



PARRETT TALK

Kingsbury Episcopi Area Newsletter - Issue 180

May and June 2024



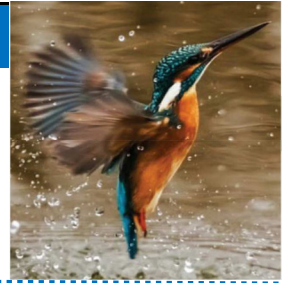
Kingsbury Wildlife Group

Springtime in Kingsbury Episcopi parish this year is a very exciting time... the Cuckoos have returned

from Africa and have been heard in the Hambridge direction and in Thorney. Barn owls have laid their eggs and should be hatching early May. The birds are nesting and we look forward to hearing how many of the nest boxes have occupants via kingsburywildlifegroup@gmail.com. The 'Wildlife' stall, in the church rooms car park at the May Festival, plan to have Hedgehog Highway signs for sale for Wheelie bins. Come and see us and take part in the insect trail. When walking on the moors please keep dogs in close control to avoid disturbing ground nesting birds.

Some of the things you can SEE, SMELL, HEAR and FEEL in MAY and JUNE around Kingsbury and West Moor.

What can you SEE? **DRAGONFLY**; 19 different species and 12 different species of **DAMSELFLIES** can be seen in Somerset watch them emerging from the water. Look for flat stones with snail shells that **THRUSHES** have been using as dinner tables to smash the shells. Flash of blue as **KINGFISHERS** dive into the river catching fish. Look up to see **BUZZARDS** riding the hot thermal air currents.



What can you SMELL? The Wonderful smell of **NEW MOWN HAY** in June. Wild hedgerow **ROSES**. **BLUEBELLS** - spot the difference as well as smell their perfume

What can you HEAR?

The 'plop' of a **WATER VOLE** diving into the water. Listen to **BIRD SONG** how many can you identify? Learn new ones here... Birdsong identification for beginners: 20 common songs and calls / Natural History Museum (nhm.ac.uk)



What can you FEEL/TOUCH?

Press **COMMON FLOWERS** and **LEAVES**. When dry, use them to decorate cards, picture frames, or book marks. Find more information at: How to press flowers / Natural History Museum (nhm.ac.uk) **PLEASE CHECK YOU ARE ONLY PICKING COMMON FLOWERS.**

Enjoy the Springtime.

Kingsbury Wildlife Group

**This edition is sponsored by an anonymous donor.
Thank you!**

Community Breakfasts

For all those who enjoy the 'Community Breakfast' we (the team) greatly appreciate your support. We raised, with your help, in excess of £1600 shared between the Community Centre and St Martin's Church. We are taking a few months off to enjoy the summer and will return on September 7th.

'The team' is a made up of volunteers who give their time freely to advertise, prepare, serve and clear away breakfast. Thank you one and all, however big or small your role maybe for adding so much to the success of this event.

Look forward to seeing all are supporters and 'team' back again in September. Enjoy your break. **Pauline**



Langport Transport Group continues to lead the way in reopening a station for the Somerton and Langport area. The group has bid in March for Great Western Railway (GWR) Customer and Community Improvement Funding (CCIF) to support two pieces of research to further strengthen the case for the reopened railway

station to serve Somerton and Langport on the main line between Castle Cary and Taunton. The group continues to work collaboratively with Sarah Dyke MP and other stake holders like Somerset Council

The business case has been described as compelling and Phil Edge, Chair of Langport Transport Group said, "We believe it will now help deliver the station if we can show a train service concept that works. With rail industry input the business case showed sufficient pathways exist on the line for a new service. Specialist consultants now need to develop more detail about how an operator could serve the station with a particular service."

The second part of the study hopefully also to be funded by GWR's CCIF is identifying innovative and practical ways to partly offset the £15m cost of the new station for Somerton and Langport.

