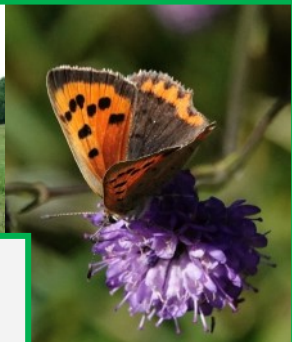


Round About

*the villages of Langford Budville
and Runnington*

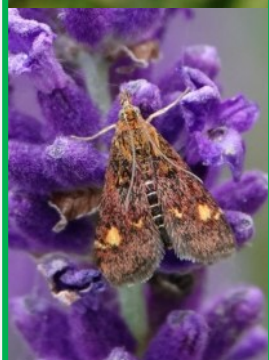


August/September 2021



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Welcome ...

To the August Edition of Round About. As we officially move out of lockdown and all restrictions are lifted, the advice remains to be careful and cautious. But with lots more going on in the villages, it is lovely to see our friends again, and to feel the energy and enthusiasm that comes with having something to do.

Our School is closed for the year, and we will have a new head teacher when the new term begins. The **churches** are opening their doors, and offering the usual light lunches – a real bargain. Your editor has been learning about the kneelers in St Peters, and I share some of what I have learned with you in our **Village Story**.

We seem to be getting greener all the time: Much of the magazine is devoted this month to the **Greener Langford Budville** initiative. There are plenty of ways you can get involved -- you will make new friends and learn a lot, and we may just find ways to reduce our community's carbon footprint. This initiative has the support of the Parish Council and funding from Somerset County Council, so head over and see what's going on. Talking of the **Parish Council**, they are still looking for a Parish clerk, and need another member, who can be appointed by co-option. If you can help with this please get in touch with them. The details are in the magazine.

The big item of news is the up-coming **Parish Party**. All Parish residents are invited, and we hope many of you will come along, especially the newer residents who may not have had much chance to meet their new neighbours.

We have our usual **Seasonal Treat**, and **Green Fingers** takes a look at some more exotic fruits, while **Well Being** goes forest bathing. (You don't need to get wet!). With a lovely woodland on our doorstep, it is a fine way to de-stress. I think we all need that after the anxious times we have been through.

Budvue has started up, and many of the regular classes too. **Langford Ladies** are making the most of the summer weather with garden visits, and the **Friendship circle** is meeting again, and hopefully building back up.

We are meeting up with our friends and family after long separations, and while most overseas trips remain off limits, we should find that with fewer foreign visitors we can enjoy some of our local attractions in comfort.

As usual my thanks to the team, and to the **contributors** and **distributors** who make it possible to get the magazine out to all our residents free of charge: thanks to the **advertisers** who have supported us through lockdown – we lost very few and even got some new ones.

Saranne Cessford on behalf of the editorial team.

Collage clockwise from top left: Bee orchid (Poleshill); Pony Field; Small Copper; Mint moth; Marbled White; Common spotted orchid; Langford Ladies; Gatekeeper; Heath spotted orchid; Small magpie moth.

What's On:

Function	Venue	Date	Time
Police Beat Surgeries	Jubilee Hall	Wed. 18 Aug	10.00 to 11.00am
Parish Council meetings	Jubilee Hall	Mon 9 Aug Mon 13 Sept	7.00pm
St Peters Café light lunch	St Peter's Church	Wed 11 Aug	12.00 - 2.00pm
Langford Ladies: Tapas	The Old Chapel	Wed 18 Aug	6.30 pm
Greener LB Bat Walk	Meet Jubilee Hall	Thurs 19 Aug	8.00 pm
Budvue Cinema: Love Sarah	Jubilee Hall	Sat 21 Aug	7.00 for 7.30 pm
St Peter's Café Light Lunch	St Peter's Church	Wed 8 Sept	12.00 - 2.00 pm
Greener LB: open garden	Chipley Mill	Sat 11 Sept	morning
* Parish Party *	Jubilee Hall	Sun 12 Sept	12.00 - 3.00 pm
Budvue Cinema: Bar open	Jubilee Hall	Sat 18 Sept	7.00 for 7.30 pm
Greener LB Bat walk	Meet Jubilee Hall	Thurs 23 Sept	6.45 pm
Jubilee Hall AGM	Jubilee Hall	Mon 27 Sept	7.00 pm

Date for your Diary: Table Top Sale at the Jubilee Hall on **Saturday 9 October**. A chance to clear the attic.....

**** **Budvue Cinema** ****

We are now coming to the end of our summer season, having restarted in April when Covid rules allowed. With restrictions eased we can welcome you to our Film Nights with a selection of great recent films, and with a bar and ice-creams.

Last month's film was the Oscar winning **Little Women**, which was well received but poorly attended on a very hot night. The bar and ice-creams were certainly enjoyed. Our next film on 21 August is **Love Sarah** starring the ever-popular Celia Imrie. It's a gentle romance set in Notting Hill, which tells the story of what happens when a pastry chef called Sarah is knocked off her bike and killed on the way to picking up the keys to the new bakery that she's always dreamed of opening. The three most important women in her life – her mum, best friend and daughter – decide to make a go of the business. They name it Love Sarah in her memory, but without her skills in the kitchen how can it succeed?



