

Round About

the villages of Langford Budville
and Runnington



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MUSHROOMS
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95p

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PLEASE HELP YOURSELF

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June/July 2022



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Welcome ...

To the June/July edition of Round About.

We recognise that summer is round the corner when the fence goes up on the common for the ponies, and the orchids start to appear in their hundreds. This month will start with a bang - or at least a peal of bells for the **Queen's Platinum Jubilee**. Details of the events were in the last magazine, but you will find a calendar within. You still have time to join us on one of the Jubilee trails around the Parish.

There's plenty going on - see **What's on** for the dates. Beyond the Jubilee we have **Open Gardens** to look forward to, and visits are planned for **Langford Ladies**, the **Green Gardening Group** and the **Friendship Circle**. **Budvue** has some great movies coming up.

It seems this is the season for AGMs! The **Parish Council** hosted the Parish Meeting and the **Jubilee Hall** is anticipating their AGM this month. **Our School** is asking us to consider a proposal to become part of an Academy - they will appreciate your input. **Our Churches** have had their PCC meetings, and are welcoming a new Bishop to the Diocese.

We have a report back on the **Community Pop-up Shop**, which was a really enjoyable series of events, and which helped to evaluate the probable impracticality of a more permanent venture. But it was fun while it lasted.

The **Greener Langford Budville** team are still working on our behalf, and they are currently assessing the draft report from the travel consultation. Once it is finalised you'll be able to find it on the Parish and Greener Langford Budville websites. They are also working with the Parish Council towards planting a Community woodland for the Jubilee.

Conservation Volunteers help on the common and around the village; they would welcome anyone who wants to put in a little time helping out. It's mostly clearing tracks and trails, and removing 'interlopers' - plants that don't belong. **Green Fingers** also looks at some of these garden escapees.

Our **Seasonal Treat** suggests ways of using the herbs and flowers that are now abundant in our gardens for your salads.

Many of us work from home and spend too much time in front of a computer, so **Living Well** offers some stretches you can do at your desk to help keep you moving.

We really like to welcome newcomers to the village and to say goodbye to those who are leaving. We need your help for this. Please let us know if one of your neighbours is going, and ask them if we can do that. You'll find a potted history of **Round About** in the magazine this month. We would love you to join our team or maybe just offer an article, photo, or an idea.

Saranne Cessford on behalf of the editorial team.

What's On:

Function	Venue	Date	Time
Police Beat Surgeries	Jubilee Hall Car Park	Wed. 22 June Wed. 20 July	2.00 - 3.00 pm
Parish Council meeting	Jubilee Hall	Mon. 13 June Mon. 11 July	6.30 pm
Jubilee Trail Walks: Long walk	Meet Jubilee Hall	Thurs. 2 June	9.30 for 10.00 am
Jubilee Trail shorter walk	Meet Jubilee Hall	Thurs. 2 June	10.15 for 10.30 am
Friendship Circle - All welcome "A Royal Night Out"	Jubilee Hall	Fri. 3 June	10.00 am - 1.00 pm
Tours of the Church Tower Maze and quiz	St Peter's Church Croxball	Fri. 3 June	2.00 - 4.30 pm
Barn Dance with Hopping Mad Booking essential	Jubilee Hall	Fri. 3 June	7.30 pm
Wellisford Duck Race Ducks & refreshments available	Wellisford—follow signs	Sat. 4 June	From 1.30 pm
Posy competition submissions	St Peter's Church	Sat. 4 June	10.00 am to 2.00 pm
Big Lunch Street Party	Outside the Martlet	Sun. 5 June	10.00 am to 3.30 pm incl. set-up etc
Conservation Group: Balsam pulling	Fox's field:	Mon. 6 June	10.00am to 12.30pm
Bring & Buy in aid of Reminiscence Learning	Brockney House	Tues. 14 June	10.30 am
Langford Ladies: Garden visit	Kingston St Mary	Wed. 15 June	t.b.a.
Friendship Circle: Trip to Weymouth	Meet Jubilee Hall	Fri. 17 June	t.b.c.
Budvue Cinema: Death on the Nile	Jubilee Hall	Sat. 18 June	7.00 for 7.30 pm
Parish Open Gardens	All over the Parish! See p. 5 for info.	Sat. 18 June Sun. 19 June	2.00 to 6.00 pm
Jubilee Hall AGM: All welcome	Jubilee Hall	Mon. 27 June	7.00 pm
Green Gardening Gp: Tour of Fox's Field	Meet Play area TA21 ODH	Mon 27 June	6.00 pm
Friendship Circle: Coffee & chat	Jubilee Hall	Fri. 1 July	11.00 am - 12.30 pm
Conservation Group: Bracken bashing	The Common	Mon. 4 July	10.00am to 12.30pm
Budvue Cinema: The Duke	Jubilee Hall	Sat. 16 July	7.00 for 7.30 pm

Budvue Cinema

Our summer season started off with **West Side Story** but unfortunately it coincided with the FA Cup final and Eurovision so attendance was low. The schedule has been rearranged due to the release date for one of the films being put back. This means that our next film is Kenneth Branagh's **Death on the Nile** on Saturday 18th June. A classic by Agatha Christie, it features a glamorous setting and an all-star cast. Watch the trailer on **youtube** or see the review on the Budvue board in the hall.

Tim Wyatt and David Brown

budvue - langford budville village hall cinema
 find us on facebook Email: budville@bt.com

£5 A TICKET

BudVue

14TH MAY

18TH JUN

16TH JUL




20TH AUG

WELCOME BACK

NOW WITH SURROUND SOUND

DOORS OPEN 7PM

FILM STARTS 7.30PM

AT LANGFORD BUDVILLE VILLAGE HALL

Coffee Morning & Bring and Buy Sale



In aid of
Reminiscence Learning



Brockney House

Tuesday 14 June, at 10.30 am

Everyone Welcome



**PARISH
OPEN
GARDENS**

**18TH & 19TH JUNE
2-6PM**

**11 GARDENS FROM SMALL TO LARGE, FORMAL TO WILD.
TICKETS WITH MAPS £5 PER GROUP.**

PARKING & TICKETS AVAILABLE AT
RUNNINGTON HOUSE & LANGFORD COURT SATURDAY 18TH JUNE
RUNNINGTON HOUSE & WELLISFORD SUNDAY 19TH JUNE

AFTERNOON TEAS AVAILABLE

PROCEEDS DONATED TO REMINISCENCE LEARNING & SOMERSET WILDLIFE TRUST

Look out for the sunflowers!

