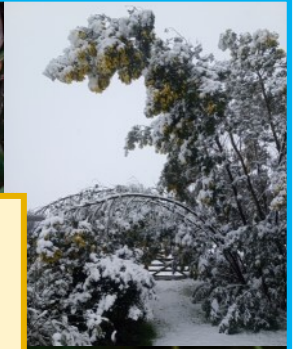


Round About

*the villages of Langford Budville
and Runnington*

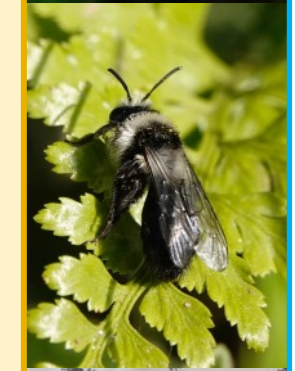
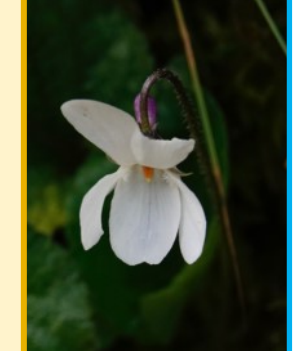


April / May 2023



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Welcome...

To the April/May edition of Round About. Spring is definitely very much in the air - gardens are sporting gay daffodils, anemones and hyacinths, and magnolias and camelias are putting on a great show. Easter is just round the corner.

It is seed planting time - **Greenfingers** has some advice. Early bees are out nectaring and we are planning a **Bee Walk!** You'll find some bees in the **collage** and elsewhere to help with the identification. Our **Young Buddies** are also learning about bees! We have a bit of a 'bee thing' going on in this issue.

It's also time for taking stock - with AGMs and PCC meetings at the **Hall** and the **Churches**. The **Parish Council** is looking to the future in other ways: to replacing the magnificent Ash trees that had to be removed. You can help select the replacements. **Our School** needs Governors, and the **Hall** needs some more volunteers to keep things running smoothly too.

There are lots of groups within the village that welcome new members. **Langford Ladies** meets monthly and is mostly social and fun, while the **Friendship Circle** meets every other week, with some outings and talks, but lots of Coffee and Chat. There's exercise on offer too - **Short Mat bowls, Table tennis, Yoga, Dance Exercise** and **Pilates** are all on offer at the Village Hall. For those keen to do their bit for Wildlife there's a **Conservation Workgroup** who help on the common and the Triangle, and a **Greener Gardening Group** which encourages us to garden for sustainability. We are fortunate to have on our doorsteps one of the largest nature reserves in Somerset: There are plenty of volunteering roles to be had with Somerset Wildlife Trust who run the reserve.

We also hold regular community events to which all are welcome, like **Cafe Plus, Budvue Cinema** and celebrations for events like the **Coronation**. These are all great ways for newcomers to meet their neighbours, and also for old timers to catch up. Recently a **Community Fund** was set up to help get new initiatives going - as long as it is for the benefit of the whole community.

I must repeat our plea for more help with **Round About**: We are a small team who pull together as much information of value to the community as we can. I am planning to move to Wales later this year so some more team members would be very helpful: Even if you feel you are not a writer, designer or not very tech savvy, there is still admin and distribution to be done, and we always need photos and ideas. Do think about it! It is a great team to work with, and as in most endeavours, more hands make lighter work.

Saranne Cessford and the Round About Team.

Tryphena Huntingford, Jane Hancock, Denise Hunt and Alison Eland

The bees in the collage are ones you may well see in your gardens this month. On the left is a male **Hairy-footed Flower Bee**, On the right is an **Ashy Mining Bee**, and at the bottom is not a bee at all—it is a **Dark-edged Bee-Fly**: All were photographed in the villages in March/April.

What's On:

Function	Venue	Date	Time
Police Beat Surgeries	Jubilee Hall Car Park	Wed. 26 Apr. Wed 24 May.	2.00 - 3.00 pm
Parish Council meeting	Jubilee Hall	Mon. 10 Apr. Mon. 9 May	6.30 pm—all welcome
Blood donor Service	Jubilee Hall	Mon. 3 Apr. Mon. 24 Apr	10.30 am - 8.30 pm
Conservation workgroup: Heathfield, path clearing	Poleshill parking	Mon. 3 Apr.	10.00am - lunch
Friendship Circle: Coffee & Chat (Easter)	Jubilee Hall	Fri. 7 Apr.	11.00 am - 12.30 pm
Café Plus: Complementary Therapy Fair + Plant Sale	Jubilee Hall	Sat. 15 Apr.	10.00 am - 12.30 pm
Memorial Service for Brig. John Randle	St Peters church	Sat. 15 Apr.	1.00 pm
Budvue: The Lost King	Jubilee Hall	Sat. 15 Apr.	7.00 for 7.30 pm
Langford Ladies: Skittles	New Inn Halse	Wed. 19 Apr.	7.00 pm
Friendship Circle: Trip to Salisbury Cathedral	Meet Hall carpark	Fri 21 Apr.	9.00 am
Coronation Big Breakfast	Jubilee Hall	Sat. 6 May	From 9.00 am
Café Plus: At the Coronation Big Breakfast	Jubilee Hall	Sat. 6 May	10.00 am - 12.30 pm
Coronation Big Lunch Street Party	Road outside Martlet	Sun. 7 May	12.00 - 2.30 pm.
The Big Help Out	t.b.c.	Mon. 8 May	All Day
Greener Gardening Group	t.b.c	Mon. 15 May	6.30 pm t.b.c.