The Autumn season films are not confirmed yet but we hope to include **The Father** and **Nomadland**, which won 4 Oscars between them. Look out for the Budvue signs and check future Roundabouts for details.

Tim Wyatt

News from the Villages

Parish Council

The Parish Council Meeting was held at 7pm, at Langford Budville Village Hall, on Monday 12 July 2021.

Footpaths: Langford Lane/Church Lane is overgrown and has not yet been cut. It is important that the workforce also clear the debris.

A Greener Langford Budville – Update on Project: The PC were informed about a recent Bat Walk, with others planned for late summer. The team are currently gauging enthusiasm for a village shop. The website is up and running, and can be viewed at <https://www.greenerlangfordbudville.com/>

Events Task Force: The inaugural meeting and a follow-up meeting have taken place. There are considerations for how the event task force will work. There has been some interest from village groups. There will be a centralised calendar when the website is up and running.

Wiveliscombe Road Layby: Highways claim that the potholes at the lay-by are the responsibility of the Wildlife Trust. A previous email from David Northcote-Wright has said that Highways own the land. Consequently, no-one is taking responsibility at present, but the PC will once again contact David.

Community Team Update: Tim Dyer updated the PC with the progress made by the Triangle Team. He reported that Nick Girone-Maddocks used a drone to take photos of the Triangle from above in order to make a clearer 'mowing plan'. Colin Inder kindly dropped woodchip for use on the new path free of charge. Tim noted that the bracken needs to be trimmed and composted. Due to sporing, it is best to do this soon, in July.

Tim has suggested mowing the area as soon as the bluebells have finished flowering next year to avoid such vast bracken growth in the future. He reported that some parents have commented on the fencing around the Triangle having too much of a gap at the bottom, which may have safety implications for young children. Suggestions, such as a vertical picketed fence around the area, were discussed by the PC. Potentially, 'kid proofing' the play area was discussed.

The Picnic table in the corner by the play area has a wonky leg so Councillor Derek Sowden has taken a look. The leg needs support, but it does not look in imminent danger of collapse so Derek will sort this out in due course. Councillor Katie Spackman thanked Tim for all of his, and the team's, hard work.

The next Parish Council meeting will be held on Monday 9 August 2021 at 7.00 pm at Langford Budville Village Hall. Everyone is welcome.

Parish Council vacancies:

Vacancy for Clerk and Responsible Financial Officer [RFO] at Langford Budville Parish Council

We are in still need of a part time **Parish Clerk RFO** (between five and seven hours per week flexi time). Working from home, you will support the Parish Council administratively, and by providing advice to Councillors, support sound and legal decision making.

You will attend Parish Council meetings; produce agendas and formal minutes; and handle the correspondence and the financial affairs of the council. Competent IT skills and good interpersonal skills are essential. The successful applicant will either hold, or be willing to give a commitment to obtain, the Certificate in Local Council Administration [CLCA].

The salary will be £11.53 per hour in accordance with the national recommended salary scale for a Parish of this size. Clerks may also claim £26/month expenses for working from home.

For further information, a job description and application form contact the Parish Clerk langfordbudvillepc@gmail.com

The successful applicant will need to attend a half day online training course for new parish clerks if not already qualified with the CLCA.

Vacancy for Parish Councillor

Owing to the retirement of Parish Councillor Maggie Norvell, there is a vacancy for a **Parish Councillor**. The position can be filled by co-option.

With so many new initiatives commencing it is an exciting time to be part of Langford Budville Parish Council. We are looking for any **parish resident** who would like to be part of bringing together the whole parish, working with these new initiatives to ensure that the parish remains a creative and progressive place to live. If you are interested in being part of this, please contact Parish Councillor Derek Sowden on dereksowden@hotmail.com for more information.

Parish Party

Sunday 12th September 12.00 – 15.00

Langford Budville Jubilee Hall

The **Parish Council**, the **Jubilee Hall** and **Greener Langford Budville** have teamed up to put on a party that will firstly be fun but also provide a great opportunity to meet new parishioners and find out what's going on. The party is **free for all parishioners** but you are welcome to invite friends and family; £8 adult/ £4 child.

All the organisers are keen to help the whole parish to reconnect and embrace a better new-normal following the lockdowns of the last 18 months. There are fantastic advantages to being such a rural parish but it does sometimes seem difficult to connect Langford Budville, Runnington, Chipley and Wellisford as well as all the outlying hamlets and farms.

Lunch will be a hog roast or vegetarian option (and possibly other choices) but please bring your own pudding. The hall bar will be open, which is always very good value, or bring your own. There will be some games, including skittles, and music.

As with any event like this (and maybe we can see this as a practice run for the Queen's Platinum Jubilee next year) volunteers are needed to make it run smoothly. If you can help set up on Saturday 11 September or Sunday 12, or during the party and afterwards then please give your contact details to anyone currently involved with the **Jubilee Hall**, the **Parish Council** or **Greener Langford Budville**. On the day we will need people to help with managing the meal-tickets, serving food, tending the bar, setting up the skittles and taking down the bunting, at the end!

