plastic bags, plastic sheeting, plastic garden ties and plastic piping.

I initially thought when the third lockdown started in January the litter would become less, however, this was sadly not the case. Litter, such as plastic bags, plastic gloves and wet wipes increased around the parking by the nature reserve as did the litter along the main roads.

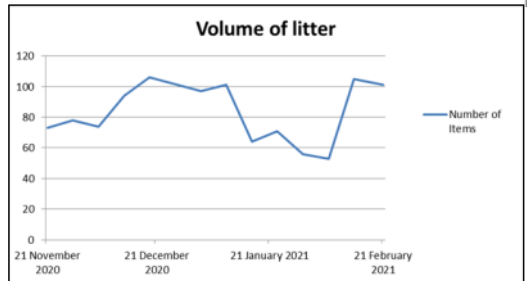
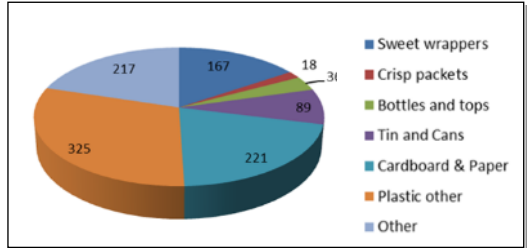
The litter in the heart of the village was consistently low and was mainly small bits of paper, cardboard and tin which may have escaped from the recycling lorry.

The highest area of collection was along the roads by the Triangle and the Wiveliscombe Road. This was mainly 'other litter' such as drinks bottles, cans and sweet wrappers.

Did you know?

- ♦ Banana skins take up to two years to biodegrade.
- ♦ A cigarette butt can be made of cellulose acetate, a form of plastic that is very slow to degrade. A typical cigarette butt can take 18 months - 10 years to decompose.
- ♦ A sweet wrapper may take more than two decades to decompose.
- ♦ Given the resistant nature of chemicals like PET, this gradual breakdown process can take years to complete. Plastic bottles, for instance, are estimated to take approximately 450 years to decompose.

Matthew



Seasonal Treats: Bygone Easter Treat

Recently, I was given an old Somerset recipe book, published in 1928 to raise funds for St. Mary's church in Ilminster. The recipes are a fascinating insight into what people were eating and drinking nearly a hundred years ago.

I discovered that most desserts and some savoury dishes were pressed into moulds. These are the copper and glass ones beloved of antique shops everywhere. There is much emphasis on steamed and boiled puddings too, many for over three hours! One interesting recipe for "Welsh cheese cakes" does not include any cheese as an ingredient but does include jam!

I came across several culinary terms I've never heard of - Can a reader help?

A miroton of cold veal; Sippets of toast; Moist sugar; Salt prunella; A bottle of Eiffel Tower; Long pepper; Tincture of capocicum - I would love to know what they are.

Here is a recipe from the book for **Easter cakes** - though not as you know it.

Easter cakes

6oz butter

8ozs flour

2ozs currants

4ozs sugar

2 eggs

1/2 level teaspoon cinnamon

1/4 level teaspoon spice

Method

"Beat sugar and butter to a cream. Add eggs, currants and flour alternately. Well stir in cinnamon and spice. If necessary another egg or a little milk may be added but mixture must be stiff. Roll out thin, cut round and bake in a moderate oven until firm. Sprinkle with castor sugar and place on a flat surface until cold."

I would add here that they are what we now call Easter biscuits, having made them. I also had to add a large measure of experience and common sense to decide on the right sort of flour, sugar and spice, size of eggs, oven temperature etc. The result was entirely edible and made about 19 biscuits.

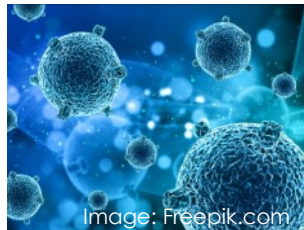


Lastly with summer a few months away it may be useful to have this remedy for "Swallowed wasp" to hand. *"Immediately hold in the mouth a teaspoon of salt. This will kill the wasp and help to heal sting. Then apply onion remedy. Take occasional sips of water for an hour or so. Use raw onion as a remedy for wasp stings. If in the throat, chew and swallow very slowly, keeping pulp at the back of the mouth. This prevents swelling."*

Thank you to Sheila Faulkner for this gem of a book. - Barbara Hughes

Living Well with the good & the bad

Did you know that your digestive system is home to about a thousand different species of bacteria, fungi and viruses, collectively referred to as your microbiota? This is a symbiotic relationship whereby we provide a safe, warm home and they provide protection against disease, aid digestion and they provide protection against disease, aid digestion and regulate our immune system.