Dates for your Diary

Monday 5 June at 7.00 pm: Annual General Meeting of the Jubilee hall Trustees.

Sunday 18 June: Bee Alert Bee Walk. See p. 13 for details.

BRIGADIER JOHN RANDLE

A belated Memorial Service for John Randle will be held at **St Peter's Church** on **Saturday 15th April at 1.00 p.m.** Friends and those who knew John are most welcome.

Budvue Cinema



One of our biggest audiences ever enjoyed watching **Living** starring Bill Nighy as a terminally ill, buttoned-up bureaucrat who decides to achieve something for once. Although Nighy failed to win an Oscar for his performance, his nomination was rightly deserved. A beautifully crafted film.

Our next showing is **The Lost King** on 15th April. In 2012, having been lost for over 500 years, the remains of King Richard III were discovered beneath a car park in Leicester. The search had been orchestrated by an amateur historian, Philippa Langley (Sally Hawkins), whose unrelenting research had been met with incomprehension by her friends and family and with scepticism by experts and academics. This is the life-affirming story of the woman who took on the country's most eminent historians, forcing them to think again about one of the most controversial kings in England's history.



Moviola have just issued the list of films for the summer and our selection is likely to include Oscar winning movies -**Everything Everywhere all at Once** and **The Whale** as well as **Empire of Light** featuring Olivia Coleman. Details to be confirmed so watch out for more info.

Budvue tickets are still only £5, and doors open at 7.00pm with the main film starting at 7.30pm. The bar is open and icecreams are available during the interval.

Tim Wyatt and David Brown



LANGFORD BUDVILLE CAFE PLUS

COMPLEMENTARY THERAPY FAIR

SATURDAY 15TH APRIL 10AM-12.30PM AT THE JUBILEE HALL

WE HAVE MORE THAN 10 LOCAL PRACTITIONERS JOINING US AT OUR APRIL CAFE PLUS SPECIALISING IN MASSAGE, HERBAL MEDICINE, OSTEOPATHY, SHIATSU, REIKI, REFLEXOLOGY, YOGA & MEDITATION. PRACTITIONERS WILL BE HAPPY TO DISCUSS WHAT THEY OFFER & THERE WILL BE OPPORTUNITIES TO PARTICIPATE IN DEMONSTRATIONS.

THERE WILL BE PLENTY OF FRESHLY BAKED CAKES TO CHOOSE FROM & WE'LL HAVE OUR REGULAR HOME GROWN PRODUCE SWAP OR DONATE TABLE & BAKED GOODS TOO.

WE LOOK FORWARD TO SEEING YOU THERE!

For more info please contact lbcafeplus@gmail.com



Charles III Coronation



Weekend 6th, 7th and 8th May 2023

Amidst the expectation that villagers will choose to celebrate the Coronation in all sorts of ways, there are a few events being put on for collective enjoyment.

Langford Ladies have been busy making patriotic bunting to decorate the Jubilee Hall but there's plenty of opportunity for more decoration elsewhere. For final details of the organised events, please check the May Round-About-in-Brief and posters around the Parish.

Saturday 6 May—Coronation Big Breakfast

The Jubilee Hall will be open for a **Big Breakfast** from **9.00am** with options from a full-English to coffee and croissant all available. The screen will be set up to show **live coverage of the Coronation** and the plan is to have the bar open for celebratory drinks!

Sunday 7 May - The Coronation Big Lunch Street Party In the road outside The Martlet Inn – 12.00 to 14.30.

The street party will be an opportunity to share a meal with friends and neighbours - as will be happening up and down the country. We hope you will enjoy dressing up with some fun crowns for adults, children and dogs?

The road will be closed between 10am and 3pm to allow for setting up and closing down. The Jubilee Hall tables will be laid down the middle of the road and there will be a PA system with music. If you would like to help at the beginning or end of the event, you will be very welcome.

You need to **bring your own chairs, food and drink**, though The Martlet will be open for business. Please bring **a cake or dessert to share** together with information on the ingredients to help those with allergies. Please avoid recipes with raw egg for obvious reasons! On another practical note, The Martlet has kindly offered the use of their loos.

You may remember, that only last year, a similar event was planned for the Queen's Platinum Jubilee: the weather was awful and the party transferred to the Jubilee Hall. We hope the weather is better this time around but, if not, the backup plan is the same and the hall is (just about) big enough!

Monday 8 May - The Big Help Out.

There will be opportunities to join in this national volunteering day. The school need volunteers to help clear a strip of land behind one of the classrooms in readiness for the development of an outside sensory area. Also, there's a bit of help needed at the church. If you have further ideas for collective volunteering, please get in touch. Details on times and locations will be posted nearer the time.

News from the Villages

Langford Budville Parish Council:

Final update re felling of ash-dieback affected trees on the Triangle. The tree surgeon we contracted to do the work spent two days removing seven Ash trees that were in a dangerous state. Several parishioners remarked on the quality of his work, and the very tidy state he had left the area. However, there are still 3 Ash trees to be removed: these will be more complicated because they are in the wooded area, close to a main road. They will be felled later this year or early 2024. It is a huge shame to lose such magnificent trees, but unfortunately it is an absolute must that we deal with this: we have a legal responsibility to keep everyone who visits the Triangle safe. Not dealing with the issue now rather than later would have been much more expensive and potentially dangerous. On the right is an example of the effects of Ash Dieback disease on a mature tree.