The hall lobby will be used as an "**information exchange**" covering everything that is currently going on in the hall and wider parish together with new initiatives that you might wish to be part of. The survey distributed earlier in the year gave a good feel for people's interests and concerns. Greener Langford Budville will be feeding back on the environmental and transport studies as well as new projects. The latter include a possible village shop and an apple day. If you would like to share your own activities and local initiatives, that will be possible too.

A flyer has been distributed with your copy of **Round About** which includes an RSVP tear off strip which you can drop off at either Langford Budville or Runnington church porches. Or you can RSVP online at bit.ly/LBParishParty. Please RSVP as soon as possible to help with planning the catering.

Tryphena Huntingford

PARISH PARTY

SUNDAY September 12

12.00 to 3.00 pm

Free for all Parish residents

Come and meet new neighbours

Hog roast, veg. options, bar

Bring your own pud!



Games and music



Loads of info about new 'green'
initiatives and village groups

rsvp: by the flyer or online at
bit.ly/LBParishParty



News from the Village Hall

It is good to report that the Hall is almost back to pre-pandemic usage levels – at least during daytimes. In the evenings we have welcomed the return of community cinema with Budvue and, in late June, a Romanian Christening.

We have received updated guidance from ACRE (Action with Communities in Rural England) on how we should operate during Step 4. All events are now allowed to take place and risks managed by hirers through good ventilation, social distancing, hand washing and use of hand sanitiser. There may be some larger inside events at which we will impose capacity constraints and carry out enhanced cleaning, but in the main the Hall welcomes new bookings for events and celebrations. Pending detailed guidance, we will retain some of the physical measures that we have put in place (QR poster, hand sanitiser stations and some signage) and more frequent cleaning of regularly touched surfaces, so that more people feel comfortable returning to the hall. We will allow use of the kitchen and the upholstered chairs in the committee room, and return the quarantine room (!) to a cloakroom.

We are really pleased to share responsibility for organising the **Parish Party** on 12 September with the Parish Council and Greener Langford Budville. There remains an open invitation to join an **Events Taskforce** to help with future events.

Thank you to Juliette Wedderkopp and Dudley Edgar both of whom have stepped down as Trustees. Welcome to Katie Spackman who joins us as the Parish Council representative.

We plan to hold our **AGM** on Monday 27 September at 7pm and there will be drinks and nibbles. Do come and join us, and please get in touch beforehand with either Margaret Brown or myself if you might be interested in becoming a Trustee. Pam Farr and I would be happy to guide a new **Treasurer** – however unfamiliar with spreadsheets you may be! On Saturday 9 October we are hosting a **table top sale** which is an opportunity to move things on in your household. Please contact Margaret if you would like a table.

Michael Huntingford

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



A Greener Langford Budville

Supported by a grant from the Somerset County Council

Sustainable Gardening Initiative – Chipley Mill open morning

As part of the Greener Langford Budville initiative towards sustainable lifestyles, Jackie and Roger Milsom will be opening their green garden in Chipley on the morning of **Saturday September 11th**.

The Milsoms have only owned the garden at Chipley Mill for a few years, but their sustainable gardening methods are transforming it and they hope to continue learning from the experience. Apart from their garden, there will be other ideas on show about how we can all find ways to enjoy the benefits of green gardening and sustainable living. Please contact us if you have suggestions on this.

One of the aims is to promote the formation of a green gardening group in the village, perhaps with talks and forums in the winter. But, of course, it will be open to any gardeners whatever the size of their plot or the scale of their ambition.

Many more details later - put the date in your diary - spread the word

Christine Loudon : Phone, text or WhatsApp 07810 811312

Travel Consultation

As part of the SCC Climate Emergency bid the Greener Langford Budville Project has secured just under £5,000 to identify possible options for developing safe, low carbon, active travel within the Parish. This will include looking at both improvements to existing infrastructure and the potential to develop new routes within the Parish. To keep a local focus, the study will use information from the biodiversity audit so that our important local habitats and species are included. We also want to include parishioner thoughts and opinions about how and where active travel options can be improved.

There have already been some great responses via the recent questionnaire supporting the idea of sustainable travel – a BIG thank you for these. 84% of people who filled out the questionnaire like the idea of a Langford Budville to Wellington cycle route and 78% supported the idea of Quiet Lanes and many made suggestions for car sharing and a charging point amongst others. People also commented on problem areas which make walking and cycling difficult around the Parish. If you missed the questionnaire but still want to contribute your ideas please get in touch. We want to hear from you about **WHERE** and **WHAT** the problems are? Are the roads too narrow? Is the visibility poor? Are the speed limits inappropriate? Or has it just been too long since your cycling proficiency badge?! Secondly, **HOW** can we improve and encourage active travel in the Parish? Don't be shy - every idea is valuable from simple changes to 'pie in the sky' ideas (and everything in between!)