NO DOGS ALLOWED

Open Gardens - 18 & 19 June 2022

It is wonderful that so many parishioners are willing to share their gardens in aid of **Reminiscence Learning and Somerset Wildlife Trust**. Eleven very different gardens will be open from 2-6pm, though not all are open on both days – see the table.

The gardens are scattered through the parish so it's worth planning which ones to visit when. The very reasonable £5.00 group ticket covers both days if you want to enjoy the gardens in slow time. Tickets will include a map showing where each of the gardens can be found, with a brief description of each one.

Tickets will only be available on the day at the main car parks.

Langford Court is hosting the teas on Saturday: a splendidly central location. **Runnington House** and **Lower Wellisford Cottage** are hosting the teas on Sunday, providing an opportunity for refreshments at the far east and west of the parish.

There are wildly successful experiments in permaculture (**Chibley Mill**), gardening for wildlife (particularly **Lower Wellisford Cottage** and **Chibley Mill**), minimising maintenance and maximising access (**Greenlands**) as well as grand-scale landscaping (particularly **Langford Court** and **Runnington House**). All the gardens have rich planting, but particularly **3 Higher Houses**. There are several stunning cottage gardens including **2 and 4 Higher Houses**, **Bindon Lodge** and **Brockney**. As an outlier, and arguably not a garden at all, **Harpford Herbs** will be giving guided tours of the medicinal herb field by qualified medicinal herbalists and offering tea tastings. Several gardens will also be selling plants and produce.

This will be an amazing opportunity to enjoy a very wide variety of gardens but also to learn a huge amount from knowledgeable and skilled gardeners.

Be aware that ponds and streams will not be fenced off, surfaces are likely to be uneven and plants can be poisonous. Visit with consideration both for your hosts and yourselves. Children must be closely supervised at all times; please do not pick any plants; and dogs are not allowed.

Tryphena Huntingford

Date	Parking & Tickets	Teas	Open Gardens (P = limited parking) BB = Parking for Blue Badge holders
Saturday 18 June	Langford Court , Langford Budville Runnington House , Runnington	Langford Court , Langford Budville	Langford Court / Chibley Mill, Chibley (P)/ Brockney House (LB)/ Greenlands (LB) BB / Bindon Lodge (Bindon—P)/ 2, 3 and 4 Higher Houses (Runnington - BB)
Sunday 19 June	Lower Wellisford Cottage (follow signs) TA21 0SB Runnington House , Runnington	Lower Wellisford Cottage Runnington House , Runnington	L. Wellisford cottage / Chibley Mill, Chibley (P) / Brockney House (LB)/ Greenlands (LB - BB) / Runnington House / Bindon Lodge (P)/ Harpford Farm (P) / 2, 3 and 4 Higher Houses (Runnington - BB)

News from the Villages

Langford Budville Parish Council: Review of the last 12 months

The last 12 months has seen a lot of change. Some were forced upon us and some by choice. For example due to COVID guidelines, where and how our meetings could be held was something we were forced to take into consideration, but it didn't stop us doing what had to be done.

A number of support groups started, and they have all been a great success given they have encouraged a larger number of parishioners to get involved. The Parish Council has fully supported all the new groups including 'A **Greener Langford Budville**', which has been busy driving forward Biodiversity and Travel feasibility audits. The findings of the reports will be instrumental in the decision made in the future. Preferably with your help. The **Conservation group** has been busy restricting vegetation growth on key paths and lanes, the **Greener Gardening group** is transforming how parts of the Triangle look re-wildlife and wildflowers, and Tim Dyer has been busy improving its woodland area. All in all, it has been an inspirational 12 months, and the coming year looks likely to be even more so.

Our New Jubilee Wood—going forward: The next 12 months for us will continue to be about improving our biodiversity, and doing our bit to help combat the effects of climate change. However, without a doubt the project which is going to have the biggest impact on all our lives forever will be the creation of the **new Jubilee Wood** (thanks to the generosity of the Hendy family). It is not often we, as individuals, get the chance to influence something that will be around for 100's of years. Everyone who even plants just 1 tree will be adding their name to history. Once confirmation from the Woodland Trust that we have been accepted into their tree planting scheme has been received (which is imminent), then we will be looking at ways to make the Jubilee Wood a success. It will be key for the planting of the expected 800 trees that as many of you get involved as possible. So, with that in mind please get in contact with any member of the Parish Council (Find us on Community Contacts on p. 36), and find out how you can help to make this project a great success.

The Parish Council Team: The last 12 months has seen a definite 'can-do' attitude amongst the PC team. We are always looking for ways things can be achieved. There is representation from all over the Parish, and it is important to me that everyone on the Council feels their viewpoint will be respected and valued, and this also goes for the attendees in the audience.

Parish Precept: The situation with regard to the 'cost of living crisis' will be proving a challenge to a lot of our parishioners, so with that in mind your Parish Council has taken the decision not to increase our part of your council tax bill. In fact, in real terms, it has reduced by 2.2%. It has meant that we have had to re-prioritise some aspects of our necessary spending, but we felt lessening the impact on your expenditure was of paramount importance to us.

I would like to say 'thank you' to everyone who has spared their time to be involved in anything that has taken place in the Parish of Langford Budville. We are a very approachable team, and we would love to hear feedback from you relating to anything you feel is important to you and/or your community. Let's all work together for the overall benefit of our community.

Derek Sowden: Chairperson, Langford Budville Parish Council

Consultation regarding plan for the Primary School to join the Richard Huish Trust.

Consultation period 18 May to the 24 June 2022

As residents of Langford Budville, your views regarding the plan for the village school to join the Richard Huish Trust, would be greatly appreciated by the school governing body.

Here are the details of a proposal for Langford Budville C of E Primary School to convert to academy status, which will enable us to join a larger group of schools within the Richard Huish Trust.

This has been discussed at Governing Body level for the last few months. We have taken great care to explore all possible options to ensure that the children of Langford Budville C of E Primary School are placed in the strongest position for the future. The opportunity to become part of this Trust presents many advantages for the school: these include:

- An improved educational offer for our children through the benefits of being part of a larger educational organisation
- Helping the school to create longer term stability following a period of significant change. Strong partnership work with Huish Primary schools on new educational initiatives
- Opportunities for all staff for continued professional development and training including established subject networks, English and Maths workshops, and an annual Huish Conference
- Career progression opportunities for teaching and support staff
- Access to a range of central services including Finance, HR, Marketing, IT and Premises
- Support from a highly experienced Primary practitioner and a dedicated Primary School Improvement Officer

You can find out more about the Trust at <https://www.huish.education/>

We do not envisage that joining the Richard Huish Academy Trust would bring about any significant changes to the day to day running of our school or its Church status. The success of Langford Budville is a testament to the strength of our community and we therefore want to work with you during this consultation period. Your views are important and we also want to answer any questions you may have.