Research shows that when this relationship goes wrong, a lack of “good” bacteria and increase in “bad” bacteria in our digestive systems is associated with diabetes, allergies, inflammatory bowel disease, cancer and more.

There is also increasing recognition in the scientific and medical communities that there is a link between gut health and brain health. Increased levels of “bad” bacteria in our gut are associated with degenerative brain diseases such as Alzheimer's, ALS and Parkinson's disease. For example, bacterial activity in our guts can produce amyloid, one of the hallmarks of Alzheimer's, whilst the eradication of a bacteria species in the small intestine, known as SIBO, seems to improve motor fluctuations in Parkinson's patients.

Unfortunately, our diets can disrupt the delicate balance between good and bad bacteria; eating too much meat, artificial sweeteners or taking antibiotics can promote unhealthy species known as bacteroides.



So, if you want to help maintain a healthy balance of bacteria and promote a healthier gut and brain you could try and include the following food groups in your diet: fermented food (yogurt, cheese, sauerkraut); high fibre foods (nuts, seeds, fruit and vegetables); polyphenol rich foods (cocoa, olive oil, green tea and coffee); Omega-3 fats (oily fish) and tryptophan rich foods (turkey, eggs and cheese).

And if you end up forgetting most of that, a good rule of thumb is think “Mediterranean diet” and feed your microbiota with lots of fibre, fruit and vegetables.

Jane Hancock

An advertisement for Harpford Farm Herbal Teas. The background is a lush green field with a wooden sign that reads "Harpford Farm". The text "Herbal Teas" is written in large purple letters, with "from" in smaller purple letters below it. A purple harp is visible on the right side of the image. At the bottom, the website "www.harpfordherbs.co.uk" and the phone number "07805 512388" are displayed.

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Friendship Circle



We continue to keep in touch by email or telephone and some of us have decided to continue with Zoom meetings until we can meet in the flesh as it's nice to chat (almost) face to face! If members want to join in, but don't know how to, please contact me by email. Meanwhile, stay safe and enjoy the spring flowers.

Pam Farr

Langford Ladies


Several ladies enjoyed a media quiz over zoom last month and we had to rack our brains with some questions from the past. The winner was Sylvia Gothard but many of us had excuses for not knowing the answers, such as being out of the country or not having a television.

Sylvia and I are planning to resurrect the '**Treasure Hunt**' from last year for next month on Wednesday 21 April, once we are allowed to meet in groups of six again. As long as the weather is fine we are planning to start from the village hall **in pairs** from 6.00pm onwards. We will then return to the hall to sit in socially distanced groups in the courtyard for a chat whilst we mark the answer sheets. You are welcome to bring nibbles and drinks.

Please email or ring me when you have decided what time you'd like to start so that we can stagger the times. Please come with your ideas for the rest of our meetings this year.

Looking forward to all meeting again in the flesh!

Margaret and Sylvia: margaret.jbrown@icloud.com



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The good news is if you're at risk of Type 2 diabetes there are lots of small changes you can make to prevent diabetes from developing in the first place. The first thing to do is find out if you are at risk by clicking on the following link to complete a short questionnaire on our website:

<https://preventing-diabetes.co.uk/know-your-risk-dtc/>

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Things you can do in 3 minutes:

1. Make a cup of tea
2. Find out your risk of developing type 2 diabetes

News from the Churches

Bishop's Letter: Hope for a better future

This month of April begins on Maundy Thursday, the day when we remember the last meal Jesus shared together with his friends before he was arrested and crucified. It was the meal that has become so significant in the life of the Church, where bread was broken and a cup of wine passed round, coming to symbolise for us the brokenness of the body of Christ. The sacrifice he made for love of us.

Many of us will hopefully celebrate something of the Easter feast this weekend although restrictions continue for a while longer. We may not yet be able to gather in larger groups of family and friends but perhaps we can glimpse what is to come?