Get in touch either by email on Greener.lb.travel@gmail.com or by leaving a

comment on the website www.greenerlangfordbudville.com/

I will be at the **Parish Party** (September 12th) with a big map and lots of post-it notes to hear people's ideas.

Juliet Shrimpton

Top months for butterflies

The butterflies on the Common have been recorded for a national scheme every year since 1990. This involves walking a transect of about a mile each week, recording any butterfly which is seen inside an imaginary cube of 5 metres, ahead of you.

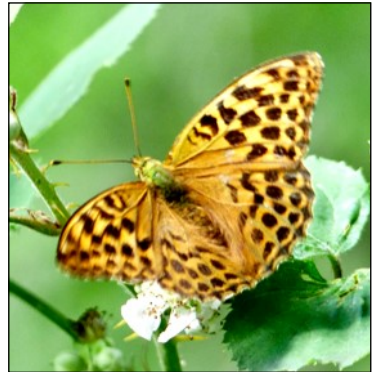
July sees the highest numbers of butterflies entering the box on a single walk (up to 300) but even in early August you can hope for about 50 butterflies to enter. So get out soon and have a look for Ringlets, Marbled Whites, Meadow Browns, Gatekeepers, Green-veined Whites, Common Blues and biggest and best of all, Silver-washed Fritillaries.

The best times are sunny days from 11am to 4pm but there is one species for which warm evenings are best. The Purple Hairstreak is to be seen dancing above oak trees in the main pony field. Without binoculars, they are just silvery flickers against the sky but their deep purple sheen is visible if they come to lower branches. They do this rarely since they like the honeydew produced by aphids on the top of the oak trees.

Get Involved:

If you would like to get involved in any of these things, please email Greener.LB.Biodiversity@gmail.com

Ian Loudon and Hannah Montag



Silver-washed fritillary



Purple Hairstreak



www.greenerlangfordbudville.com

 Many thanks to the Parish Council for funding an upgrade to our website access so that it is now easier to find if you just Google "**Greener Langford Budville**". Check out the recent changes!

Changes at the Triangle

Since the spring clearance on the Triangle, nature has been busy growing to fill every spare bit of space. The paths have had several trims to keep clear of brambles and nettles, and we've cleared around the new hedge saplings to give them more light. A barrow load of rubbish from the undergrowth has gone for disposal. Currently, bracken is being cut at the field edges to try and control its spread.

An inspection of the trees by the Council tree officer has unfortunately shown two more diseased ash trees of concern.

The ongoing flora survey has shown some interesting plants, and a bee's nest was spotted in the trunk above the fallen ash seat. The next steps will involve developing the forest garden scheme and doing some planting. Thanks to all the volunteers who have been involved so far... but we could do with more people, so please get in touch if you are interested in helping in any capacity!

Contact: lb_triangle@outlook.com.

Tim Dyer

Library of things - Sunday 13th June

Outside on the village hall grass, a group of 20 or so met Hannah and Paul Montag to learn how to use "*the library of things for citizen science*" (and enjoy Hannah's delicious homemade cake and apple juice).

We had a fascinating insight into Hannah's plans for Greener Langford Budville to find, observe and appreciate the wildlife we have in our amazing environment. Hannah showed us equipment purchased with some of the funding allocated to Greener Langford Budville. This equipment is the basis of a library which can be borrowed by villagers and includes two **wildlife cameras**, ten **mammal footprint tunnels**, **bat detectors**, various **reptile survey refuges**, wildlife **reference books** and **field study identification guides**. We looked at photocopies of animal tracks and recordings from a wildlife camera. More details are on the website (or will be very soon!); a deposit of £15.00 is required for the more valuable items.

Somerset Environmental Records Centre (SERC) records sightings of wildlife and Hannah and Paul are very keen to add to this information. Lots of discussions followed about the possibility of **hedgerow surveys**, **linking wildlife corridors**, **planting native trees**, **bat surveys** and referencing historical surveys carried out in the parish.

Lynne Moore

New Village Shop

We've had an inaugural meeting of villagers interested in setting up a village shop! The process is not going to be fast but a dozen or so of us are doing research on alternative premises such as containers, successful local shops and, grants to get going etc. The focus remains on local commercial and individually produced food with flexibility to include artisan work and linking with events. It has to be something that is enjoyable and will probably require a part-time paid manager and plenty of volunteers. The parish has amazing talents, skills and generosity to help make us a Greener community.

Bus improvement plan

The Government has earmarked three billion pounds to improve bus services nationally. Somerset County Council are currently consulting on a '**Bus Service Improvement Plan for Somerset**' as part of this, to encourage us to ditch the car and go by bus more often. The Parish Council is pleased to have been consulted by the Somerset Bus Partnership as it is a great opportunity for us to outline our local needs and press for better public transport options for the Parish.

Sadly, over the years local bus services have been cut, which now leaves the Parish with **no** regular connecting services. If this is something you would like to see change please take five minutes and email the PC on JulietLBPC@gmail.com with your thoughts. Alternatively, write them down and pop them in the box in the Church Porch. What frequency and times should buses operate? What destinations and routes? Would you use them for school, shopping, work? How often would you use it? Please contribute so we can make a better, stronger case for change.