If you have any questions or comments to make regarding the proposal, please deliver them to the School Office or send them to the school email account [office@langfordbudville.somerset.sch.uk] by Friday 24th June 2022. If you or your organisation would like to know more about the proposal and would appreciate a discussion about the proposal please get in touch with the school office.

The Governing Body will read and consider all that is said and provide a response where requested.

Phil Humble: Chair of Governors



News from the Village Hall

Weekends at the Hall in April were dominated by the pop-up village shop. The committee room was transformed into a well-stocked shop and the lobby into a welcoming café. On warmer Saturday mornings people were able to eat and drink outside. Conclusions from the four Saturday mornings are that the spaces in the hall are infinitely adaptable with energy and imagination and that there seems to be a strong demand in the village for a social hub. Thank you to the core group of Tryphena Huntingford, Jane Hancock, Sarah Warner and Ali Eland for showing us what a village shop might look like.

Looking forward there is a series of weddings, christenings and birthday parties taking place over the summer but the next big community event is the **Jubilee barn dance** at the beginning of June. We very much hope that you can come.

We are delighted that Mike Grabham has agreed to become the new treasurer for the Hall and will take over from Pam fully once the banking arrangements have been finalised. Thank you very much to Pam Farr who has kindly and uncomplainingly kept our books for many more years than she would have wished. The challenge for many small charities is how to manage money when banks have shut local branches and cash for many of us is no longer the obvious way to pay for things.

Outside the hall, the ground was dug up twice in April – once to repair and install new ducting for broadband and once to improve the drainage on the grass area outside the fire doors. Andy Halse of White Post Nurseries has kindly done this second job for us.

Inside, a group of trustees conducted a DIY energy assessment accompanied by an analysis of energy consumption over the years. The conclusion is that our hall is of a relatively high specification in terms of energy efficiency and is also well run in terms of heating controls and regular checks. The main opportunities are around replacement of fluorescent lights with LED and further down the line renewable energy generation to replace oil and to provide point-of-use water heating. We will also examine the case for installing electric car charging points.

Michael Huntingford, on behalf of The Village Hall Trustees

The **Annual General Meeting** of the **Jubilee Hall** will take place on **Monday 27 June** at 7.00 pm at the Hall: Everyone is welcome and it is your chance to have a say in the future plans for the Hall.

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**



Welcome & Farewell

Welcome to Tim Dyer, Emily Clarke and son Alfred.

Emily joined Tim Dyer at his home in Middle Chipley in December. More recently they were joined by baby Alfred Sylvan Dyer - born by planned C-section on 1 April after being persistently breech. Mum and baby are happy and healthy.

Tim grew up in Bradford-on-Tone and moved back to the West Country in 2014 after 10 years studying and working as an engineer elsewhere in England. Emily also lived locally, and worked in Taunton before training as a midwife. She worked in Guildford and at Yeovil hospital until her maternity leave.

Tim has taken on the challenge of creating a forest garden at the triangle. They are most welcome in our villages.

Pop-up Shop Feedback

Four Saturdays in April

I'd love to be able to report how many people dropped into the pop-up shop over the four Saturday mornings that it was open. But, it got too busy at times and so we lost count: happily distracted explaining the project, talking about other village activities and generally chatting. The café was extremely popular and the lay out at the Jubilee Hall made it easy to either visit for a few minutes or stay for a few hours. Apart from the informal exchange of information, it was also a great opportunity to promote other village activities and sell local history books, Jubilee ducks and Jubilee barn dance tickets. Josh Wedderkopp even organised it as a pick-up point for donations to refugees (which was useful when we closed on the last Saturday).

Apart from the five volunteers in the core team (uncountable meetings and exchanges through WhatsApp etc), there were 14 additional volunteers manning the shop, café and baking. "It was fun" was the overwhelming comment from everyone helping. Although we budgeted to reimburse everyone for café refreshments, the majority of them were donated, as were quite a few other items sold that arrived out-of-the-blue. Many thanks for all the extras, including flowers, seedlings and fresh herbs.

Almost all the "infrastructure" of the shop was on loan (including the coffee machine from Blue Pantry) or donated, with just the apple crates and second-hand chiller purchased for the project. Ali Eland was the lead designer and Jane Hancock ensured that we knew all the shop registration and Health and Safety rules and just about complied with them all, all of the time! Jane also kept the social media populated and analysed the results of the questionnaire. Congratulations to Christine Loudon who won the raffle hamper associated with the questionnaire.

In order to make the shop actually look and feel like a shop, we carried over 200 stock items excluding all the varieties of locally made art, craft, jam etc. We also modified the stock each week. Sarah Warner was the key contact for most of the 16 local commercial suppliers. There were also 7 additional suppliers amongst the volunteers – mostly providing the home-made preserves and, art and craft items.

We completed full stock counts and accounts each week in order to adjust the stock to match what customers wanted and to understand any trends across the month. Any unsold fresh items were sold at cost to volunteers so there was no wastage, but it did all add to the complication of accounting. Just to make things even more tricky, we kept close tabs on non-shop items being paid for by card so that we could be sure to assign costs correctly to the shop, café, jubilee or history books.

The items that sold well, and most consistently, were bakery items: all types of bread and lunch items, such as pasties. There was also a steady trickle of demand for home-made preserves, apple juice, dairy, meat and some fresh

vegetables. The children (and some adults) really enjoyed local access to sweets!

In summary, the combined café and shop income was £2650 over the four mornings with a profit of 16% (£411), without taking into account the value of the hamper or donations to refugees. The profit just for the shop was closer to 8%. Income declined over the weeks as the novelty wore off, faster in the shop than the café, with sales of unique crafts (particularly the bird boxes) very brisk to start with. We only charged a 10% commission on third party sales, which meant an extra £890 going straight into the local economy. A particular thanks to Hannah Montag who holds all the community apple juice, has not charged for equipment hire on Apple Day and has managed all the bottles. Some of the shop profits will be used to defray these costs as the Apple Day and the resulting apple juice has been very popular. Gary at The Blue Pantry also donated the chocolate-coated loose goods. In short, the venture barely "washed it's face" and was dependent of the goodwill and generosity of many. However, we learnt a lot about local demand, both commercially and socially.