This has always been the story of the Church, to point to what 'is' but which may not yet be fully realised. During this pandemic there has been a need for hope amongst such bleakness and now as the vaccine is shared and the signs of life appear in the world around us, we begin to see what might again be possible. To hope for a better future.

And yet in the bleakness of this first weekend of April, which takes us into the darkness of the tomb on Holy Saturday, we remember that hope is not cheaply bought. It is not mere optimism, but rather something, though fragile, that is stronger than death.

As some of us break our fast this Easter and share the bread and wine of the Eucharistic feast, may we know both the cost of such love and the hope that it offers.

Easter blessings! +Ruth
Ruth Worsley, Bishop of Taunton

Angels of Joy

It has been great to see so many people wandering around the Lenten Flower installation at St John's these past few weeks and taking the time to stand with the angels and consider the things in our lives which are life-giving and life-sapping. If you have not yet had the chance to see the flower for yourself you still have plenty of opportunity as it will remain as it is right up until Easter.

As lovely as it is, however, it is really just a foreshadowing of the great festival which is to come: throughout Holy Week St John's porch will become a stage from which the Easter story can be told, with a series of installations planned marking the journey from Palm Sunday to Easter Day. Not only this, but on Easter Day itself the flower will come into full bloom as it's component angels are joined by a colourful chorus of their



compatriots, dressed in vibrant new dresses and sporting the joyful floral creations of the community on their wings and halos. The trees, flower beds, and any other spare space will also be filled by smaller angels and flowers.



Other News

Bishop Peter has announced that he is going to take early retirement on medical grounds as he continues his recovery from treatment for acute myeloid leukaemia. He has been bishop of the diocese for seven years and although he and his wife are returning to Wells, he will have to spend many months being careful and recovering. For the time being Bishop Ruth will continue to lead the diocese while discernment for a new Bishop of Bath and Wells begins.

Community Help

Very many of our individual church members are involved in supporting their communities and neighbours, both informally and through the **Wellington Coronavirus Community Help Scheme**. If you would like to help in Wellington and surrounding villages contact www.facebook.com/groups/3159877937378154

Open Door is a local charity providing a day centre for people who are homeless and sleeping rough, including those in our rural areas. The organisation was set up by local churches 20 years ago and retains a strong support from churches and schools in and around Taunton. <https://www.tauntonopendoor.org.uk/news/>

Easter Worship in our Churches

This Holy Week only, we ask you to worship locally rather than attend a service elsewhere in the benefice.

Palm Sunday services at Bathealton (09.30) and West Buckland (10.00)

Good Friday services at Greenham(12.00), Wellington – **Reflection at the Cross** (14.00), and West Buckland (14.30)

Easter Day services at Stawley (09.30), Bradford-on-Tone (10.00), Nynehead (10.30), **Runnington—Lay-led service at 10.30** and Wellington—Holy communion outdoors at 10.30

Readings for Sundays in April in the absence of services

4 April Easter Sunday Acts 10. 34-43 1 Corinthians 15. 1-11	11 April 2nd Sunday of Easter Acts 4. 32-35 1 John 1. 1-2:2	18 April 3rd Sunday of Easter Acts 3.12-19 1 John 3.1-7	25 April 4th Sunday of Easter Acts 4. 5-12 1 John 3. 16-end
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Embracing a wilder churchyard

The diocese has teamed up with **Somerset Wildlife Trust** (SWT) on a new joint initiative, Wilder Churches, which seeks to improve biodiversity in churchyards.

SWT is running online training for church leaders and communities across the county, introducing what's happening, what support we can provide and finding people who can be **Wilder Church Champions** for their community.

Sara Emmett, assistant environment officer said, "With the diocese embracing a new environmental policy, we are delighted to be working together with SWT to support church leaders and communities to increase the value of churchyards and other church land for wildlife."

Initially, the initiative will focus on encouraging people to simply find out what wildlife their local churchyard already has, as well as getting to know those already involved with its management. Through ongoing online training, communities will be able to identify ways they could help wildlife in their local churchyard, as well as to communicate their ideas, consult with others and come up with a plan that works for the church, wildlife and the community.

