



PARRETT TALK

Kingsbury Episcopi Area Newsletter - Issue 174

May and June 2023



Parish Village Picnic **Sunday, 7th May** **starting at 12 noon**



in and around St Martin's Church Rooms

Bring your own picnic and alcoholic beverages
(teas and coffees and soft drinks will be provided)

With events such as a 'best homemade crown' competition and other activities

'Best Scarecrow' Competition

based on the King

The scarecrows have to be out and ready to be judged on Friday, 5th of May

Prizes for children and adults

Contact Sally on (01935) 824612

Sponsored by the Parish Council

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 Yeovil to Taunton or Chard to Taunton 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. Millions of people across England will be saving money just 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>.

Somerset County Council and the Somerset Bus Partnership have launched the 'BUS IT' campaign to promote bus travel.

Somerset Bus Partnership's Co-Chair, Peter Travis, said, "Bus usage had declined in Somerset during the previous decade, and even more so during the pandemic. So initiatives like the £2 flat fare are needed to boost passenger levels. Encouraging people to choose buses over cars is really important because it also helps reduce our carbon emissions. Transport accounts for nearly half of our carbon emissions in Somerset. Somerset Bus Partnership will therefore be continuing to work with Somerset County Council to encourage greater bus usage."

Help Needed

Somerset Bus Partnership is a voluntary organisation formed some 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 ... which means people can get to where they want to ... when they want to ... and the journey is reliable, comfortable and affordable. 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? We could do with some assistance with our membership and administration. Or do you have a background in Planning, Traffic Management 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



Thank you to everyone who came to the Community Breakfast

over the last few months. You all helped raise in excess of £1800. This is given half to the community centre and half to St Martin's Church.

To the amazing volunteers who freely give their time to make this event such a success, we give our grateful thanks to you all.

We will be returning first Saturday of the month from 2nd September 2023 through to April 2024 and we hope to see you there. Enjoy the summer and take care. **Pauline Warren.**

KINGSBURY COMMUNITY CENTRE : REGULAR ACTIVITIES

DAY	TIME	ACTIVITY
MONDAY	9.30am – 10.30am	Body Conditioning
	2pm – 3pm	Pilates for beginners <i>(term time only)</i>
	6.30pm - 7.30pm	Zumba
TUESDAY	9.30am - 10.30am	Pilates
	10.45am – 12.15pm	Yoga <i>(term time only)</i>
	1.30pm - 2.45pm	Yoga for beginners <i>(term time only)</i>
	Every first Tuesday Doors open 7.30pm	Kingsbury Film Night
WEDNESDAY	9.30am – 10.30am	Body Conditioning
	6pm – 7pm	Mindful Mama Pregnancy Yoga
	7.30pm – 8.30pm	Tai Chi
THURSDAY	9.30am – 10.30am	Pilates <i>(term time only)</i>
	6pm – 6.45pm	Legs, Bums & Tums
	7pm – 10pm	Kingsbury Band rehearsal
FRIDAY	9.30am – 11.30am	Baby and Toddler Group

New Cross Farmhouse Regular Activities

<http://newcrossfarmhouse.com/>

Monday am	9.30 11 am 6 pm	Fitness Yoga Beginners Yoga Inner Warrior
Tuesday	9.30 am 6 pm	Pilates Bootcamp
Wednesday m	9.30 am 6 pm 7.30 p	Vinyasa Yoga Pilates Stretch and De-stress
Thursday	9.30 am 11 am	Pilates Inner Warrior
Friday	9.30 am 11 am	Fitness Yoga Beginners' Yoga

Adulterated Honeys

You may have seen articles in the national press about adulterated honeys identified by European agencies.

Honey production is practised internationally on an enormous scale and adulteration of bulk honey has been practised for decades. In fact, it has probably been done since honey has been sold in bulk.

The major bulking agents have been corn and rice syrups which can be very difficult to identify using routine techniques. If you buy cheap honey you may be buying adulterated honey.

Beware of honeys which are claimed to have one floral source; as an example, it is said that more Manuka honey is sold than actually produced!

The good news is that honeys bought locally are most unlikely to have been adulterated. The honeys sold by myself are produced by my honeybees foraging on local flowers, and I know that honeys sold by other local beekeepers are equally genuine.

Amateur beekeeping is a painstaking and arduous pastime full of surprises and frequent disappointment. Botanically speaking our district is defined as species-poor and starvation of the bees at the height of summer is always a threat.