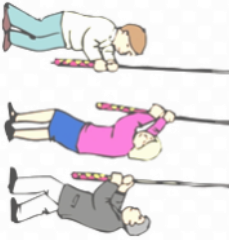
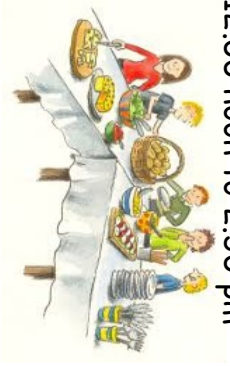

We have shown that a permanent, dedicated shop space would be very unlikely to be financially viable. Although many of the 65 people that responded to the questionnaire were very positive, few imagined themselves visiting more than once a week, which rather backs up what we have learnt from the numbers. However, about 20 people expressed a willingness to consider investing in a shop and volunteering to support it. There is clearly a willingness to combine forces to make it easier to meet villagers in an ad hoc, sociable way more than existing activities currently enable.

Even without a full-blown shop, we could still have regular Saturday cafes, garden produce swap days, craft sale days etc. It might also be feasible to sell bread if people were prepared to make regular orders – most the bakery goods freeze very well. Other bulk orders, such as Suma, could also be attractive. If you have ideas for "local Saturdays" or would like to be involved please get in touch. The core team will probably be picking up the reins again in the Autumn.

Tryphena Huntingford



Jubilee Weekend Calendar

Thursday 2 June	Friday 3 June	Saturday 4 June	Sunday 5 June
<p>Jubilee walking trails Long walk 9.30 for 10.00 am Short walk 10.15 for 10.30 am</p> <p>Start Jubilee Hall Bring water and snack lunch</p> 	<p>St Peter's Church tower tours and Croxhall Gardens Maze & Quiz 2.00—4.30 pm</p> <p>Film "Royal Night Out" Friendship Circle,</p> <p>Barn Dance Hopping Mad 7.30—10.30pm</p> 	<p>Wellsford Duck Race 1.30 pm</p>  <p>Entries for Posy competition to St Peter's Church</p> 	<p>Jubilee peal at St Peter's Church</p>  <p>Big Lunch Street Party 1950s Theme 12.00 noon to 2.30 pm</p>  

Friendship Circle



"**My most prized possession**" was a popular topic for our members, so we decided to do it for two meetings. Most members who did bring something, brought items which meant a lot to them. In many cases it was something from childhood and often items which had a link to the past, or memories of a special person. This was so popular that members want to do it again in the future, so please think of something for next year!

On May 20th, we had a coach trip to **Slimbridge**. We met at the hall in the rain, but when we arrived, the weather had improved. We all had a lovely time, trying out some of the 12 hides and saw plenty of lovely birds, some with chicks. Many photos were taken which we hope to display on our notice boards at a future meeting.

Please note that the **Jubilee meeting starts at 10.00 am for coffee and cake**, then the film will be shown and we finish at 13.00 pm (£2 entry and we will be accepting donations for cake).

The next meetings are :

June 3rd - Film - "**A Royal Night Out**" 10.00 am - 13.00 pm - All Welcome

June 17th - Trip to Weymouth (time tbc)

July 1st - Coffee & chat

July 29th - Trip to the seaside - tbc

All the above meetings are 11.00 am - 12.30 pm in the Jubilee Hall (unless otherwise stated). The £2 entry includes one raffle ticket.

Pam Farr

Langford Ladies

On Wednesday 18 May 6 Langford Ladies had a lovely walk at Otterhead Lakes. The birds were singing beautifully. The Forest School was really interesting.

We managed to get back to the cars before the rain started. Afterwards a few of us had a very nice supper at the York Inn in Churchinford: a lovely evening. Thank you Alison for organising.

Rosina Matson.

Our next meeting will be on Wednesday 15 June to visit a local garden - **Lower Yarford Farmhouse in Kingston St Mary**. The owners are opening the garden under the NGS scheme for charity. Cost will be £11 to include refreshments.

Numbers are limited so booking (and pre payment) is essential. There are still spaces available, so please contact Zenah at zenah1@btinternet.com to book a place.

Zenah Rowe

Regular Events at the Hall

Day	Repeat	Time	Contact
Monday			
Parish Council	2nd Mon in month	19.30	langfordbudvillepc@gmail.com
Table Tennis	Weekly	19.00	Andy Pritchard: 07769 743461 pritchard.family2@btopenworld.com
Tuesday			
Fitness	Weekly	10.00 - 11.00	Chrissie Willcocks christine.willcocks1@btinternet.com
Pilates	Weekly	11.30 -12.30	Claire Southcott; M: 077718 70033 claire.hall73@hotmail.co.uk
Iyengar Yoga	Weekly	18.00 - 19.30	Jackie Douglas; jacqueline.douglas@hotmail.com
Wednesday			
Art Group	Weekly	10.00 -12.00	Pam Farr pjayfarr@gmail.com
Short Mat Bowls	Weekly	10.00 -12.00	David Brown; david.bbrown@icloud.com Philip Gothard; T: 01823 664724
Bridge Club	Weekly	14.00 -16.30	Michael & Laurian Cooper; T. 01823 400474 ; croxhall@gmail.com
Thursday			
Iyengar Yoga	Weekly	10.00 -11.30	Jackie Douglas; jacqueline.douglas@hotmail.com
Kingsmead Bowling Club	Weekly	19.00 -22.00	Vickie Hickman vickiehickman@icloud.com
Friday			
Dance Exercise	Weekly	09.30-10.30	Linda Wyeth linda@holcomberogus.com
Friendship Circle	Bi-weekly	11.00-12.30	Pam Farr: pjayfarr@gmail.com
Jazz Performance	Monthly 3rd Friday	19.00 - 22.00	Dudley Edgar 01984 629333
Saturday			
Budvue Cinema	3rd Sat. in month*	19.00 for 19.30	Email: budvillevue@gmail.com * check date on Ad - can change

Living Well: Stretches at your desk

Many people are still working from home, which means long hours at our desks, communicating with colleagues on Zoom. We don't get up and move around as often as we should, and find ourselves slumping, getting aching backs and stiff knees when we do finally get up.