For information about the project see www.langporttransportgroup.org

MP Sarah Dyke's station survey is here:

<https://www.sarahdyke.uk/campaigns/new-train-station>



6th May
Kingsbury May Festival
11am – 5pm



Parrett Talk

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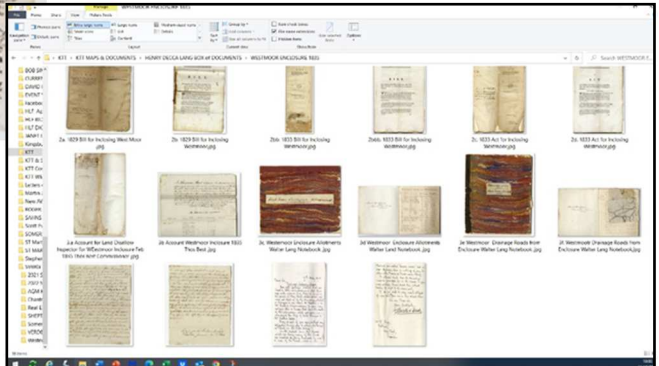
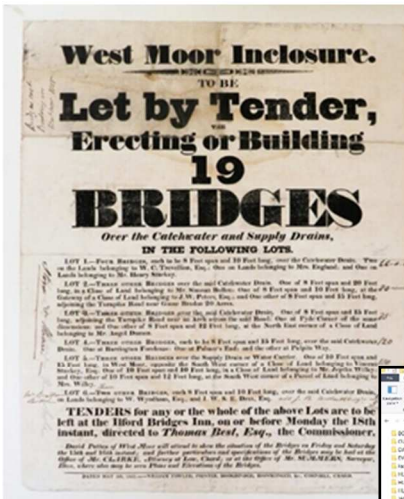
Please give contributions to one of the above. Or e-mail: parretttalk@gmail.com



An Introduction to Looking at Old Documents from areas around West Moor

At the end of March, the community centre hosted a gathering of residents, West Moor landowners and other local history groups in the area, to begin looking at a large quantity of unique, original old documents. This collection, many over 200 years old, were given to the Time Travellers by Henry Lang of Curry Rivel about 5 years ago. It's taken that amount of time to draw all this together. During this time Covid impacted, and there was an 18-month process of obtaining a Heritage Lottery bid which has helped us to eventually pull it all together. The documents help to tell the story of the history and evolution of our surroundings and can be drawn upon further, going forward. They all fit into the story of the nation, at the local level. The day in the community centre was a step along this journey. The actual and immediate geography to which the documents relate, include the Parrett, Langport, Drayton, Hambridge, Curry Rivel, Kingsbury Episcopi, West Moor and by extension and content - beyond. Many relate to the period in the 1840's when locally, enclosure was taking place. Politically it is the time of reform and unrest across the nation, which does indeed result in local action on West Moor..... we have this story, along with others. We will be working to unfold, share and tell these stories, all rooted in actual evidence, going forward. There are many and varied interests and connections which continue to resonate. Our plans over the coming months and years will be to make the content accessible in a number and variety of ways. Thanks to all those who took part in this initial exploration through time. Time Travellers all.....more to come.....

Visit / explore: <https://www.kingsburytimetravellers.org.uk/heritage-matters/west-moor/>
to see the Photo Album of the afternoon's work.



Above - Original 1833 poster

Right - Screenshot of some of the West Moor documents

Do You Have A Scar That’s Painful, Tight Or Affects Your Daily Life?

Scars are often thought of as the end of a journey. The result of a planned or emergency surgery; the natural healing process after a trauma/accident.

This means it is often assumed that after the scar is healed the journey ends. However, for some it’s actually just the beginning of a new phase.

You can be left with pain on or around the scar. Sometimes it can result in restricted movement. Problems may occur years down the line as the body compensates for the scar. This can be near the scar or somewhere seemingly unrelated. One example; a previous client’s lung scar was the cause to their hip pain.

Can You Change Scar Tissue?

Scar tissue, like every other type of tissue in the body is constantly regenerating itself. It’s easy to think of it as inert, unchangeable but in fact there’s a lot that can be done.

I trained in Sharon Wheeler’s ScarWork in 2018 after seeing how clients’ scars were impacting their body as a whole. Since using ScarWork I have found people’s symptoms improve more quickly and there are additional benefits too. It’s not unusual to hear “Gosh, I hadn’t realised that scar was also causing my bloating, knee pain, balance problems etc....”