Because the Triangle is covered by a **Tree Preservation Order**, planning permission was required to have the trees felled, and we are legally bound to replace them. Needless to say, we would always have done this. To improve the situation further I am proposing we replace the felled trees with more trees than were felled. We are already discussing the Ash trees replacements, and a list of suitable UK native trees has been compiled. During the summer the Parish Council will schedule meetings with interested parties to discuss appropriate trees and locations with a view to planting them in the Autumn. We plan to make the list of trees available to parishioners soon, and it will be good to get your feedback on which of them you would like to see included as replacements. These replacements will not be small saplings but more mature specimens, potentially four or five feet plus.

As a consequence of the tree felling, the lovely view of the **Blackdown Hills** can now be seen from all over the open area on the Triangle. Any future trees may be planted in such a way as to preserve the view.

Thank you for your understanding of the rationale for having to do this. It is a great shame, but Ash Dieback will change the look of the countryside all over the UK forever. It is important we choose the replacement trees wisely.

Derek Sowden: Chairperson, Langford Budville Parish Council

Village Website Address: <https://www.langford-budville.co.uk>



News from the Village Hall

People

We are looking for new key holders please. This means being the responsible person for the hall for seven days every two months or so. It is a good way of getting to know the hall, its trustees and regular users – and it is absolutely essential to the way that we manage the hall.

A flood

A very unwelcome split in a flexible pipe under one of the sinks in the Gents' loo gave us a dramatic flood in the lobby area and bathrooms late last month. Thankfully, water did not enter the main hall or the committee room and thanks to heroic clearing up we believe that there is no lasting damage.

Work

Over the last couple of months we have been busy with 10 year challenges: a stubborn heating systems and some unwelcome visitors in a few of the acoustic panels. Many thanks to Tim Wyatt and Keith Moore for helping with the former and to Tim Seddon for dealing with the latter.

Outside, we have filled in pot holes, planted crocuses on the island and completed planting a hedge at the back of the lower car park. We also welcome a new groundsman Charlie Roffe – Silvester of Wiveliscombe who takes over from Steve Care.

Events

There is a fair bit of excitement about the village's plans for the Coronation next month – see p. 5. for more information. We are also planning:

- Saturday 8th July: Village Party/Fayre/BBQ
- Saturday 16th September: Barn Dance and BBQ

Please get in touch with Fiona Barber or myself if you would like to get involved. The events group is a work in progress! See Community contacts p. 27

Community Fund

There have been no applications to the Community Fund this period but it is likely that there will be further transfers inwards from the activities of Cafe Plus over the coming months.

Michael Huntingford: Chairperson, Jubilee Hall Trustees.

ANNUAL GENERAL MEETING of the Village Hall Trustees

Monday 5th June 2023
in the Main Hall
Starting at 7.00pm

The Trustees invite everyone to attend our
Annual General Meeting
in the Jubilee Hall.

Perhaps you can offer your services to help run the hall or set up
a new venture or club that would interest others.

If you are willing to stand as a new Trustee then please contact
Margaret Brown
(email: margaret.jbrown@icloud.com)
for a nomination form.

***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***

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
State of the art sound and projection High speed broadband

For booking availability visit www.lbjubileehall.com

Somerset Bus Partnership: The £2 Bus Fare Extended Until The End Of June

The **Somerset Bus Partnership** has welcomed the government's decision to provide an additional £75 million. This will enable bus operators to continue to cap their single adult bus fares at £2. The £2 flat fare introduced in January is now set to continue through to the end of June. Bus users in Somerset will be able to continue to travel on most bus routes in the county and beyond for just £2.

It's worth remembering that this initiative applies to **cross-boundary services**, which means you can travel for example from Taunton to Minehead or Taunton to Dulverton for just £2. It's hoped this will persuade even more people to travel by bus, whether that's for work, education, shopping or medical treatments, saving money at a time when many households are suffering from the rising cost of living.

The 13 operators involved in the scheme are: ATWEST, Bakers Dolphin, Community Transport (South West) Ltd, Dartline, Faresaver Buses, First South West (Buses of Somerset), First West of England, Hatch Green Coaches, FromeBus, Libra Travel, Mendip Community Transport, Somerset County Council and South West Coaches. For more information on this scheme: <https://www.travelsomerset.co.uk/busit>.

In addition, **Somerset County Council** has introduced within **Taunton** a special £1 single/ £2 return bus fare. Plus, there are new night time bus services with the last bus leaving the towns and villages covered by the scheme between 10.00pm and 11.15pm. The bus routes that will have a night service are:

- 1: Taunton to Priorswood/Musgrove Park/Silk Mills Park and Ride
- 21: Bridgwater to Taunton (Bridgwater Bus Station to Musgrove Park)
- 22: **Wellington to Taunton**
- 28: Minehead to Taunton (including Cotford St Luke and Norton Fitzwarren)
- 30: Chard to Taunton

This is funded by Somerset's successful bid for government money through its **Bus Service Improvement Plan**. Somerset Bus Partnership welcomes this further initiative and is encouraging Somerset to bid for further funding so this urban flat fare can be extended to other Somerset towns.