Here are a few stretches you can do at the desk to strengthen and support your back. While you read this, draw in your navel toward your spine, and take your shoulders back - you have lifted your abdomen up, which lengthens the lower back and levels your pelvis, putting your weight on the 'bowl' of your pelvis - where it belongs.



Move your chair away from the desk to give yourself some room. Sit on the edge of your chair feet flat on the floor, thighs level and knees together. Interlace your fingers and turn your palms outward so the back of your hand is facing you, and stretch out your arms. Inhale and lift your arms slowly upward over your head, keeping your chin up and head back. Exhale, lowering the arms. Change the interlock of your fingers and repeat.



Now swivel around to sit sideways on the chair with the back of the chair on the right. Draw your navel toward your spine and turn to face the back of the chair, gripping the back with both hands. Keeping the knees and thighs together and shoulders back, push with the right hand and pull with the left to turn your trunk toward the chair back. Use your breath to help lift and turn. Hold for three breaths then turn back and pause for breath. Swivel round on the chair so the back is on your left, and repeat.

Finally, place your chair with the back against a wall to prevent it from slipping. Face the chair, hold the sides of the seat, and walk your feet back until you are at full stretch. Your feet should be hip width apart and your legs vertical. Push back with your knees. Your back should be flat, shoulders back and your head between your arms. Feel the stretch and breathe..... Hold for three breaths then walk slowly forward to stand up.



Saranne Cessford with thanks to Jackie Douglas:

More stretches can be found at www.hannahlovegrove.com

Open on

Harpford Farm

Sunday 19 June 2-6pm

More info at www.harpfordherbs.co.uk

Herb field, polytunnels and new woodland next to river

Tone all open

- Herbal tea tasting
- Tea and plants for sale
- 2 medical herbalists and guided tours

Seasonal Treats - Garden Salad

Colourful and tasty additions to salads

This is a great time of year to harvest soft-leaved herbs and use them generously in salads. Most herbs taste better de-stalked and chopped up fine. The exceptions are sweet cicely, coriander, basil and broad-leaved parsley: identifiably big pieces of these herbs can pleasantly tickle the taste buds. The photo shows mint, parsley, fennel, winter savoury, hyssop, sweet cicely, marjoram and chives. The salad base can be a mix of lettuces or super-market mixed leaves but, if you can bring yourself to pick them, young spinach and beetroot leaves are delicious right now. Mibuna, mizuna, rocket and nasturtium (both leaves and flowers) all add peppery flavours.



Bright flower petals add a wonderful garnish. The flowers illustrated are all edible: borage, calendula (pot marigold) and viola. However, it is important to identify flowers correctly as many garden flowers are poisonous. Chive flowers add both colour and an oniony hit.



A shallow dish or plate is the best choice to serve this sort of salad both aesthetically and to make sure that everyone gets a share of everything. Make a base of small whole leaves or ripped up larger ones, scatter with the herbs and finish with the flowers.

With such a medley of tastes in the leaves and flowers, I prefer to use a simple dressing drizzled over the top: either French or oil and vinegar.

Tryphena Huntingford

Our Magazine

Round About magazine first appeared in February 2014 when Marilyn Lilley was approached by the then Parish Council to design and edit a community magazine to replace the existing Parish Magazine which had been put together by the churches.

I was asked to help shortly after that. Marilyn left us some years ago, and I am now assisted by an editorial team of **Tryphena Huntingford, Jane Hancock, Alison Eland, Zenah Rowe and Denise Hunt** (treasurer). We would welcome any other voices, so if you have a way with words and you'd like to help do please get in touch. Our contact details can be found at the back of the magazine.

The design and layout of **Round About** was Marilyn's and we have not changed it as it seems very fit for purpose. Originally Round About was printed by Loughton Waymouth who lived in the area and was a good friend to the magazine. We were immensely sad when he died, but we have managed to continue using other local printers. We have had to move back to a stapled style for cost reasons, however.

The Magazine is distributed by volunteers, so we are able to get it to every household in the Parish free of charge.

When we started, the plan was for pages to be assigned to the various organisations in the villages - the Parish Council, the Hall, the Churches, the School etc, and to have representatives from these groups on the editorial team who would write the articles for us. We have tried to carry on with this, and to cover all aspects of village life, but also to provide some leaven in the form of articles about the history and wildlife and flowers of the area, as well as our regular recipe and sponsored advice pages.

Printing costs are covered by advertising - and we have managed to cover our costs without raising the cost of advertising since the start. Some of our advertisers have been with us from the very beginning. We even manage to make a small profit on most issues which goes towards the cost of stationery and to supporting some community projects. All of us on the team are volunteers.

Round About would be delighted to get contributions from any of you. We do reserve the right to edit anything that comes in to fit in with our 'style', but we will first get your approval. I would especially welcome any nice photos for the collage and the cover. Cover photos should be portrait format, with uncluttered areas at the top and bottom for titles. They are best not zoomed in too tightly—I can crop them to shape more easily then. They should be local and seasonal, and if they feature people then you must have their permission for us to use them.

We hope to hear from you with your views and suggestions, and photos.

Saranne Cessford: Editor, Round About Magazine.

Greener Langford Budville

Travel consultation report

A draft report from the travel consultation has finally been received – two months late! The focus of the report is alternative routes for safer cycling between Langford Budville and Wellington though there is some context covering wider traffic movements in and around the parish. Once this report is finalised it will be available on the **GreenerLB** website. A practical outcome will be to provide evidence to apply for funding to make it safer to walk and cycle. A proper presentation of the travel consultation, probably in the Jubilee Hall, will be combined with a presentation of the environmental consultation work.

Tryphena Huntingford

Wildlife and Conservation: a view over the year.

In March 2021, **Greener Langford Budville** was awarded a large grant from the county to carry out surveys to get baseline information which would allow us to respond to the Climate Emergency in future. Since then, several groups have formed, of which some have the natural environment in mind and its relation to our carbon footprint.

Over 40 volunteers have helped to plant 400 tiny plants and sown seed intended to spread across the lower, unmown area of the **Triangle**. A new **noticeboard** has been created from recycled materials to display explanations and recordings. Almost two hundred saplings have enriched the hedges round the edge of the whole Triangle.

A WhatsApp **plant group** has encouraged the recording of "first flowerings" of wildflowers and other notables.

The **Green Gardening Group** has arranged talks on composting and pollinators.

The **Wildlife Group** has recorded hedgehogs, hares, red kites, bats, a cuckoo on the Common and a dormouse sitting by a car as well as over a hundred sightings of the more interesting birds and insects.