This gentle, hands-on therapy aims to improve the quality and health of a scar, improve its mobility, help the surrounding tissues adapt and as a result its appearance often softens too.

“After just four sessions I noticed profound changes to my scar and my overall wellbeing also improved.” Jana K.

What Types Of Scars Can Benefit?

All kinds of scars can benefit. Here are some examples of the types of scars that have been treated with ScarWork

- Abdominal Surgery
- Gall Bladder Removal
- Knee Surgery
- Tube or Drain Sites
- C-Section
- Facial Scars
- Hip Replacement
- Mastectomy/Lumpectomy
- Road Traffic Accident
- Appendix Removal
- Cancer Surgery
- Hysterectomy
- Open Heart Surgery
- Spinal Surgery



To find out more about ScarWork visit our website or scan the QR code.

<https://itsallabouthealth.co.uk/scarwork/>. If you would prefer to have a chat phone us on 01935 507910. To your health, Lorna

Sponsored Content

Could you help St Martin’s please?

The PCC wishes to

spring clean the church on

Saturday, 11th May from 10 am to 12.30pm

and would appreciate help if anyone can spare the time

Please bring your own dusters

Refreshment will be provided





Chair Yoga Classes with Fiona Kingsbury Community Centre

Every Wednesday 11.15 am to 12.15pm

‘Chair yoga is accessible to everyone no matter what your current level of fitness is. It helps you with mobility and all the challenges life throws at you’

**Come along and try it! Phone me on 07974
435186 or email on feab@hotmail.co.uk**

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Kingsbury Bell Ringers win a Trophy

Some of you may have heard some sporadic bursts of bellringing coming from St Martin's on Saturday 6th April. Our church was hosting the district's annual "striking competition". Bellringers from around the district (the Ilchester Branch of the Bath & Wells Diocesan Change Ringers Association) took turns to ring the bells for five minutes, and their performances were judged to determine which of them rang with the most even "striking". Ideally, the gaps you hear between each of the bells ringing should all be exactly the same duration – approximately one third of a second; a variation of as little as one tenth of a second is easily heard. Kingsbury acquitted themselves very well, being judged to be the second-best performance. But there is a "novice" trophy which is awarded to the best band which contains at least one ringer who has never taken part in one of these contests.



Debra Stringer was Kingsbury's novice, and her excellent ringing ensured that Kingsbury retained the trophy which they also won last year, when the competition was held at Pitney.

The competition was followed by an excellent tea, kindly served by churchwarden Barbara Moore, with cakes provided by her and her "church ladies", and the Kingsbury ringers. The beautiful cake with the bells on it was generously donated by Graham Beckinsale. One of the visiting ringers commented: "What a lovely afternoon that was. Please thank all your ringers and extras for all their hard work. A real ringers' tea! It's years since I had one of those!!!"



L to R: David Lane, Caroline Knapp, Sheila Frost, Nick Frost, Susan Irvine, Debra Stringer and Roddy Baillie-Grohman. Ted Westlake also rang for the team.

YEOVIL

TOWN ROAD RUNNING CLUB

KINGSBURY EPISCOPI TOWN TREE TRAIL 10k RACE

Wednesday 22nd May 2024 7.00pm

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

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 extra on the day]**

Plus

**Junior Fun Run around the playing fields
6.30pm - £3.00**

Entries through **FullonSport**, by post or on the day.
Further info – 07887 944823

Proceeds towards:

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

News from The Methodist Church

So it seems to be almost summer, although the seasonal flowers are probably evolving into sub-aqua species after all the rain we've had over the past couple of years. Perhaps we won't need to import rice in the near future; we will have our own rice paddy fields! Hopefully though, there might be a dry spell for the May Festival.

The programme of events and activities are not sorted yet, but we know the Kingsbury Episcopi School Choir will be singing for us, and Wessex Women, and Langport Community Choir too, so keep those in mind for the day.

I believe we will have the Time Travellers exhibition again this year too, which proved to be a great addition to our offering.

We are sharing the refreshment service with St Martin's at the Church Room as we did last year, so tea and cakes etc will be there.

The Coffee Pot each Friday between 10.30 and noon in The Wesley Room continues, and is always the place to meet for a catch-up with old friends or make new ones through visitors that drop in. There is a good selection of books to peruse whilst there. Often cakes too! Not just to look at either!