Pippa Rayner, Engaging with Nature Coordinator for SWT says, "*By regularly getting together online to celebrate successes, share expertise and solve problems as they arise, we will collectively achieve so much more, so this is a really exciting initiative to be involved in.*"

People from churches across Somerset who manage our churchyards or had a particular interest in biodiversity have already taken part in some training events. Keep an eye on our website and media channels to find out details of future opportunities.

Bishop Ruth

Church contact East Group:

Revd Alan Ellacott: 01823 669824

Do ring the parish office number: 01823 665254 and leave a message. Or email stjohns.wellington@googlemail.com. Or phone Tim Treanor: 01823 662248, Martin Beaumont: 01823 400127, Selina Garner: 01823 662227.

Wellington & District Team Ministry website: www.Wellingtonteamchurches.org.uk

Funerals

A short video to show the additional support we can give for those unable to attend a funeral can be found at <https://youtu.be/l8tDdRtpfXs> Please pass on to relatives or friends. Do contact one of the Team priests to talk things through if you wish.

Notes from St Peter's

Life has been quiet at St Peters Church during the last month. Mother's Day was celebrated with flowers in the Church and Easter will also see flowers and the memorial lilies for you to enjoy. Sadly, we have no service at Easter but those wishing to celebrate Communion can go to either Nynhead or Bradford on Tone. I suggest you telephone to check numbers allowed.

A piece of very sad news; Bishop Peter has retired due to his continuing ill health and we wish him well.

We are now leaving the porch door of the Church open all the time so that any notices can be read and a box for the results of the Parish Survey will be available there from the beginning of April. Also, in anticipation of the re opening of the Church building, we will be drawing up the rotas for flower arranging and opening of the door. I do hope all of those of you who were involved in the past are prepared to continue and if you would like to volunteer please get in touch with me. In the meantime stay safe and we all look forward to the end of lockdown.

Sarah Nutt

News from Runnington Church

After a long pause during lockdown we have started things moving again with PCC business. We have had Zoom meetings on 2 February, and again on 15 March. Another Zoom meeting is planned for 12 April, and we will then be holding our APCM, again probably by Zoom, on 27 April.

Following a pause after Christmas, with opening just for private prayer on Sundays, the church will also be open on Good Friday, and will be decorated on Easter Saturday, when we will be having a lay-led, non-Holy Communion service at 10.30 am on Easter Sunday. From Easter onwards we hope to be holding more regular services again.

The PCC have said a sad farewell to Maria Heart on her retirement, with a small gift in acknowledgement of all the help and support she has given to Runnington church and the PCC over recent years. She will be greatly missed.

John Houghton



Green Fingers - Every Flower counts

In May 2020, **Plantlife**, the conservation charity, set up a citizen's science project called "Every Flower Counts" to gauge the effect of leaving our lawns unmowed through the peak flowering season in May and June. They asked participants not to cut their grass until at least the beginning of June, to count the flowering plant species in a square metre of lawn in the last week of May, and submit their results.

Since the 1930s millions of acres of wildflower meadows have been lost. Bee, hoverfly and other pollinating species that rely on these nectar sources are being lost at an alarming rate, through habitat loss and herbicide and insecticide use. This is seriously bad for the planet. Lawns have consequently become important as potential sources of nectar. This program was designed to quantify that.

The results will be published at the end of April this year, but preliminary results indicate that uncut lawns can make a real difference to the populations and success of pollinating insects. More than 200 species were found flowering in lawns – the most common being daisies, clover and selfheal. The highest nectar production was on lawns mowed about once every 4 weeks. However, the most diverse range of flowers was found in lawns left for even longer, with plants like oxeye daisy and knapweed extending nectar availability. A patchwork of different heights is great.

So, if you can bear it, try leaving the grass uncut through May. You will be amazed at how many bees, hoverflies and other bugs will visit. I spent many happy hours trying to capture these with my camera last year, and plan to do it again this year. Plantlife are asking gardeners to join in again this year: you can find details on the website <https://www.plantlife.org.uk/everyflowercounts/>. And if you have young gardeners in the family perhaps you can get them to make you a Scarecrow!

Saranne Cessford



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Young Buddies - make a Scarecrow...