Managing the bees, taking and extracting the honey, storing the honey, cleaning the honey and bottling the honey requires constant and at times back-breaking work so when you buy a jar from the door, take a moment to reflect on it's true worth. And just think what the bees do!

Roy White



New for this Summer.....Family Games Nights at the Recreation Ground!



Bring the whole family, the Rec Arms bar will be open and we will be firing up the BBQ! The first Night will be on **Friday 19th May**,

6pm, when we will be raising money for Kingsbury School's Beech Class 'Planters for the Playground' Appeal.

Friday nights are family fun nights at the Recreation Ground!

Launch of Family History - Adult Summer School

A big thanks to Janet Lute who spoke to a packed church rooms about her work on the history of emigration from the parish in the 19th century.

Her work has resulted in a piece of social history which will stand the test of time and be valuable in all sorts of ways. Part of our work, going forward, will be to ensure the work is embedded in relevant and accessible archives for future reference and students of social and family history. Janet's work will become part of, and add to the never-ending digital encyclopaedia and archive of the parish. Ted Udall of the Somerset & Dorset Family History Society will be our key link to help this happen. He will also be leading the Family History Summer School. See elsewhere in this issue on how to apply for a place, dates etc.



Parrett Talk

Is compiled by:-

JOAN BATSTONE (01460) 241142 Shene Well, W Lambrook

MICHAEL BROWN (01458) 251520 Willow Cottage, Thorney

CHRISTINE HOWARD (01460) 242071 Mulberry House, E Lambrook

MARALYN LONGMAN (01935) 824459 Garail Cottage, Bladon Hill, KE

STEPHANIE SHILLITO (01935) 823758 Little Orchard, Thorney Rd, KE.

ANNIE WHITE (01935) 823898 Waterloo House, KE

Please give contributions to one of the above. Or e-mail: parretttalk@gmail.com

Kingsbury Time Travellers – Two Summer Schools

Digging About in The Lambrooks - An Introduction to Archaeology Summer School



[Digging About in The Lambrooks - An Introduction to Archaeology is a summer school for children and a family adult working together. It is taking place during the week 7th -11th August.](#)

The opportunity is part of the Kingsbury Time Travellers' Heritage Matters Project. It is being funded, in part, by The National Lottery Heritage Fund. The residents of the Lambrooks have been circulated about the opportunity via a mail drop carried out by the Lambrook Schoolroom Project Committee, with whom we have been working to get this year's summer school off the ground. In this first year of summer schools, our focus will be on the Lambrooks and East Lambrook in particular. We are working on the basis that the 12 children's places available – aged 8-14 years - will be taken up by Lambrookians. If not, there is a plan B. The week will offer opportunities of below and above ground exploration and engagement in discovery, through hands-on activity. The summer school will draw upon the expertise and support of local craftspeople who work with clay, stone, withies and leather. These are some of the very building blocks of our local traditions and heritage. We will also be supported by Somerset Archaeological & Natural History Society and South Somerset Archaeology Research Group.

An Introduction to Family History – Adult Summer School Workshops



Taking place over 6 evenings in July & August of 2023, these summer school Workshops will be of interest to those who are thinking of, or who have begun to research their family history. Each two- hour workshop should allow you to progress – with confidence – to discover and explore your family story. Dates 2023: **July 12th 18th 26th August: 9th 16th 23rd**. Location: **St Martin's Church Rooms, Church Street, Kingsbury Episcopi, TA12 6AU. PLEASE NOTE: YOU DO NOT HAVE HAD TO BE BORN IN THE PARISH, it is open to all currently living in the parish.** In the first instance there are **10 places available.**

[Expressions of interest please by the 26th of May. Contact details below](#)

This summer school is one of our Heritage Matters projects and is, in part, funded by The National Lottery Heritage Fund. Its cost is thus subsidized. By applying and being accepted, you will be expected to attend all 6 meetings to maximise the opportunity. Despite the HLF financial support, there is charge of **£30 per person for the 6-week course.**

The course will be led by Ted Udall, Secretary of the Somerset & Dorset Family History society. All materials will be supplied and it should prove to be a bit of fun and interest on your doorstep. Information and application forms have been given to a number of venues in the parish. Expressions of interest by Friday May 26th please. Thank you.

Please feel free to contact us about either of the above opportunities, on:

kingsburytimetravellers@btinternet.com or 01935 822654

May Festival is back!

By the time you read this May Festival will be almost on us. By a neat coincidence for our celebration May 1st and Bank Holiday Monday are on the same day this year – next Monday.