Our Sunday services are still on the 1st 3rd and 5th Sunday at 10.45 am.

And do check the noticeboard for anything we can offer in addition.

We continue to pray for our troubled world and the hope for wise leadership with peace and compassion for all people.

A little kindness would help with that too.

Blessings for a happy summer. **Christine Weymouth**



Members of Yeovil Town RRC at Kingsbury Pre-school with balance bikes and equipment acquired with proceeds from last year's Town Tree Trail Race.

Shop news: Have you taken the survey?

By Katy Cronin

As reported previously in Parrett Talk, a new business plan is in the works for Kingsbury Community Shop. After 10 years of trading, the management committee is keen to refresh the shop and café and ensure that it remains a thriving business.



This means we need to know what you think of the shop, what's working well, and what could be better. We want to hear from all age groups, and from those who don't use the shop as well as those who do.

So, calling all regulars, new voices, families and younger people living in the parish and surrounding villages: What would make the shop and café more attractive to you? Do we stock the items you need? What about the look and feel of the shop? Can you help us improve? Would you miss the shop if it wasn't there?

To help us out, please fill in our short survey by scanning the QR code – or you can ask for a paper copy to fill in and leave in the shop. You can

also find the link on our Facebook page (www.facebook.com/KingsburyCommunityShop) or I can email it to you if you contact me at kcelchair@gmail.com

Please encourage friends and neighbours to take part too. All responses are anonymous, and it only takes a few minutes to complete. Thank you!

May Festival Pasty Sales

The shop will be closed on Monday 6th May for the May Festival, but our volunteers will be out and about with baskets of hot pasties and sausage rolls for sale. See you there and we hope you all have a wonderful day!



MCGLYNN
Fitness & Health

Sponsored Content



Are you looking to start the year right? Why not get in contact about personal training sessions? I am based in Stembridge with a private home gym. If you are looking to lose weight, tone or just get fitter, get in touch to get a free consultation taramcglynn70@gmail.com. I also hold classes at Kingsbury Episcopi Community Centre, Monday 9.30am Body Conditioning, Wednesday 9.30am Body Conditioning and 10.40am Pure Stretch all abilities welcome. Follow me on Instagram: [mcglynn_fitness_and_health](https://www.instagram.com/mcglynn_fitness_and_health)

Pirates of the Carabina present - Counterweight

Saturday, 1st June
Burrow Hill Cider Farm

Ticket link: www.ticketsource.co.uk/pirates-of-the-carabina

Show times: 2pm and 6pm

Ticket price £8 - £14 *booking fee applies

Following sold-out performances at Burrow Hill last August, Pirates of the Carabina are back this summer for a special Circus Cider Bus Saturday performance. **Counterweight** is a 'Best of' compilation of much-loved acts & music from the Pirates of the Carabina circus family, including flying piano, tightwire, live music, hoop, silks, and of course their renowned counterweighted aerial.



At the core of village life

The Community Centre has received a very generous donation from the Community Breakfast Team. We would like to say a huge thank you, not only for the donation, but also for the Team's hard work and commitment to serving the monthly breakfasts from September to April. The breakfasts are enjoyed by all and it is great to see the Community Centre being so well supported and used for this much appreciated community event. Thank you to the **COMMUNITY BREAKFAST TEAM** and we wish you a well-earned rest during the summer months! You may have also noticed that the picnic benches have been given a new lease of life! Thank you to the **BENCH REVIVAL TEAM** for your expert skill, time and effort – the benches look as good as new again!