More details can be found at <https://www.somersetbuspartnership.co.uk/> where you can also make comments directly.

Katie Spackman



YOGA

the lyengar way

Langford Budville Hall

Thursday 10.00-11.30

Tuesday 6.30-8.00 pm

New 12 week course

Starting 14/16 September

To book contact

Jackie Douglas

jacqueline@douglas@hotmail.com



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LB Team Broadband Update

We understand a number of residents are, unsurprisingly, confused about the broadband situation in the village. In a nutshell...

We had to abandon our initial plan to set up an Openreach partnership scheme to provide fast fibre broadband to the parish. The reasons included cost (£360,000), potential financial liability and lack of engagement on Openreach's part. Unfortunately, appealing to the likes of Rebecca Pow and Openreach's CEO didn't resolve our issues.

Meanwhile, another scheme has got under way in the village - the Universal Service Obligation (USO) - part of the government's plan (with BT) to get broadband to rural areas. However, this scheme has been heavily criticised, mainly because if Ofcom decide you have good 4G coverage they say you don't need fibre cable installed and you can have 4G broadband (this relies on a box in your home that picks up a 4G signal like a mobile phone). It is a government "get out" because the fibre cable infrastructure is so expensive for them. The problem is that 4G broadband is notoriously unreliable and Ofcom's decision as to who receives adequate 4G signal is farcical with neighbouring properties receiving different outcomes.

USO has been described as cherry picking the "easy" properties and that appears to have happened in Langford Budville with only about 70 properties being eligible for the fibre option. Work has already started in the village and is supposed to complete in the Autumn. If USO are providing fibre to your property you will probably have heard from BT by now. However, they do say they may add more properties once work starts and will inform those households after completion.

So where does that leave the rest of us? Yet another government initiative has awarded a private company, Airband, a contract to supply our area with fibre broadband by autumn 2022. Following a number of talks with Airband, they have added very nearly all the properties from our partnership list to their proposed list. Although Airband have been very professional and helpful they admit that following their surveys, their plans may change and USO could potentially affect their decisions.

<https://www.airband.co.uk/cds/>

<https://www.bt.com/broadband/USO>

Jane Hancock

Seasonal Treats: Mum's Lamb Stew

This is a favourite in our household, it's a real crowd pleaser and very easy to do. It's fairly bombproof too. We think it came from a recipe book at some point but we no longer know which. My grandmother used to make it and she handed it down to my mother, who would never divulge the recipe as she wanted to keep it as part of her armoury. I pestered her and pestered her and she eventually gave me a list of ingredients, (no quantities or method!) This is my interpretation, Its nearly as good as my mum's.

Serves 6

Ingredients

Lamb neck fillets or leg steaks if you cannot get neck (~1Kg)

1 medium onion (chopped)

Shallots (I love shallots so I add lots)

4 carrots sliced into chunks.

$\frac{3}{4}$ litre stock (lamb or vegetable).

Tablespoon of tomato puree

3 cloves of garlic (crushed)

Bouquet garni

Large knob of butter ~50g

Teaspoon of sugar

Plain flour, salt and pepper



- ♦ Cut the lamb into large chunks and toss in seasoned flour.
- ♦ Heat some oil in a frying pan and fry the lamb in batches on a high heat to brown. Set aside.
- ♦ Add the onion to a casserole dish and soften on a low heat for about 10 mins in the butter.
- ♦ Meanwhile, soak the shallots in boiling water for 5 minutes and then peel and add to the casserole with the sliced carrots and garlic.
- ♦ Add the sugar to the casserole and glaze all the vegetables on a medium/high heat for about 10 mins.
- ♦ Add the meat, stock, tomato puree and bouquet garni and bring to the simmer (add enough stock to just cover the meat and vegetables).
- ♦ Cover the casserole and transfer to the oven for 1½ – 2 hours at 170°C/ fan 150 °C until the lamb is really tender.
- ♦ Serve with mashed potatoes and green veg.

Jane Hancock

GreenFingers – Exotic Fruit Pt II

Cape gooseberry – *Physalis peruviana*



I have often seen these fruits as expensive decorations dipped in chocolate, but they are really easy to grow from seed and self-seed freely in our greenhouse where they can take up a lot of space. They are in the same family as tomatoes but less tidy to grow as they like to clamber either over themselves or other plants. Like tomatoes they do best in a sunny, sheltered spot if grown outside, or in a greenhouse. They are perennial and start to fruit prolifically in their second year though you should get some fruit from plants grown from seed in their first year. If the roots are protected from frosts, they can survive the winter outside in free-draining soil.

(Note from the ed: Growing up in South Africa, this was the only gooseberry I knew: they make wonderful jam!)

Actinidia – the kiwi family

If you have endless south-facing walls that you want to clothe then you might try a fruiting ***Actinidia deliciosa*** (the familiar brown, furry kiwi fruit) rather than an ornamental actinidia. However, the plants are very vigorous and may escape into any available tree. Most varieties need both female and male plants to fruit though there are a few self-fertile varieties.