Help Needed

Somerset Bus Partnership is a voluntary organisation formed 2 years ago. It now has 150 '**bus champions**' and works with 125 Parish Councils across Somerset. It ensures the views of bus users are heard on what they need from bus services in our County. Key to the journey experience is easy access to **bus information**, improved **bus stops** and bus stations, and bus services that **integrate with rail**.

We are looking to expand the work of Somerset Bus Partnership over the next 12 months. However, we need more resource to help us do this: can you spare an hour a month to help?

Wivey Kitchen

registered charity (no.1201960)

Wivey Kitchen is a team of over 50 volunteers transforming surplus food into nutritious meals for local people facing food insecurity. It was formed during lockdown to serve an urgent need for food provision in the area. The charity has since delivered more than 50,000 meals, operating on little more than determination and goodwill. The cost-of-living crisis is exacerbating the existing problems and the need for the services of Wivey Kitchen is becoming more widespread. At the same time the running costs are climbing rapidly!

At present the meals are delivered for free, with an option to donate, to elderly, frail, unwell, financially vulnerable people and anyone suffering a change of circumstance. There is no assessment system but anyone can self-refer by emailing foodproject@wiveycares.net. There are also freezers of cooked food in St Andrew's church in Wiviliscombe and St Michael's church in Milverton. Anyone hungry can take food from these freezers.

Although, Langford Budville Parish falls just outside Wivey Kitchen's current "10 parishes", the only constraint to parishioners benefiting from the scheme is the availability of volunteer drivers. To volunteer, please email info@wiveykitchen.org.

Up to now, the charity has relied on the goodwill of local organisations for the use of commercial kitchens. For the project to have a permanent home would be a gamechanger and the charity are starting a **200 club** to raise money to move to a site available to rent now.

Wivey Kitchen is looking for 200 people to donate £10 per month by direct debit or standing order to cover the increasing costs of operating. All donors will be entered into a monthly prize draw. For more details and to apply to join the 200 club please contact 200club@wiveykitchen.org.

Kate Benson and Tryphena Huntingford

BUS IT

We could do with some assistance with our membership and administration. Or do you have a background in Planning, Traffic Management / Highways or Public Transport? Or have fundraising experience and could help with submitting fundraising plans?

If you can help please get in contact: somersetbuspartnership@gmail.com
<http://www.somersetbuspartnership.co.uk/>
<https://www.facebook.com/Somerset-Bus-Partnership-105704811629827>

Peter Travis: Co-Chair Somerset bus Partnership

Green Gardening Group:

The group had a varied and sociable meeting in the Martlet function room on Monday March 20th. As ever we're grateful to the staff there for the trouble they take to get the function room warm and ready for us. Ongoing activities included identifying a beautiful wide range of "what's out in the garden now" brought by Jackie. Brownie points for whoever knew Abraham-Isaac-Jacob, a naturalised relative of Borage. (Or perhaps the mobile phone helped).

The talk that followed was illustrated by the new mini projector belonging to the parish and available to all groups. The subject was aliens - invasive plants which have no diseases or predators and so grow out of control and damage natural ecosystems. The well-known nationwide ones like Himalayan Balsam are mostly beyond the control of individuals, but we can look out for those that are at the moment fairly rare but spreading, such as **Three-cornered Leek**, a real pest in Cornwall. We saw a sample from this plant found in Runnington, and noticed the unusual three-cornered flower stalk which gives it its name, and makes it easy to identify. Keep a look out! The talk generated wide discussion; hopefully we can also help the UK biodiversity loss by recording and protecting the wild species we are lucky enough to have in the parish



The attractive flowers of the Three-cornered Leek .

We then had an entertaining quiz, devised by Sarah, matching pictures with names of common types of bee. Nobody's score was publicised, but it seemed from where I was sitting that not many people got 100%!

Lists of jobs for the season were circulated, and plants and seeds from the 'Bring and Share' table sorted and taken away. These have been popular features of the Greener Gardening Group from the start.

If you would like to get involved with us, please email fionabarber40@hotmail.com for more information. We are a friendly group who are interested in reducing our impact on the environment. Previous gardening experience or knowledge is not essential.

Our next meeting will be on **Monday May 15th**, either 6.30pm at the Martlet or a local visit. Details will follow by email!

Christine Loudon

Cafe Plus



Cafe Plus had a **"Valentine's bake-off"** in February with prizes for the best presented Valentine's cake. It was judged by the talented Jackie White of "Jackie's Cakes". Amber Southall, from Wellington, stole the show with her stunning tropical gateaux with mango and passion fruit, winning the adult category. Maia Wedderkopp won the children's category with her almond and banana cake.

Afterwards, whilst chatting with Amber and her mum, Emily, we learnt that Amber's ambition is to go into catering. She obviously has a talent for it, beating some of our best village bakers. We wish her all the best in her endeavours.

Our March Cafe Plus was **Bikes and Babies**. Kings Cycles graced the stage with a range of their E-Bikes for all terrains. We also had a small play area for babies and toddlers which was appreciated and we intend to repeat this on a small scale at all Café Plus events to make it more fun for parents and grandparents as well as their charges. The possibility of a **regular baby and toddler group** is under discussion – contact Rachael Pavey 07771 658312 or email rachaelpavey@gmail.com for more information.