It might be No Mow May but, with the lawn growing fast, you need someone to scare the mower away and protect the flowers so that you can work out how many bees your lawn can feed on 23rd of May. You need a Scarecrow!

You Will Need:

- An old sock*
- A rubber band
- Sticky putty or Bluetack
- A milk carton cap
- Two pencils
- A marker pen
- A small piece of card
- Thread



*(or any piece of old cloth - just cut a square, fold over and cut a hole for the head instead of steps 2 & 3)



1: Make a cross with the rubber band and pencils



2: Cut the old sock as indicated



3: Take the middle bit & cut both sides



4: Place the cloth over the pencils



5: Draw a face on the milk cap



6: Stick the putty on the back of the cap



7: Stick the cap to the top of the cross



8: Write your own special message on the card and attach to the scarecrow!



Our School: Learning remotely...

School has just reopened to all of our children following 11 weeks of closure. Unlike last year's Covid-19 lockdown, this time we had a number of children on site throughout, which gave a pattern of normality to the days in what was definitely not a normal few months.

The staff produced a comprehensive remote learning package and delivered work packs fortnightly to our children's homes not only in the village, but to Milverton, Wellington and as far as Taunton and Bishops Lydeard. It was a challenging time for both adults and children. The staff rapidly adapted to being online teachers, making videos and holding Zoom sessions with the children, who in turn were following instructions from their teachers, given by parents who morphed into remote learning teaching assistants. We asked for daily images of work completed and were impressed with the efforts many people went to in order to support their children's learning. Highlights for the oldest children were activities about Vikings which involved making Viking houses, boats and axes, and for Class One, finding out about other parts of the world, including the challenge of making a papier-mâché globe complete with pictures of key features – such as penguins in Antarctica.

World Book Day (4th March) was celebrated via Zoom sessions where the children spoke about their favourite stories. Other remote, whole school activities included the Sock Olympics where 10 physical challenges could be completed using a pair of rolled up socks! Medals were awarded to the winners in each group.

Everyone is happy to be back in school; life here is much as it was during the autumn term. We know our Covid measures are effective, so this is how we will continue to work until the restrictions are finally lifted. We hope that by the end of this school year 'measures' will be in the past, and we can give all of our attention to the learning and wellbeing of the children within our school community.

*Jane Major: Head of School
Langford Budville CofE Primary School*



Images from remote learning...



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Village Website: www.langfordbudvillevillage.co.uk

Jubilee Hall Website: www.lbjubileehall.com

Greener Langford Budville team: One.Planet.LB@gmail.com

Broadband Team Website: www.lbteambroadband.co.uk

Magazine Information

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Denise Hunt - Treasurer; Jane Hancock; Juliet Shrimpton; Zenah Rowe

To contact us please email: **lbr.roundabout@gmail.com** heading your email: Articles, Feedback, Advertising, Small Ads, etc.

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Come and stay in our wonderful, beamed Barn, full of character in peaceful hamlet near River Tone.

Four bedrooms and three bath/shower rooms, large kitchen, huge open, beamed reception area with gallery room above, flexible bedroom arrangements.

Wonderful, peaceful, sunny, uplifting atmosphere.

Come and chat to me about it

Louise Bancroft - 01823 665533/07835 960704

louisegaddon@btinternet.com

www.runningtonciderbarn.co.uk



SEAN REEVES

ELECTRICAL SERVICES

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Electrical Safety Register

incorporating
ELECSA  ECA
Certification Ltd 



THE Martlet INN

A stylized black silhouette of a bird, likely a martlet, perched on a branch. The bird is facing right and has its wings slightly spread.

We are really happy to announce the re-opening of this wonderful pub and are looking forward to becoming part of the fantastic Langford Budville Community.

The Martlet Garden will be open daily from the 12th April serving our full new food menu and drinks.

Opening hours:

Monday to Sunday 11.00 am to 11.00 pm

Food served Monday to Friday
12.00 to 2.30 pm and 5.00 to 9.00 pm

Saturday: Midday until 9.00 pm

Sunday: Midday until 4.00 pm

We will still offer takeaways during food service times

Booking is not essential, but is advised to ensure that you get a table at your preferred time.

Fb: THEMARTLETINN

01823 401330

or email: info@thebearinnwiveliscombe.com