More manageable, and arguably more interesting, is the climber ***A. arguta*** (sometimes called a **Tara vine**) which is hardy. These species produce abundant crops of smooth-skinned, gooseberry-sized fruits which are better flavoured than Kiwi and don't need peeling. Most readily available is the self-fertile "**Issai**" variety. The small white flowers are very fragrant - an extra bonus. Most female named varieties do need a male pollinating partner.

A. arguta is fully hardy, but the spring growth is susceptible to frost damage, so avoid planting in frost pockets. Like its cousin the kiwi, it can be over-vigorous. Pruning needs to be careful as fruiting is on second-year growth and older wood spurs. Unusually, cats are attracted to the scent of the plant so young plants need cat protection.

Tryphena Huntingford



LANGFORD LAKES

Local Family Run
Christmas Tree Farm
set in the heart of rural
Somerset

Call us on 01823 400476 or visit www.langfordlakes.co.uk

Living Well: Forest Bathing

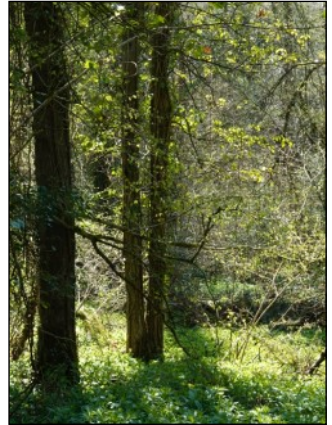
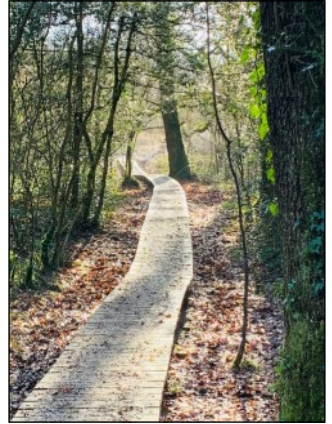
Forest bathing is a form of relaxation, known in Japan where the concept originated as *shinrin yoku* "forest bath". It involves being calm and quiet among trees, observing the nature around you while breathing deeply. It can help adults and children de-stress, and can boost health and well being in a natural way. We are lucky to have a 'forest' on our doorstep, so you might like to try it.

Turn off your devices, take your time and move quietly and slowly so that you can see and feel more. It doesn't matter if you don't get anywhere. Take long, deep, breaths, extending the out breath to twice the length of the in breath. This sends a message to the body that it can relax.

Stop, standing or sitting, and smell what's around you. Listen, use all your senses: let nature enter through your eyes, ears, nose, mouth, hands and feet. Be observant – look at the small details, the different greens of the leaves, the effects of sunlight filtering through the branches. Put your hands on a tree-trunk, dip fingers or toes in a stream, lie on the ground. Try just to observe, not to think. Keep your eyes open – the colours of nature are soothing. You may be surprised at how many of the forest denizens you may see doing this.

Find a spot that feels good to you, and start by staying as long as is comfortable, and slowly build up to the recommended two hours. Studies show that the practice of forest bathing can help reduce blood pressure and lower cortisol levels, improving concentration and memory.

Saranne Cessford

An advertisement for 'Herbal Teas from Harpford Farm'. The background is a photograph of a wooden sign in a field of tall grass and wildflowers under a blue sky. The sign reads 'Herbal Teas from Harpford Farm'. To the right of the sign is a purple harp icon. At the bottom, the website 'www.harpfordherbs.co.uk' and the phone number '07805 512388' are displayed.

Herbal Teas
from
Harpford Farm

www.harpfordherbs.co.uk 07805 512388

Village Story: Church Kneelers

The Millennium kneelers at St Peter's Church

I was recently asked to photograph a few of the kneelers at St Peter's Church for a book on the subject: The ones I was asked to photograph are below, each with a precis of their own story.



The Blacksmith: Designed by Jean Mathison for John Batstone, and worked by Maureen Batstone.

Dedicated to Albert Stone 1851 to 1936. He was the village blacksmith and lived and worked at The Forge, and John Batstone's great uncle.



Jasper: Designed by Jean Mathison and worked by Maureen Thompson.

She worked the kneeler in memory of her cat, Jasper, who frequently went to church.



Joshua 24: 15: "But as for me and my house, we will serve the Lord": Designed and worked by David Randell.

As a minister this is what they are called to do. He chose to use the Hebrew script because it is different, attractive and might inspire people to think about the verse.



The Church Tower Bell: Designed by Jean Mathison for Heather Cottrell, a campanologist, in memory of her parents Joe and Ruby Innals.

Most of the stitching was done by John Melmoth, who was a friend of theirs.



Badge of the 10th Baluch Regiment: Designed by Jean Mathison and worked by Winn Ware for Brig. John Randle OBE MC and Mrs Peggy Randle.

Brigadier Randle served with the regiment from 1940 to 1976.