In the 1970s, I used to bring a conservation group of 16-year-olds to the Common. Now I bring a conservation group of 60-year-olds (and others)



up there to bash bracken or to clear Langford Lane. In the last year we have also planted over 50 trees on two sites, coppiced and dug ditches on the Common and pulled Himalayan Balsam down by the river.

Looking ahead, the Woodland Trust will now grant us 75% of the cost of planting 500 trees as a **Jubilee Wood** on land kindly made available to us by the Hendy family. This should take place in November and if 50 people (including lots of children, please) could plant 10 trees each, it could easily be done in a day. That would be a community activity to reduce our carbon footprint, to be a lasting memorial and would certainly be something that the parish could be proud of.

Ian Loudon

Sustainable Gardening Group

Our next meeting on **Monday 27 June at 6.00 pm** will be a guided tour of the **Forest Garden** newly established in **Fox's Field** by the Transition Town Wellington Group. An astonishing number of trees and shrubs have been planted in a planned arrangement on Forest Garden principals.

There is lots of space, and a playground in the corner of the field, so we hope that Garden Group members and others will take advantage of the tour - come for ten minutes or for an hour if you can! Meet at the entrance to Burchill's Hill Play Area, TA21 0DH. Everyone is welcome.

There isn't much parking, and the organisers are keen not to inconvenience the residents of the Weavers Reach area. So please car share if you can or phone 07810811312 for details.

The next indoor meeting will be on **Monday September 26th 6.30 at the Martlet**

Christine Loudon

Greener Langford Budville website

This is easy to find—just google **Greener Langford Budville**. It's a work in progress, but full of ideas. There are links to various WhatsApp groups you can join to reflect your interest, and ideas for ways to get involved in the community and contribute. There's a page offering help with various skills, and one for local businesses.

If you would like to find out about **The Greener Langford Budville** initiative, or join local activities, please use this email Greener.lb.info@gmail.com or scan this QR code which will invite you to make contact. Our mailing list is used for information purposes only and not for marketing. We store name and contact details confidentially and these details can only be accessed by the group administrators. You can be removed from the mailing list, or see your details at any time.



News from the Churches

Guided by Faith

Visits undertaken, trees planted, ambassadors welcomed, honours awarded, miles travelled! Just a fraction of what our Queen has done. When, on her 21st birthday, Elizabeth II pledged herself to our service her whole life long, she could scarce have imagined the commitment she was making.

What has enabled all the achievement that we celebrate in this year of the Platinum Jubilee? Her reign has seen joy and sorrow, triumphs and setbacks. The Queen gave an insight into what has seen her through when she said:

"I know just how much I rely on my faith to guide me through the good times and the bad. Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God ... I draw strength from the message of hope in the Christian gospel."

I'm inspired to be coming to Bath and Wells during this Platinum year that sees us celebrate the Queen's steadfast service that flows from her Christian faith. Just as the young Elizabeth II couldn't know what lay ahead as she looked to the future, neither can we. As we emerge from COVID, see war in Ukraine and confront a cost of living crisis we live in challenging times. To face our days we'll need all the faith and experience, creativity and skills of everyone in Bath and Wells. Above all, we have the hope of the Christian Gospel that has stood our Queen in such good stead throughout her long life. It's the faith I'm looking forward to serving and celebrating with you as together we live and tell the story of Jesus.

Every blessing,

Michael Beasley, Bishop Elect, Diocese of Bath and Wells

A warm welcome for Bishop Michael

On the day it was announced that he is to become the next Bishop of Bath and Wells, Bishop Michael undertook a 10-hour, 84-mile tour of the diocese. He met with a variety of people, undertook media interviews and attended a host of events at churches and in the community. The children of St Mary's primary in Bridgwater were delighted to be the first to hear the news of his appointment at 10am.

Foodbank: The Foodbank will also be opening as a Drop in Centre during normal opening hours 1.30- 2.30 pm, where coffee and cake will be provided free of charge. So if you know of anyone who might be interested, please let them know. Steve Jenkins is now a Foodbank Trustee for Wellington. Pastor Steve Jenkins. Tel: 01823 665622 Mob 07740 555105

Church Services Rota

Date	Langford Budville	Runnington	First Reading	Second Reading
5 June: Pentecost & Platinum Jubilee Sunday	11.00 am Holy Communion	Join Langford	Acts 2. 1-21	Romans 8. 14-17
12 June Trinity Sunday	No Service	10.30 am Lay-led service	Proverbs 8. 1-4, 22-31	Romans 5. 1-5
19 June	No Service	No Service	Isaiah 65. 1-19	Galatians 3. 23-end
26 June	Join Runnington	9.00 am Holy Communion	1 Kings 19. 15 -16. 19-end	Galatians 5. 1.13-15

Please continue to wear face-coverings at all services.

East Group church contact: Revd Alan Ellacott—01823 669824

Interim Team Rector: Martin Kirkbride 01823 400127

Parish Office phone number: 01823 665254 (leave a message):
email: stjohns.wellington@googlemail.com

Benefice Mid-week Holy Communion BCP are held every Thursday at 10.00 am at St Johns Wellington.

Open The Book: Our friendly Open the Book Team is looking for helpers to take Bible stories into our schools. If you're interested call Jackie on 01823 666652 or Alan on 01823 669824

New bishop announced

On 28 April 2022 Downing Street announced that the Rt Revd Michael Beasley will be the next **Bishop of Bath and Wells**. Currently the Bishop of Hertford, prior to taking a fulltime role with the church, Bishop Michael was an epidemiologist, a background he was called on to use during the pandemic as a member of the Church of England's Covid task force. He is already familiar with Somerset. His wife Lizzie is from a local farming family and before his interview for the role they both undertook a 60 mile walk around the county.

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/>

News from Runnington Church

The church now has a resurfaced forecourt in front of the churchyard gate (complete with traffic cone until recently removed). For a long time the gravel surfacing to the forecourt had been getting muddier and muddier, with the gravel disappearing under layers of moss and earth. The new, very black, tarmac surfacing (installed at a worryingly breakneck speed) has the look of a supermarket car park at present, but will doubtless weather down in a few months to match the greyer colour of the adjoining lane. The next step is to tidy up the rather scruffy bank along the southern boundary of the churchyard to enhance the lovely view out to the south from the church door.

Our services in June and July will be lay led on June 8th (second Sunday) and July 17th (third Sunday - please note) and Holy Communion on June 26th and July 24th (both fourth Sundays).