Despite the three-year gap caused by Covid, all the elements of the day will be back – maypole dancing, Morris Men, Green Man procession, silly games, classic cars, food galore, arts and crafts, children's entertainment, Mummers, dog show, music and more.

There will be some changes and some new attractions. Reflecting everyone's environmental concerns the theme of the festival this year is Trees, and in Harry's Field there will be a Green Zone where conservation and ecology groups will be represented, for example Somerset Wildlife Trust, the International Tree Foundation and the Hawk and Owl Conservancy. The Green Man Procession, which starts at noon from the Cabbage Patch, will have special leafy significance this year.

New this year the Burrow Hill Cider Bus will be on site – reflecting a local, but nationally famous cider tradition. This break from our usual No Alcohol on Site rule was decided on when the future of the Wyndham Arms was in doubt. However, good news for all who have missed our local – the Wyndham Arms will be re-opening especially for May Day!

Some highlights: bring your lovely pooch to the Dog Show Open Classes [fabulous fella, loveliest lady, waggiest tail – and more] 1.30 to 3 pm, and bring your broken toys and household appliances (no washing machines, please) to the Repair Cafes, opposite the Dog Show.

On the Green Man Stage in the Cabbage Patch, Aquabus, Rambling Pitchforks and Doozer will be playing while the people are sitting and chilling in the picnic area, enjoying grills, burgers, Nepali, Thai, Italian pizzas, sweets and ice creams from the stalls around.

The Children's Area in St Martin's Church Rooms car park, as well as offering the usual children's entertainments – roundabout, medieval fruit machine, face-painting and ice creams, there will be yoga for youngsters, magic from Twiglet and bubbles from Gecko. Plus, fitting in with our green theme, Kingsbury Wildlife Group will be on hand with interactive nature experiences.

Church Street will be lined with stalls, the churches at each end will be open for rest and refreshment and a little light entertainment, and at the top of the street will be the maypole, Morris Dancing and Langport Mummers.

A word of warning and apology – from 10 am the road will be closed between the Wyndham Arms and the Lockup. Sincere apologies to all those who are inconvenienced by the closure and many thanks to the residents of Church Street whose day is completely disrupted!

We don't like doing this (it costs over £2,000 for the Road Closure and the trained stewards) but because we are holding the festival, we are deemed to be responsible for anyone who attends. Obviously no-one is responsible for their own actions or stupidity, so should someone walk in front of a vehicle we are to blame.

The festival will be open from 11 am, though the Green Man Procession does not start till 12 noon from the Cabbage Patch. Lucky locals can cycle or walk to the festival for free, motorists will have to pay £10 to park – regardless of the number of passengers.

Hope to see you there.



**St Martin's Church PCC
would like to thank Pauline Warren for organising this year's
Community Breakfasts
£900 were raised for church funds**



Bring on the sun and the
Outdoor bootcamp
Hot yoga
Kids yoga camp



newcrossfarmhouse.com



LEVEL 3 PERSONAL TRAINER

Kingsbury Episcopi Community Centre

AQUA QUALIFIED:
LIFE COACH QUALIFIED:
LES MILLS QUALIFIED: CYCLE QUALIFIED:
KETTLEBELL QUALIFIED: CLASS FITNESS QUALIFIED



HIT GOALS QUICKER, TONE, LOSE WEIGHT, MUSCLE MASS,
HEALTHY HEART, STRONGER, LIVE LONGER
FIGHT INFECTIONS, ENDORPHINS, IMMUNE SYSTEM,
BRAIN POWER, IMPROVE BODY, STRONG BONES,
LOOK YOUNGER

Sponsored Content

THIS IS YOUR SHOP, IF YOU CAN SPARE A COUPLE OF HOURS TO HELP RUN IT, PLEASE GET IN TOUCH

We now find that we are getting so busy that we are short of volunteers who enjoy the shop counter service/admin. side of running our community enterprise. Anyone with a background in admin, computer savvy people, or folk who enjoy face to face interaction with customers would be welcomed with open arms. Why not come in for a taster session with someone on the till for an hour or so to see if you enjoy that sort of thing? Ring Carol Mason on 01460-242111 for a chat, or email carolmason.keshop@btinternet.com for more details.



Thanks go out to our enthusiastic new volunteers who are running the COFFEE SHOP from 3-5pm each weekday afternoon. They are settling in to the new arrangement, and customers have told us how much their efforts are appreciated.

Why not join your friends over a coffee/ tea and cake/pastry in the afternoon for a natter, in relaxed and friendly surroundings?