The **April** Café Plus will feature a **Complementary Therapy Fair** – see advert for details. There's more information about what complementary therapy covers on the **Wellbeing** page. Keith Moore will also be running a **Plant Stall** in aid of the church – donations for that are welcome.

In **May**, we will be supporting the **Coronation Big Breakfast** on **Saturday May 6**. After a Summer break, we will restart the monthly events in the Autumn from September.

Jane Hancock and Tryphena Huntingford

Email: lbcafeplus@gmail.com
Instagram: [langfordbudvillecafeplus](https://www.instagram.com/langfordbudvillecafeplus)
Facebook: Langford Budville Cafe Plus
Community What's App





Friendship Circle

At the end of January, David Follett came to tell us about his Paralympic career which came about following a road traffic accident in 2007 when he was just 18. He had treatment/rehab in Derriford Hospital & Salisbury Spinal Hospital, having suffered a spinal cord injury which has left him paralysed from the chest down. David told us about his journey following the accident; the day-to-day practicalities, getting a purpose-built flat and training to compete in Para-Badminton events, then getting married and having two children. He has competed in many national & international tournaments and carried the Olympic torch at Great Torrington for the 2012 Olympic Games. Para-badminton first featured in the games in 2020 and David hopes to compete in Paris in 2024. We all enjoyed his inspirational talk, and meeting his patient assistance dog, Tessie!

The following meeting had a Valentine's theme; members were invited to bring something relevant to enter into a competition. There were cakes, textiles, pictures, photos and poems; two members won prizes for their original poetry. The last February meeting was a coffee & chat with general knowledge quiz - it's amazing what you don't know!

On March 10th, 43 of us set off in a coach to Oakham Treasures in Portbury to see eclectic collections of

"stuff". There were tractors, cars, bikes and motorbikes, loads of tractor seats, many of which had been painted in different colours and toys, tools, cameras, fax machines, phones, board games, etc! My favourites were a model train setup, and a collection of post boxes including one which had been used in Hong Kong - it had a metal "hood" over the hole to protect the mail from monsoon rain!



The next meetings are:

- | | |
|------------|--|
| 7th April | Coffee & Chat (Easter) |
| 21st April | Trip (Salisbury Cathedral) Meet 09.00 in hall car park |
| 5th May | Coffee & Chat (Coronation Quiz) |
| 19th May | Coffee & Chat |
| 2nd June | Ploughman's lunch in the hall |

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

Pam Farr/ Barbara Hughes

A Bee Alert, Bee Walk

Sunday 18 June

I am sure you are well aware of the decline in wildlife in this, "one of the most nature-depleted countries in the world" according to David Attenborough. Admittedly, there are some bright spots. Beavers are slowing the flow. Butterflies like the Comma, the Purple Emperor and the Large Blue are flourishing. Blackcaps, Red Kites and Bitterns are on the increase. Otters in Somerset are doing well.

But the UK has lost half its insects and farmland birds in the last 50 years. Bees, and especially bumblebees, are in trouble. In January the UK Government decided to ignore its own expert advice for the third year running and also its claims at COP15, in allowing the use of some pesticides. A single teaspoon of the type called neonicotinoids can deliver a lethal dose to 1.25 billion bees and they can contaminate soil and water.

One feels helpless in the face of all this but we are planning a way of at least making our voices heard locally against this decision and this decline. Bumblebees have wide appeal and would certainly make an attractive symbol to help get the message across. So it's a **Bee Alert, Bee Walk, on Sunday 18th June.**

The **Wildlife Trust** have helpfully offered partnership on this, dealing with insurance and publicity to their members.

A linear walk aims to emphasise the need for wildlife corridors. It will start at Wiveliscombe, taking in **Milverton, Langford Budville and Runnington** and end at **Fox's Field in Tonedale**. People could join and leave at each village and any interesting wildlife and plants could be recorded on the way. Children will be particularly welcome and school classes can do preparatory tasks. There might also be mini-workshops at the start and in the other villages, making flags or other items to show what the walk is about. It could give voice not just to the crisis about bees but to the whole area of the decline in nature and by extension to the climate emergency.

There will be an Eventbrite page to sign up on or just let me know if you, your children or your grandchildren are interested at ifloudon@googlemail.com

Ian Loudon



Buff-tailed Bumblebee



Common Carder Bumblebee

Wellbeing: Complementary Healthcare

I am defining "Complementary Healthcare" as any health intervention that is in addition to or, supports, the current orthodox approach to healthcare. We are all aware that the NHS is under pressure and our current "orthodox" approach has shifted from a personal patient-GP relationship to a disease-focused referral system and an emphasis on pharmaceutical drugs. Within the NHS, there are many exceptions to pharmaceutical prescribing, as diverse as physiotherapy exercises, cognitive behavioural therapy and walking groups. However, there is very little preventative medicine currently available within the NHS and plenty of scope for therapists offering both preventative and complementary services outside the NHS. So, complementary health interventions can range from dietary advice and exercise classes to herbal medicine and osteopathy.

We all have a tricky relationship with paying for our healthcare. Very few of us expect to have free meditation retreats or chiropractic treatment and we pay small fortunes to have our pets checked over! However, it can be difficult to earn a living providing care services because, as a society, we have become used to the dogma of a free NHS, there to provide all the care we require. Some complementary treatments overlap with overstretched NHS services (like physiotherapy) whilst others might be either instead of or in addition to pharmaceutical pills (like herbal medicine). The range of therapies available is difficult to navigate and potentially expensive. Some, but not all, therapies are governed by professional organisations and prices vary wildly.