John Houghton

Notes from St Peters -

At our **Annual Parochial Church Council** meeting we elected Michael and Laurian Cooper, Pam Harries and Sarah Nutt as council members and Lyn Wyatt as churchwarden for the coming year. We would really appreciate more people being prepared to help with the running and care of our church by joining our council – do please get in touch with myself if you are interested.

We are looking forward to the **Posy Competition** for the Jubilee Weekend, bring your posies to the church between 10am and 2pm on Saturday 4 June. It is open to all and there are prizes to be won. There will also be a church service on the Sunday at 11.00 am, with special prayers for the Jubilee followed by a **Peal of Bells** rung by our prize-winning team of bell-ringers.

We are also looking forward to welcoming you to **climb the tower** and enjoy the view over the village on Friday 3 June, between 2.00 pm and 4.30 pm. While you wait, or afterwards, you can explore the mown maze and take a quiz at **Croxhall** during the afternoon.

When the **Holm Oaks** in the churchyard behind Bothy Cottage are felled the wood will be available for collection by residents of the village on a first come first served basis.

They will be replaced by a Copper Beech tree. We apologise in advance to those living close by who will be inconvenienced by the noise and the electricity being cut off whilst the limbs over the electricity wires are dealt with.

Sarah Nutt



Jubilee Posy Competition

Could you make a posy fit for the Queen?

Have a go in our very own posy competition!

Three Categories: A - Primary school age
B - Secondary school age
C - Adult 18+

Shape: Round, without trailing parts longer than the maximum diameter

Maximum Diameter: 21 cm or 8.3 ins (width of an A4 sheet of paper)

Use any **fresh flowers, greenery or dried seed heads**. (No dried or artificial flowers.) The posy will be displayed in a standard jam jar (which will not be judged.) **It must not fall apart** when picked up - so it should be bound securely with string or an elastic band. The secure binding should be concealed, e.g. with ribbon or raffia, and this should be above the top of the jar, which may have water in it to keep the posy fresh on display.

Bring your posy to **St Peter's church** on **Saturday 4 June between 10.00 am and 2.00 pm**, along with a sealed envelope containing your name and contact details, and with the category (**A, B or C**) noted on the outside. The entries will be registered, and put on display that afternoon and on Sunday.

Entries will be judged by a **royal posy maker** from outside the village. The results will be announced at the village lunch and posted on the notice board in the church porch. There will be first, second and third prizes in each category. Entry is free, though donations to St Peter's will always be welcome.

At the end of Sunday, if participants are willing to donate them, the posies will be presented to residents of local care homes.

Organiser, Laurian Cooper and the PCC.



National Cycle Route 3, which runs through our Village, is busy. It is on the route from John o' Groats to Lands End, and is an International destination.

This is Team Matson outside St Peter's Church, on day 10 from John o' Groats raising money for cancer research in memory of Victoria Merriott.

Photo: Laurian Cooper

Green Fingers: Garden escapes

People have a long history of moving animals and plants around – either deliberately or accidentally. This breaks down the boundaries to species movements which drove evolution in the first place. In a new environment the natural controls on the population – the pathogens and predators – don't exist, and non-native species can flourish and outcompete the native wildlife. Think of grey squirrels and Signal Crayfish. Sometimes they will hybridise with native species – like Spanish bluebells with our native ones.

We may think the introduction is harmless, and often don't realise the damage until they are already well established. Our native plants and animals are under stress due to the changing climate and habitat loss. Let's not challenge them further by introducing non-natives into our wild spaces. Releasing a domestic animal like a goldfish or a parakeet or rabbit into the wild is unkind to the animal – they are unlikely to survive – and it may also carry disease which could infect wild populations. It's not a good idea - and it is illegal.

We all have 'thugs' in the garden. Lovely, but spreading everywhere. If you must get rid of them, please take them to the Amenity for destruction and don't drop them in a field or on the common. They don't belong there! If they spread in your garden they will spread in the wild too. According to the RHS about 60% of invasive plants in the UK come from horticulture! We've all seen how **Himalayan Balsam** can infest a damp area – lovely and loved by bees though it is. Conservation volunteers spend time digging **Crocsmia** out of the woods – a hard and thankless task, as we know there is no way to eliminate it completely. Also in our area, **Winter Heliotrope** has escaped into the wild alongside the Common and it's a real thug!



Himalayan Balsam



Winter Heliotrope

More info: www.rhs.org.uk/prevention-protection/invasive-non-native-plants
Saranne Cessford



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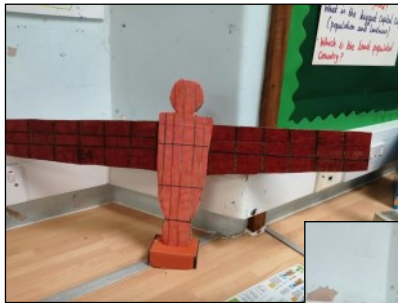
Our School:

This is a much shorter update from the school as I am also including information about the proposed plan for the future governance of the school. As an intrinsic part of the village community, the future of the school will impact Langford Budville, so your views and questions regarding the plans would be welcomed. **Please see the details of the Consultation on page 7 of this magazine.**

Back to the present – as ever we have been busy bees. Some of you may have noticed an unexpected redecoration of one corner of the village triangle. Class 1, out on one of their weekly Welly walks, decided to “Yarn bomb” the area in preparation for their in-class wool work. They have created some beautiful woven images of the sea.

Class 2 have been really creative with some of their homework projects this term. Alfie and Arya have created models of landmarks that you may recognise, while Maddy, perhaps inspired by the yarn bombing, created such a beautiful dream catcher that Andy Goldworthy would be impressed.

*Moirá Brown: Acting Head of School
Langford Budville Church of England Primary School.*



Some of the children's work

Online Safety

Avon and Somerset Police have observed a large increase in online scams. They have asked community magazines to spread the word, and tell you about a little book called “**The Little Book of Big Scams**”. It is available for consultation or to download at: <https://www.avonandsomerset.police.uk/media/32959826/the-little-book-of-big-scams-v5.pdf>

Young Buddies - Jubilee hearts



Thanks to Krista Childers at favecrafts.com
These lovely little woollen **Union Jack** hearts are a little bit different and nice easy fun to make. They can be used in all manner of ways, from little gifts to garlands or bunting for the Jubilee!

You will need:

A square of cardboard as big as the heart you'd like to make
Red, white & blue woollen yarn

1. Cut out a heart shape and carefully snip inwards, around the edges.



These little snips in will catch strands of wool and help it stay in place.