There are more than fifty kneelers in St Peter's church. They were designed and worked mostly by members of the congregation and bell-ringers, and they are very fine examples. Many were worked in memory of family members and former and present village residents, and they reflect the background and interests of these people. Others are whimsical, and still others speak of faith. There are animals and flowers, bells, homes and regimental symbols. Several feature the church itself: they are local, original and unique.

The design and stitching of church kneelers became something of a folk art in England in the 20th Century. Two women – Louisa Pesel and Sybil Blunt – designed and stitched choir stall cushions and kneelers for Winchester Cathedral 1932-38. Sybil Blunt was a designer of genius and designed pictorial kneelers illustrating history and activities local to Winchester. Her kneelers and cushions were widely admired and the idea caught on – but then WWII broke out.

During the war and post-war austerity, people mended and made clothes. When the young Queen was crowned in 1953, suddenly decorative needlework became hugely popular and church kneelers were the focus. Congregations across the country designed kneelers relevant to their parishes. A folk art tradition was born.

Many churches, ours amongst them, asked their members and congregants for ideas and designs to mark the **millennium**. Some of these have been recorded by Elizabeth Bingham, who has collected images from many churches across the country and uploaded them to a website which you can visit (link below): It is easy to search for our church, or you can just browse through the many other examples, some of them spectacular. Elizabeth is now putting together a book on this folk art form, and it was for this that she wanted the photographs. I am grateful to her for much of this information. Elizabeth tells me that our kneelers are particularly well designed and executed.

There is a file at the church with photos of all the kneelers, and the story or dedication behind each one of them. You can access this through the acting administrator, Sarah Nutt. It is a fascinating glimpse into the recent past of the village. Many of the kneelers were designed by Jean Mathison who still lives in the village and is a wonderful artist. They were worked by many different current and former villagers. Do visit the church and take a look.

Saranne Cessford

Website: <https://parishkneelers.co.uk/about-parish-kneelers/>

News from the Churches

Join us on the Pathway to Net Zero

In the run up to **COP26**, the UN Environment Conference that takes place in Glasgow in November 2021, churches are being encouraged to consider how they can take steps to care for our planet.

David Maggs, the Environment Champion for the Church of England in Somerset says, "In 2020 our new environmental strategy was approved. The Covid pandemic forestalled a major launch of the strategy, but as things start to return to normal we hope we can start to help people consider how they and their church can help care for creation. While we recognise many churches are still not open and not everyone is able to meet in person, there are still many ways to get involved.

Already this year over 300 people from across Somerset have taken part in Wilder Churches training, a joint initiative with the Somerset Wildlife Trust as well as Churches Count on Nature Week and we really hope we can continue to build momentum and ensure that church communities across Somerset are doing all they can to care for this wonderful planet God has provided us with."

From the first of July you can simply commit to pray on the first of each month. Or register with Eco Church to see how sustainable your church is and commit to making improvements. The Church of England has a Practical Pathway to Net Zero tool, a good starting point for churches trying to move towards 'net zero' - a position where there is a balance between the carbon emitted into the atmosphere, and the carbon removed from it.

For more ideas and inspiration keep an eye on the Diocese of Bath and Wells website and social channels.

Your Story

If you would be willing to share part of your faith story please contact Rev Selina. It would be wonderful to have a wide range of people and stories to share to inspire us all in our faith journeys and to help those interested learn a little about what it means in our everyday lives to be a Christian.

Church Services Rota

Date	Langford Budville	Runnington	First Reading	Second Reading
1 August	11am Holy Communion	Join Langford Budville	Exodus 16.2-4, 9-15	Ephesians 4. 1-16
8 August	Join Runnington	10.30 am Lay-led Service	1 Kings 19. 4-8	Ephesians 4.25—5.2
15 August	No service	No service	Proverbs 9. 1-6	Ephesians 5. 15-20
22 August	Join Runnington	9.00 am Holy Communion	Joshua 24. 1-2a, 14-18	Ephesians 6. 10-20

5th Sunday: 20 August: 10.00 am Holy Communion service celebrating Ministry and Vocation, at West Buckland, followed by cake and coffee.

Church contact East Group with Samford Arundel and Thorne St Margaret.– 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 Martin Beaumont: 01823 400127 or Selina Garner: 01823 66227.

Wellington & District Team Ministry website:

www.Wellingtonteamchurches.org.uk

Open Door is a local charity providing a day centre for people who are homeless and sleeping rough, including those in our rural areas. Our 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/>

Foodbank Update: Steve Jenkins is now a Foodbank Trustee for Wellington. As there are a number of food/meal providers in Wellington, giving out food/meals to those in need, it is felt that it would be good to try to work together as much as possible. Steve is looking to see what can be done. Pastor Steve Jenkins. Tel: 01823 665622 Mob 07740 555105

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.

News from Runnington Church

We had a very well attended lay-led evening service on the 11th July, particularly since it was squeezed in between the Wimbledon men's final and the football at Wembley! John Young led the music and asked for favourite hymns to play, and Rebecca Osborne organised wine and nibbles afterwards to fortify our football watching.

Our next lay-led service will be at 10.30 am on Sunday 8 August and our next Holy Communion Service at 9.00 am on Sunday 22 August. In September the lay-led service will be on 12 September and our Holy Communion Service on 26 September - our **Harvest Festival**.