Kingsbury Community Shop News: Bruton Dairy milk now available

We've been stocking Bruton Dairy milk for a few weeks now and it's been flying out the door. Produced in Somerset from farms within a 10 mile range of the dairy, it's about as fresh and local as we can get without putting cows on the rec! The milk is unhomogenised, which means it still has that lovely creamy bit on top. (Just shake the bottle to mix the cream in). We currently stock full fat and semi-skimmed non-organic milk but welcome inquiries from customers who would like to buy organic and/or goats milk on a regular basis. We receive our deliveries on Mondays, Wednesdays and Fridays. Pop in or send us an email to tell us what you think: kingsburysshop@gmail.com



Kingsbury Wildlife Group

By the time you are reading this the Kingsbury May Festival could have already been held. We planned to have a stall to showcase all the work of our group and to collect the results of the 'Wildlife Spotted in our Parish' survey that has been kindly delivered to your homes. It is not too late to send your information through by email to kingsburywildlifegroup@gmail.com or give to any member of the group.

Some ideas to help the wildlife food chain in your garden:

(Information & How-to sheets are available, please request from kingsburywildlifegroup@gmail.com)

May: Annual & Perennials to Plant that Support Butterflies, Bees, and Insects

June: Homes for Reptiles, Beetles and Mammals

1. If planting new perennials choose wildlife friendly plants. There is still time to include: Heather, Lavender, Marjoram, Fennel, Alyssum, Borage, Sunflowers (see No 2), Stonecrop, Aster, Echinacea, Rudbeckia, Stonecrop, Snapdragon, Foxglove, Golden Rod, Black-Eyed Susan, Simple Dahlia, Rosemary, Vervain, Phlox, Hollyhock, Agrimony, Sweet Rocket, Wallflower, Loose Strife, Toad Flax, Russian Sage, Cranesbill, Sedums, Verbena, Delphiniums, Michaelmas Daisy, Yarrow, Monarda.

A mixture of native wildflowers is a good idea; these should be grown in a sheltered sunny area of the garden. Cultivated flowers rich in nectar are also good for insects.

2. Sowing Sunflowers attracts bees and insects as they especially love the nectar. Birds love the seeds .

1. Create basking spots on or under roofing sheets, rock piles and log piles. When aiming to attract any wildlife to your garden, the first thing to do is to research which species you might get and what those species need. With reptiles there are three likely species you can attract into your garden. Roughly in declining order of probability we have: slow worm, common lizard and grass snake.

2. An open compost bin is ideal for slow worms to lay their eggs so don't turn your compost in summer.

3. Creating a stumpery adds sculpture to your garden. Beetles love the rotting wood.

4. Create rock patterns for beetles to hide under.

5. Build or buy a bat box. Site in a quiet part of garden. We would be very interested to hear if bat boxes are used by bats. It seems, in other areas, they are left empty as they choose to find their own nesting sites and roost.

6. Build or buy Hog House. Site in an area of garden that won't be disturbed. Understand the basic principles of a hedgehog home. They should have a large compartment that is insulated from cold and heat, with a smaller entrance corridor that will keep your hedgehogs safe from badgers, dogs and other predators.

7. Leave an area of grass long for wood mice and bank voles to hide their burrows under.

We tidied the school pond to encourage wildlife



Happy planting and Wildlife spotting!

Kingsbury Wildlife Group.

YEOVIL

TOWN ROAD RUNNING CLUB

YEOVIL TOWN ROAD RUNNING CLUB

Presents the return of the

TOWN TREE TRAIL 10k RACE

Wednesday 17th May 2023 7.00pm

ARC Race Licence applied for - Run under ARC rules

This is a flat, mainly off-road multi-terrain 10k race and includes the beautiful, hidden 'Town Tree Nature Garden'.

There will be paths, fields, and orchards with rough ground, tree roots, stumps and low branches!

Start/finish: Kingsbury Episcopi Recreation Ground
Thorney Road, Kingsbury Episcopi, Somerset. TA12 6BG
Cakes, Refreshments, Licensed Bar, Toilets, Changing and Showers
Entry Fees: £15.00 ARC or EA Affiliated / £17.00 Unaffiliated

£2.00 extra on the day

Also - Junior Fun Run 6.30 - £3.00 entry on the day

Entries through **FullonSport**

<https://www.fullonsport.com/event/town-tree-trail-10k-race-2023/profile> or by post to:

Race Secretary, 27 Grove Avenue, Yeovil, BA20 2BD

Cheques payable to Yeovil Town RRC.

Further info: 01935 475697 (Home), M: 07887 944823

Race numbers will be given out on the day.