3. Wrap the heart in white wool to create the Scottish saltire - the **Cross of Saint Andrew** - a



diagonal white cross on a blue ground. Make it thick enough to cover all the blue beneath and tie it off at the back.

2. Wrap the entire heart in blue. Tie off, tuck in, or tape the end of the thread at the back. Get a good two or three layers of blue - no cardboard showing through!



4. Next, tightly wrap red wool over the Scottish cross to create the Irish saltire - the **Cross of Saint Patrick** - a diagonal red cross on a white ground. Tie it off at the back.



5. Finally, add two more crosses to create the English and Welsh cross - the **Cross of Saint George** - a thick red cross on a white ground. First, wrap white wool horizontally and then vertically to make a thick white cross, then add a red cross over the top. Make sure that no colours show through the crosses from underneath.



Well done. You've placed the flags of all three countries of the United Kingdom on one heart, to produce the Union Flag, also known as the **Union Jack**

Support For Refugees Update

The Upper Tone area is welcoming its first refugees from Ukraine. If you wish to lend support, Somerset councils have put together a webpage that clarifies the regulatory aspects of hosting refugees as well as other ways to help. The website is <https://www.somerset.gov.uk/Ukraine/>

Thank you to all those who left donations at the pop-up shop: mainly food items and sleeping bags. These were gratefully received at the collection point and by now hopefully will be where they are needed most.

Other ways to lend support include offering services to refugees and to hosts who have opened their homes, or donating money direct to agencies such as the **Disasters Emergency Committee or UNICEF.**

WiveyWelcomesRefugees is working to coordinate support for refugees and hosts. If you want to help, you can fill in a form here: <https://wiveywelcomesrefugees.org.uk/wivey-supporters-form.html> or scan this QR code.



#raft Another local organisation that collects for refugees (from anywhere not just Ukraine) is **Refugee Aid from Taunton**, or RAFT. Find out more about them on their facebook page.

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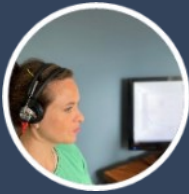
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	Theresa Jacoby	tmbjacoby@gmail.com
Parish Clerk	Helen Chadwick	langfordbudvillepc@gmail.com
Churches		
Team Vicar	The Rev Alan Ellacott	01823 669824 rev.aellacott1969@btinternet.com
Church Contacts		
Langford Budville Church warden	Lyn Wyatt	01823 400245 lynwyatt1950@gmail.com
Runnington Church Wardens	John Houghton	01823 661323
	Michael Huntingford	mhuntingford@zcmarine.co.uk 01823 672717
Jubilee Hall		
Chairman	Michael Huntingford	mhuntingford@zcmarine.co.uk 01823 672717
Vice Chairman	Andy Pritchard	Pritchard.family2@btopenworld.com
Secretary	Margaret Brown	margaret.jbrown@icloud.com
Treasurer	Pam Farr	Mike Grabham
Booking enquiries	www.lbjubileehall.com	
Primary School		
Acting Head of School	Moira Brown	01823 400483 langfordbudville@educ.somerset.gov.uk
Police		
Beat Officers Tel: 101 Crime recording 999 Emergencies	PCSO Vicky Henderson	Victoria.Henderson@avonandsomerset.police.uk tel: 07889 655302
	PCSO Louise Fyne 6945	Tel: 07889 659476

Village Website: www.langfordbudvillevillage.co.uk

Jubilee Hall Website: www.lbjubileehall.com

Greener Langford Budville team: www.greenerlangfordbudville.com

Village Agent (Somerset RCC) Elaine Gardner: elaineg@somersetccc.org.uk

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Local Transport Services

Somerset County Council has launched a traffic and travel website which provides live updates from the Council's traffic control team.
www.travelsomerset.co.uk

Slinky Bus

- ♦ **Anyone** in Langford Budville can use the bus. It is free for those with a bus pass and a reasonable fare will be charged for everyone else.
 - ♦ To use the bus you **must** register in advance. Download a form from: www.movingsomersetforward.co.uk/public-transport/slinky-services-demand-responsive-transport or call 01823 331266.
 - ♦ To use the bus you have to book a place at least 24 hours and up to 14 days in advance. Bookings can be made between 9.30-3.30, Monday to Friday by calling 01823 331266.
 - ♦ The Slinky bus will make up to three return journeys a day at approximate times to Wellington and once to *MPH. When you make your booking, check the current times which can change.
*There will be an extension to and from Musgrove Park Hospital on Monday, Wednesday and Friday for those who cannot use conventional buses.
- .. It isn't possible to just turn up at a bus stop and board.

Any problems, ring 0300 123 2224 or email transport@somerset.gov.uk.

Wivey Link

Going Places.....



Do you have difficulty getting out and about?

- Door to door service operating from Wiveliscombe, we cover all surrounding Parishes, Taunton and Wellington. We will take you shopping, visiting or for hospital/doctors etc.
- Wheelchair friendly cars.
- Fares are very reasonable and bus pass holders get a concessionary rate.

Could you make a difference to the community in which you live by becoming a driver for this essential service?

For more information on using Wivey Link or Volunteering telephone 01984 624666
or call into the Community Office The Square Wiveliscombe TA4 2JT
we are open 10.00 to 1.00 Monday to Friday
Wivey Link a division of the Wiveliscombe Area Partnership
Charity No. 1132983

Magazine Information

Editorial team: Saranne Cessford & Tryphena Huntingford - joint editors
Denise Hunt - Treasurer; Jane Hancock; Alison Eland; Zenah Rowe

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

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www.charactergraphics.co.uk

Advertising Rates

This magazine is distributed free of charge to around 300 households in and around the villages of Langford Budville and Runnington.

Commercial	6 editions		1 edition
	Mono	Colour	Mono
¼ page	£30.00	na	£7.00
½ page	£60.00	£100.00	£13.00
A5 page	£100.00	£200.00	£25.00

Sponsorship of articles for a 1 year, six edition period is also available, as well as special rates for charitable and non-commercial advertising.

Small Ads - Non commercial

For Sale items:

Under £10: up to 4 lines free; additional lines £1.00 each.

Over £10: 50p a line for first 4 lines, additional lines £1.00 each.

Wanted items: £1.00 per 2 lines.

Contact us at **lbr.roundabout@gmail.com** to discuss your requirements.



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Anna.louise951@gmail.com

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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 and restaurant are open daily 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