In Ecclesia Choir
Sunday 19 May 7:00 - Evensong - St Martin's Church, Kingsbury Episcopi

**KINGSBURY COMMUNITY CENTRE
 REGULAR ACTIVITIES**

DAY	TIME	ACTIVITY
MONDAY	9.30am - 10.30am	Body Conditioning
	10.40am - 11.40	Yoga with Tara
	4pm - 5pm	Majorettes Practice <i>(term time only)</i>
	6.30pm - 7.30pm	Zumba
TUESDAY	9.30am - 10.30am	Pilates
	10.45am - 12.15pm	Yoga with Ursula <i>(term time only)</i>
	1.30pm - 2.45pm	Yoga for beginners with Ursula <i>(term time only)</i>
	Every first Tuesday Doors open 7.30pm	Kingsbury Film Night
WEDNESDAY	6.30pm - 7.30pm	Zumba <i>(1st Tuesday of the month from 6.15pm)</i>
	9.30am - 10.30am	Body Conditioning
	11.15am - 12.15pm	Chair Yoga
	6pm - 7pm	Body
THURSDAY	7pm - 8.30pm	Conditioning Tai
	9.15am - 10.15am	Pilates <i>(term time only)</i>
FRIDAY	7pm - 10pm	Kingsbury Band rehearsal
	9.15am - 10.15am	Pilates

SATURDAY & SUNDAY: reserved for occasional bookings

**For class information or to make a booking please visit our website
www.kingsburycommunitycentre.co.uk or call 07827 614060**

The place to be on Monday 6th May!!

The 2024 Kingsbury May Festival is just around the corner! Taking place on Monday 6th May, and with our theme of 'Year of the Insect', this year's festival is going to be another amazing, fun filled day for all the family.

Entry to the festival is from 11am and the traditional festival programme kicks off at 12pm with the Insect themed Green Man Procession followed by the opening speech, the traditional Kingsbury Song and our fantastic maypole dancers!

There will be an array of live music throughout the day on the Green Man Stage, in Harry's Field and at the top of Church Street. We are also really pleased to announce that we have 3 of our fantastic local choirs performing in the Methodist Church as well as the Kingsbury Band who will be performing in St Martin's churchyard. And on the subject of churches, the church tower tours are back!

This year's event also sees the debut of our new 'Theme Zone' which promises to be a fun filled, educational area for the whole family. So come and visit this year's 'Bug Zone' in the church rooms carpark, where experts will give talks and answer any questions. We'll also have ice cream, stalls, crafts and a surprise interactive spectacle for the young (and not so young!) to take part in or watch.

The Classic car show and St Giles Animal Centre dog show, are both back by popular demand in Harry's Field. This year's dog show also includes an all-day agility course as well as the main event where your pups young and old, can come along to strut their stuff! Details of timings and show classes, will be posted onto social media.

There will also be loads of activities and entertainment for children and adults including a giant slide & trampoline as well as the return of The Mummers, Dr Turberville's Morris Dancers, Kwabana, Punch & Judy and The Vinyl Van. The Burrow Hill Cider Bus is also back and we have a wide variety of food stalls in both Cabbage Patch & Harry's Field.

You'll have the chance to win some amazing prizes with Kingsbury May Festival raffle. This year's prizes really are something special thanks to the generous donations from many of our local businesses. Entry to the event is FREE by foot and bike (donations at the bike parks are appreciated), and there is a £10 per vehicle eco charge if you would like to arrive by car. Keep an eye on Facebook, Instagram and the Kingsbury May Festival website, where you will find all the details you need regarding road closures, parking and timings as well as all the details about the festival activities.

You can also find the main programme details by scanning the QR code which you can find at all the entrances to the festival.

On one final note, we would really appreciate anyone who is happy to lend a hand in the build-up and/or aftermath of the festival, and would REALLY value the help. Please get in touch via the Facebook Page, if you have any capacity to help out.

Summary of the March and April Parish Council Meetings

The Council were pleased to welcome Mr Timothy Domett as a co-opted member of the parish council in April and have received another application who is expected to be formally co-opted in May. There is one further vacancy remaining on the council, any interested parties should contact the Clerk in the first instance.

Design ideas for the sensory garden in the churchyard have been discussed and are progressing, led by the Wildlife Group. It is hoped that most of the work can be undertaken by volunteers, and the Wildlife Group and council wish to extend thanks to all involved.

The new defibrillator has now been delivered to the Rusty Axe, and once in place training will be organised for any interested residents. The council look forward to seeing this in operation soon.

The council have been asked to extend a polite reminder to all dog owners to ensure they pick up after them when out on walks.

The Annual Parish Meeting (APM) and Annual Meeting of the Parish Council (AMPC) will take place in May. Date of the APM is to be confirmed, the AMPC will be the 1st May as per the usual council meeting schedule.