The PCC are hosting a **Village Barbeque** in early September to which everyone in Runnington is personally invited. This will be a non fund raising event, funded by the McGrath's bequest, specifically to give newcomers to Runnington and existing Runnington residents the opportunity to meet each other, especially following the last 18 months of Covid.

John Houghton

Notes from St Peters

The church is now open again every day and visitors are welcome. On these hot, hot days, the church is the coolest place in the village. Do feel free to drop in and sit awhile.

Our next service will be on August 1st at 11.00 am. We will be having our **Harvest Festival Service** on Sunday September 5th at 11.00am. Any gifts towards decorating the church should be packaged goods if possible: they will be donated to **the Women's Refuge** or to the local **Food Bank**.

Please leave your contributions in the Church on the Saturday before.

St Peter's Café held its first **lunch** since the pandemic started on 14 July: while it was enjoyed by those who attended, attendance was low compared with pre-pandemic numbers. We hope numbers will build up again as life begins to return to normality. Our next lunch will be on Wednesday 11 August from midday.

<p>St Peter's Café</p> <p>2nd Wednesday of the month: 12.00 to 2.00 pm</p> <p>Light lunches</p> <p>£7.00/person</p> <p>Wine, raffle, produce</p>
--

If you think you may be interested in taking up **bell-ringing** please get in touch with me and I will give you the contact details for trying it out or having lessons. St Peter's has a fine peal of bells, and new ringers are very welcome.

Sarah Nutt (Acting administrator)

Langford Ladies



On a beautiful summer evening a group of Langford Ladies accepted an invitation to visit **Harford Farm Herb Garden**. A stunning location was made even better by the summer evening weather. Tryphena told us all about the herbs and herbal teas, and the reasons for using the different mixes that are available from the farm. After a tea-tasting, we enjoyed a delicious supper provided in part by the Huntingfords and by various members who brought a delicious selection of salads for us to enjoy. A big thank you to Tryphena and Michael for their hospitality.

For the August meeting, Langford Ladies are invited to join Sarah Nutt and Pam Harries at **The Old Chapel** for a **Tapas Evening**. The charge for food and wine will be £5 a head. Please let Sarah know how many 'Ladies' will be coming on 401261, or email Sarah on sarahnuttt@care4free.net

Sarah Nutt

Friendship Circle

The Jubilee Hall has been booked every Friday from the 30th July between 11.00 am and 12.30 pm for tea, coffee, and maybe the occasional quiz. We look forward to seeing everyone then, and as always, new members will be made very welcome. If enough members come along, we can start to plan for speakers and outings.

Pam Farr



Art Group:

We are re-starting the group on Monday 21 July, 10.00 am to 12.00 in the committee room at the Jubilee Hall. We each do our own thing so all welcome!

Our School:

We have reached the end of this very strange year at school. Previously unimaginable routines such as working in bubbles, sanitising chairs and social distancing have become our 'new normal', so much so that being within one metre of someone now feels as though one's personal space is being invaded!

The children enjoyed off site activities during the second half of this term. Both classes went on trips, some to Dunster Castle, and others on outdoor adventure activities to Wildside in Hemyock and the Bear Trail near Cullompton. Both of these appeared to involve getting very wet and muddy!

Sports Day, in late June at the Triangle, was a key event. There were no parents watching this year because of continuing restrictions, but the children competed in their bubbles, enjoying activities the Year 6 group had organised, who showed excellent leadership throughout. The morning started and finished with some enthusiastic country dancing.

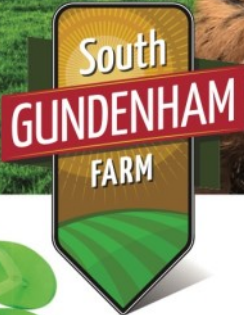
Four of our children were awarded 'Commended' certificates in the Somerset Literacy Network annual poetry competition. There were 2061 entries from across the region, so we were very proud of Tiera, Charlie, Aubrey and Arlo for being recognised in this way.

We say goodbye to Mrs Lewis at the end of this term. She has made a huge impact on our KS2 children over the past two years; she is an outstanding teacher and managed to find something to smile about even on the toughest days of the pandemic, when we were all missing the children and struggling with the challenges of online learning. We wish her a long and happy retirement.

I am also retiring at the end of this term. I have loved being part of this world for the past four years, leading the school and getting to know members of the village community. Mr Peter Coupe, from Milverton Primary School, will be taking my place, and also teaching the older children three days a week. I wish him every success.

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





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Church Contacts		
Langford Budville	Sarah Nutt Acting Administrator	01823 401261 sarahnut@care4free.net
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Village Website: www.langfordbudvillevillage.co.uk

Jubilee Hall Website: www.lbjubileehall.com

Greener Langford Budville team: www.greenerlangfordbudville.com

Broadband Team Website: www.lbteambroadband.co.uk

Magazine Information

Editorial team: Saranne Cessford & Tryphena Huntingford - joint editors
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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Saranne Cessford

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