The **Complementary Therapy Fair at Cafe Plus on April 15** is an opportunity to find out a little more about some therapies available locally and why you might choose to interact with therapists to maintain good health as well as to seek treatment for specific problems. We all know that we need to keep moving as we get older and to move as well as we can to maintain good mental and physical health. Many "hands-on" therapies will be represented to help keep you moving, as well as other therapies that help keep your mind in good shape. It is also a great opportunity for those working in the care "industry" to meet each other and find ways of collaborating for the benefit of us all.

Tryphena Huntingford

herpfortheherbs.co.uk **Herbal Teas**
Homegrown medicinal herbs in everyday teas
Manage stress
Aid digestion
Keep well

Sample packs available

The image shows a grid of ten sample packs of herbal teas, each with a different color and label. The labels include: 'busty breasts', 'gut relief', 'head aches', 'menstrual', 'throat & respiratory', 'heart', and 'organic lungs and mind'. Each pack contains a small amount of dried herb and a card with instructions on how to use it.

Langford Ladies



Langford Ladies evening making bunting for the Coronation village events was extremely productive, with about dozen of us whirring away, measuring, cutting and sewing jaunty red, white and blue fabric. Whilst chatting, and fueled by coffee, tea and hot chocolate, we were amazed to find that we had made enough bunting to decorate the inside of the village hall for grand occasions.

Thank you to all seamstresses, and to those who donated fabrics.

Lynne Moore

The next Langford Ladies meeting is on **Wednesday 19 April** at The New Inn, Halse to play skittles. Probably meeting at The Jubilee Hall at 6.30 to share transport, but we can finalise that nearer the time.



Please can you let Tryphena know if you plan to come and what food you would like. The pub is offering a choice of 3 mains, all at £10 each: ham, egg and chips; fish and chips; and, vegetarian lasagne. We will send out a final reminder after Easter.

Tryphenahuntingford@gmail.com

Kids and dogs having fun in the recent snow!

Photos: Alison Eland



Green Fingers: Seeds



This is sometimes seen as a bit of tricky area with a lot of dos and don'ts attached to it, but in reality a seed has been produced by its parent plant to ensure another generation, and given the right conditions, is hard wired to grow. Until then a seed must remain dormant, so dry, cool conditions, an airtight box in the salad drawer of the fridge or a cool dark space in the house are best. A potting bench in the green house with variable temperature, and damp is not so good.

Some seeds require a period of cold (vernalisation), some need to be sown when freshly harvested such as the Horse Chestnut. Best advice is to follow the sowing time on the packet, but with a dash of common sense. If it says March, but there's snow on the ground or it's bitterly cold it's unlikely to be successful.

Seed packets generally advise how long the seeds will remain viable, and the number of seeds that germinate usually decreases with the age of the seed. It's often worth giving it a go, but don't wait too long before you sow fresh seed if nothing germinates.

Seeds don't require a fertile compost so sowing into seed compost works best: they have all they need to germinate contained within them. Sow at the depth advised, then put your seed tray or pot into a tray of water to soak from the bottom up. This prevents the seeds being washed to one side by a torrent from the watering can.

Place your seed trays somewhere with the correct temperature and light levels for the plant. If it says 18 to 23 degrees they're not going to germinate in the green house in February. If it says in the dark pop them in a cupboard or cover them: each seed needs it's own correct conditions to germinate. Once your seedlings are up and have got two leaves you move on to thinning them out, pricking them out, potting on and hardening off before planting out, but perhaps that's for another time!

The same is true if direct sowing in the garden. Make sure that where you are sowing your seeds the tilth is fine enough so the seeds come in contact with soil, not big pockets of air between large clods. Watering the drill before you sow is a good plan with finer seed.

Jackie Milsom



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Seasonal Treats:

Anchovy and Kale Pasta

In these days of rising inflation I'm sure I'm not the only one who is trying to save money. This dish ticks a lot of boxes. For one, it is a quick, one pot meal. Secondly, it is predominantly made with store cupboard ingredients. Thirdly, it is endlessly adaptable and finally, it is cheap and nutritious. If anchovies are not your thing, why not use chorizo or smoked bacon lardons instead. If you don't have cavolo nero, use any other cabbage or shredded sprouts. Enough to serve four.

Ingredients:

300g orichette or other pasta
4 tbsp extra virgin olive oil
2 slices of stale bread, blitzed into breadcrumbs
1 fat red chilli, thinly sliced
5 fat garlic cloves, crushed
8-10 anchovies, chopped small
200g cavolo nero, chopped
1 lemon, zested and juiced
Plenty of grated parmesan



Method

Boil pasta in plenty of salted water

Whilst pasta is cooking, add 1 tbsp oil to large frying pan and fry breadcrumbs until brown and crispy. Remove to a plate and wipe pan with kitchen paper

Add another 2 tbsp of oil and add garlic, chilli and anchovies to pan and fry over a gently heat for a couple of minutes

About a minute before pasta is cooked, add cavolo nero to the pan and boil for 1-2 mins

Reserving a mugful of pasta water, drain pasta and add it to the frying pan with the anchovy mixture. Over a medium heat, cook until combined, adding pasta water as required, and the lemon zest and juice.

Check seasoning and serve topped with crispy breadcrumbs, the remaining tbsp of olive oil and grated parmesan.