DIARY DATES

May and June 2024

May 2024

	<u>May 2024</u>		
1st	Parish Council APCM EVERY FIRST WEDNESDAY IN THE MONTH	KE Primary School	7.30 pm
2nd	Contemplative Prayer Group EVERY FIRST THURSDAY IN THE MONTH	St Martin's Church Rooms	7.30 pm
3rd	Coffee Pot EVERY FRIDAY	Methodist Wesley Room	10 am -12 noon
5th	<u>1st Sunday</u> Holy Communion Morning Service Evensong with Holy Communion	All Saints', Martock Methodist Church St James's, E Lambrook	9.30 am 10.45 a m 6 pm
6th	Kingsbury May Festival	Village centre	11 am - 5 pm
7th	East Lambrook Village Coffee Morning EVERY FIRST TUESDAY IN THE MONTH	E Lambrook Schoolroom	10.30 am
	Film Club Date TBC	KE Community Centre	7.30 for 7.45 pm
11th	St Martin's Church Spring Clean		10 am - 12.30 pm
12th	<u>2nd Sunday</u> Holy Communion Holy Communion	St Martin's St James's, E Lambrook	10 am 11.30 a m
13th	Garden and Countryside Club Avon Bulbs' Micky Little: All you wanted to know about bulbs and their selection	St Martin's Church Rooms	7.15 pm
18th	Coffee Morning	St Martin's Church Rooms	10 am - 12 pm
19th	<u>3rd Sunday</u> Morning Prayer Morning Service Evensong with In Ecclesia Choir Evensong with Holy Communion Still Waters	St Martin's Methodist Church St Martin's St James's, E. Lambrook All Saints', Martock	10 am 10.45 a m 5 pm 6 pm 6.30 pm
22nd	Kingsbury Episcopi/Town Tree 10k Race	KE Rec	7 pm
26th	<u>4th Sunday</u> Holy Communion Matins	St Martin's St James's, E Lambrook	10 am 11.30 a m
29th	Ploughman's Lunch followed by either bingo or a beetle drive	St Martin's Church Rooms	12 noon

June 2024

	<u>June 2024</u>		
1st	Pirates of the Carabina present - Counterweight Burrow Hill Cider Farm		Show times: 2pm and 6pm
2nd	1st Sunday Benefice Holy Communion Morning Service Evensong with Holy Communion	All Saints', Martock Methodist Church St James's, E Lambrook	9.30 am 10.45 a m 6 pm
4th	East Lambrook Village Coffee Morning E Lambrook Schoolroom EVERY FIRST TUESDAY IN THE MONTH Film Club	KE Community Centre	10.30 am 7 for 7.30 pm
5th	Parish Council EVERY FIRST WEDNESDAY IN THE MONTH	KE Primary School	7.30 pm
6th	Contemplative Prayer Group EVERY FIRST THURSDAY IN THE MONTH	St Martin's Church Rooms	7.30 pm
7th	Coffee Pot EVERY FRIDAY	Methodist Wesley Room	10 am - 12 noon
9th	2nd Sunday Benefice Holy Communion Holy Communion	St Martin's St James's, E Lambrook	10 am 11.30 a m
10th	Garden and Countryside Club Group visit to Lytes Cary Manor, near Kingsdon. Guided garden tour		2.30 pm TBC
15th	Deadline for July/August edition of Parrett Talk Please note that any copy or inserts received after this date, may not be published or included.		
15th	Coffee Morning	St Martin's Church Rooms	10 am - 12 pm
16th	3rd Sunday Morning Prayer Morning Service Evensong with Holy Communion	St Martin's Methodist Church St James's, E. Lambrook	10 am 10.45 a m 6 pm
26th	Ploughman's Lunch followed by either bingo or a beetle drive	St Martin's Church Rooms	12 noon
23rd	4th Sunday Benefice Holy Communion Matins	St Peter & St Paul, Muchelney St James's, E Lambrook	11 am 11.30 p m
30th	5th Sunday Benefice Holy Communion East Lambrook Joint parish service in Morning Service	All Saints', Martock St Peter and St Paul's, South Petherton Methodist Church	9.30 am 10.30 a m 10.45 a m