Proceeds towards:

The upkeep of the Town Tree Nature Garden and Kingsbury Episcopi Pre-school

News from the Methodist Church

I think it's going to be a rather busy May!

Although we have things planned for our church during the May Festival, confirmation has yet to be finalised. So, keep an eye on our noticeboards to discover when various singing groups and events will be scheduled, and what we have to offer.


Along with the Coronation of our King Charles, there are some happy and special days ahead.

Our Sunday services continue on the first and third Sundays, at 10.45. Please join us for worship if you can. All are welcome, and we gather for coffee and biscuits after the service. Friday Coffee Pot meets on Friday mornings in the Wesley Room between 10.30 until noon. It's a popular place and time to catch up with friends and local news. It's open to all visitors, regular or just passing, so feel free to drop in for some refreshments. All blessings for a happy village time of fun. **Christine Weymouth**



DIARY DATES May and June 2023

May 2023

1st	Kingsbury May Festival		11 am - 5 pm
2nd	Community bus to Yeovil 9.50am pick up at Rusty Axe and 10.00 at Wyndham Arms East Lambrook Village Coffee Morning E Lambrook Schoolroom EVERY FIRST TUESDAY IN THE MONTH All Welcome		10.30 am
3rd	Parish Council KE Primary School EVERY FIRST WEDNESDAY IN THE MONTH		7.30 pm
4th	Contemplative Prayer Group St Martin's Church Rooms EVERY FIRST THURSDAY IN THE MONTH		7.30 pm
5th	Coffee Pot EVERY FRIDAY Methodist Wesley Room		10 am -12 noon
7th	1st Sunday Café Church TBC St Martin's Church Rooms Morning Service Methodist Church Evensong with Holy Communion St James's, E Lambrook Parish Village Picnic  St Martin's Church Rooms		10 am 10.45 am 6 pm 12 noon
9th	Film Club A Man Called Otto KE Community Centre		7.30 for 7.45pm
14th	2nd Sunday Holy Communion St Martin's Holy Communion St James's, E Lambrook		10 am 11.30 am
15th	Garden and Countryside Club Group visit to Brimsmore Garden Centre, Yeovil. 25% discount		6 pm TBC
17th	Kingsbury Town Tree Trail Race		7 pm
19th	Family Games Night KE Recreation Ground		6 pm
21st	3rd Sunday Morning Prayer St Martin's Morning Service Methodist Church Evensong with Holy Communion St James's, E. Lambrook Still Waters All Saints', Martock		10 am 10.45 am 6 pm 6.30 pm
24th	Ploughman's Lunch followed by either bingo or a beetle drive St Martin's Church Rooms		12 noon
28th	4th Sunday United Benefice Pentecost Service All Saints', Martock Matins St James's, E Lambrook		9.30am 11.30 am



DIARY DATES

May and June 2023

June 2023

	<u>June 2023</u>		
2nd	Coffee Pot EVERY FRIDAY	Methodist Wesley Room	10 am -12 noon
4th	<u>1st Sunday</u> Café Church Morning Service Evensong with Holy Communion	St Martin's Church Rooms Methodist Church St James's, E Lambrook	10 am 10.45 am 6 pm
6th	Community bus to Yeovil 9.50am pick up at Rusty Axe and 10.00 at Wyndham Arms East Lambrook Village Coffee Morning E Lambrook Schoolroom EVERY FIRST TUESDAY IN THE MONTH All Welcome Film Club She Said KE Community Centre		10.30 am 7.30 for 7.45 pm
7th	Parish Council	KE Primary School	7.30 pm
8th	Contemplative Prayer Group EVERY FIRST THURSDAY IN THE MONTH	St Martin's Church Rooms	7.30 pm
11th	<u>2nd Sunday</u> Holy Communion Holy Communion	St Martin's St James's, E Lambrook	10 am 11.30 am
9th	Garden and Countryside Club Group visit to Burrow Farm Gardens, near Axminster		2pm TBC
15th	Deadline for July/August edition of Parrett Talk Please note that any copy or <u>inserts</u> received after this date, may not be published or included.		
18th	<u>3rd Sunday</u> Morning Prayer Morning Service Evensong with Holy Communion Still Waters	St Martin's Methodist Church St James's, E. Lambrook All Saint's, Martock	10 am 10.45 am 6 pm 6.30 pm
25th	<u>4th Sunday</u> Holy Communion Matins	St Martin's St James's, E Lambrook	10 am 11.30 pm
28th	Ploughman's Lunch followed by either bingo or a beetle drive	St Martin's Church Rooms	12 noon