PS - I recommend not skipping the fried breadcrumbs. They give a lovely texture to the dish

Fiona Barber

Editor's Note: As I had anchovies, kale and pasta to hand I gave this a go: it was excellent - though I also added a few mushrooms I had that needed using. Definitely recommend it!

Village History...

I doubt there is anyone left in the village who might remember when Bindon House looked like this!

The house is Grade II listed: It is believed to date from the 17th C, but it was refronted in the early 1800s, and a West Wing added. The impressive ivy-covered 'Tudor-style' Victorian East Wing - on the right in this photo - was added in the 1880s but was demolished in the 1930s, after this photo was taken in about 1934.

Tim Dyer found this item while trawling the web for items of local interest.

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NOTICE OF SALE BY AUCTION OF THE
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News from the Churches

Church Services Rota

Readings on Pew Sheets

<https://www.churchtimes.co.uk/faith/sunday-s-readings>

Date	Langford Budville	Runnington	Thorne St Margaret
Sun 2 April Palm Sunday	11.00 am Holy Communion service followed by APCM	Join Langford	4.00 pm Evensong in church taken by Archdeacon
Sun 9 April Easter Sunday	Join Runnington	9.00 am Holy Communion service	Join Sampford or Runnington
Sun 16 April Low Sunday	9.45 am St Johns Wellington Benefice Service No other services taking place.		
Sun 23 April	No Service	10.30 am Holy Communion service	Join Sampford/Runnington
Sun 30 April 5th Sunday	Joint Service: 10.30 am Holy Communion Sampford Arundel		

Holy Week Services

Maundy Thursday - Thursday 6 April : Stripping of the Altar with Holy Communion, 6.00 pm **Langford Budville**

Good Friday - Friday 7 April: Reflective service 'Way of the Cross'. 2.15 pm at **Bradford on Tone**



Church Contacts:

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

Notes from St Peter's

A fine **new gate** has been installed at the School side entrance of the churchyard, using mature old oak and the original metal fittings: a lovely job. It replaces the gate that was damaged beyond repair by years of bad weather and has been donated to St Peters in Memory of Ann and Keiron McGrath.



Our **Annual Parochial Committee Meeting** is being held in the Church at about 12.00 noon after the service at 11.00 am. All are welcome - you do not have to be a Churchgoer to be involved with our lovely and historic Church.

On **April 15th** at Cafe Plus Keith Moore will be manning a **Plant Sale** in aid of the Church. Any donations of plants will be welcome and purchasers even more so!

Also on April 15th at 1.00 pm there is a **Memorial Service** in the Church for Brigadier John Randle who was a prominent member of our Church community for many years. Again all are welcome.

As in the past at Easter there will be **vases of lilies** in memory of loved ones in the Church – our Easter Service will be at Runnington this year.

After the **May 7th** service at approximately 12.00 noon Anthony Knight, an award winning violinist from Taunton School, will play for about 15 minutes to raise money for **Ukraine**. It will be cash donations only as we do not have a card reader at present. Please come and support this worthy cause.

Just a reminder – there is **NO Soup Lunch** this month.

Sarah Nutt

The Church Loo

In 2013 it was decided that we needed a loo at the church, and **The Friends of St Peters** formed to raise funds for this. The Friends organised a range of functions, and the 'Save a penny to spend a penny' campaign: a jam-jar army which raised the impressive total of £1169.

Costs however escalated with planning rules dictating that there had to be disabled access, and with cost inflation. Planning permission was needed both from the Parish and the Diocese and was costly and time-consuming, so it has taken almost ten years to complete. The loo may only be open when there is a function at the church (a condition of planning permission).



The positioning was chosen as the best option taking into account access needs and historical requirements. The expense of connecting to mains drainage would have put it out of reach, and so it is a composting toilet: It is accessible, spacious and well finished inside and out. After a time and some judicious planting it will blend in well. The lighting is solar, and it is very well insulated.

We still need to raise more funds to cover the full costs: Hopefully parish residents will continue to support these efforts as it will be to the benefit of all. It will be particularly appreciated at weddings and funerals when guests often arrive from a distance.

Saranne Cessford (Friends of St Peters)



News from Runnington Church

A small stained glass panel of the good Samaritan, most generously donated to the church by Graham Sparks, of Tonedale, has now been placed at the top of the rood screen stair, above the pulpit. It had been blessed by Alan at our Candlemas service at the end of January. Also on display in the church is the cartoon from which Clinton Alexander had made the panel.



Our **Easter Day Holy communion service** will be at 9.00 am on 9th April. We will have a small choir to sing music by Byrd and Wesley, and Alleluia chants. By then we may well have our new pew cushions in place for the greater comfort of all!

John Houghton

Warm Spaces update

Mondays & Thursdays: Foodbank: Times: 1pm - 3pm. Soup & a Roll on Mondays.

Wednesday: All Saints, Rockwell Green. Times: 12 pm - 5 pm.

Thursday: The Refuge@the Baptist: 9.30 am - 7 pm . Lunch & evening meal . Full details on the web site : www.wellyrefuge.co.uk

Fridays: St John's Church. Times 10 am - 12pm.

Our School:

Learning Outside the Classroom

How do we learn best? What a huge question this is, and one that continues to challenge generation upon generation of educators. One leading principle is to take the learning outside the classroom and to deliver lessons in



context, making them more relevant and memorable. For example, children's understanding of food webs and adaption in their class-based Science lessons can be enhanced by studying the animals and plants of the local woods and fields; History topics can be brought alive by 'Living History' reenactments or enriched through the sketching of local architecture. Learning Outside the Classroom (LOtC) has an important place in education and at Langford Budville CofE Primary School we strive to deliver it within a rich and balanced curriculum. We are a tiny school, but we have a huge amount going for us, the great outdoors for one!

We are grateful for the ongoing support that the parish gives us, from our long relationship with the church (172 years so far!), to being able to participate in the planting of the Jubilee Wood at Langford Lakes. The children love getting involved in local events and meeting local people like those who come to watch our church services and Christmas plays. Our school, we hope, brings a richness to parish life, just as the people of the parish enrich the education of our pupils.

We are particularly grateful for the people working to make the **Triangle** more biodiverse, safer, and more accessible for children and those with mobility issues. We have been up there almost weekly, following the turn of the seasons as the snowdrops, lesser celandine and daffodils bloom. We saw the first Lords and Ladies flower this week, and can't wait to enjoy the bluebells and the wildflowers that we planted with the conservation group last year.

Along with our nature studies, as a part of our outside learning, we have been practising our Ordnance Survey mapping skills, firelighting, wool-bombing, base-building, and green woodwork (using knives, bow saws and drills), as well as learning how to roast the perfect marshmallow and make the best hot chocolate! Hopefully, we will soon be able to set up an orienteering course on the Triangle - something all members of the public can come and enjoy! So, if you see us out and about, do stop and say hello. We'll love to talk to you about our learning and perhaps learn a little from you in return. Even better, why not come into school - we welcome parishioners who would like to give an hour to listen to our children read or who might be interested in supporting our school in other ways.

Have a happy Easter.

Carys Barnett (Interim Head of School) / Josh Wedderkopp (LOtC & Forest School teacher): School office - 400483


Young Buddies - Bees!

The chart below is a guide to some of the common Bumblebees in the UK. I have put a couple of pictures taken on the common below: Can you try and identify them?

If you want to learn more get your parents to bring you along on the 'Bee Walk' on 18 June.

5 COMMON BUMBLEBEES

BUFF-TAILED



DENSELY HAIRY

WORKER: 11-17MM
OFF - WHITE TAIL


MALE - 15MM
DOESN'T HAVE POLLEN BASKETS

QUEEN - 20MM

COMMON

SHORT TONGUE

RED-TAILED



QUEEN AND WORKER


NESTS IN OLD VOLE BURROWS OR UNDER STONES

SEEN EARLY SPRING TO AUTUMN

VERY COMMON

MALE

TREE




ARRIVED IN THE UK IN 2001

FEEDS ON A WIDE RANGE OF FLOWERS AND LOVES BLACKBERRIES AND RASPBERRIES!

NESTS IN ABANDONED BIRD BOXES AND ROOF CAVITIES

COMMON CARDER

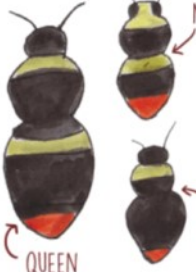


COMPLETELY GINGERI

BLACK HAIRS ON ABDOMEN

WIDE RANGE OF HABITATS

EARLY



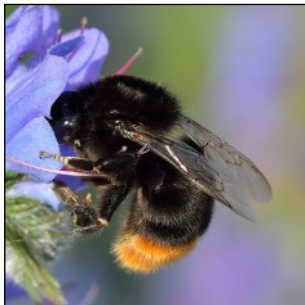
MALE

EMERGES EARLY SPRING

FORAGES ON, FOR EXAMPLE: WHITE CLOVER, LAVENDER, SAGE AND DAISY TYPE FLOWERS.

QUEEN

WORKER





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I pinched this quote from the internet as it sums up the positives of the physical side of dancing and doesn't even mention the sheer pleasure of moving to great music.

Dance complements other forms of exercise such as yoga and pilates, swimming and jogging. This class is not high impact but it can be aerobic if you choose to do steps more energetically. Follow me through the steps and if you get them wrong, who cares – at least you're moving! It works all muscle groups to keep you flexible and in good shape. So come and try The Time Warp, African dance, a quick Charleston or a jive. Bring water and a mat for stretches at the end.

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Community Contacts

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Chairperson	Derek Sowden	dereksowden@hotmail.com
	Juliet Shrimpton	julietlbpc@gmail.com
	Theresa Jacoby	tmbjacoby@gmail.com
	Will McFadzean	
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	Fiona Barber	fionabarber40@hotmail.com
Treasurer	Mike Grabham	
Booking enquiries		www.lbjubileehall.com
Primary School		
Head Teacher	Carys Barnet	01823 400483 langfordbudville@educ.somerset.gov.uk
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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

Jubilee Hall Website: www.lbjubileehall.com

Greener Langford Budville team: www.greenerlangfordbudville.com

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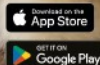
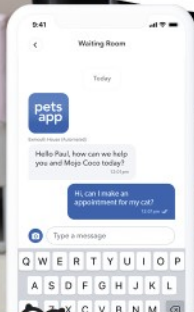
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www.travelsomerset.co.uk

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.
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Charity No. 1132983

Magazine Information

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Denise Hunt - Treasurer; Jane Hancock; Alison Eland.

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