

THE CANNINGTON TARGET

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**Editor Dr Geoff Parle,
Child of Cannington 2016**

**The Village Magazine FREE to each household
in CANNINGTON**

Issue No.113 August 2016

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EDITORIAL

Hello again.

I was recently greatly honoured to receive the Child of Cannington Award for 2016. At the ceremony I was able to list the long line of worthy recipients and I was able to express my appreciation and awe at being in that company.

I became the editor of the Target in the Spring edition of 2004, issue number 64. As your current issue is number 113 the next edition will be the fiftieth and as I feel it is a privilege and a pleasure to serve you, I will continue to do so for the foreseeable future.

Cannington in Bloom continues the good work and our thanks go to them for all they do.

The Annual Flower Show will take place on Saturday, 20th August (details within). Well done to those who kept the Show alive and we wish them well for the future.

Geoff Parle. Editor.



OIM A ZUMMERZET LAD

Oim a Zummerztl lad wi Zummerztl wayz,
And I loikes zittin out on 'ot zummer dayz.
Wi zum Zummerztl zyder an Zummerztl cheeze
And Zummerztl 'unney from Zummerztl beez.
Oi got a shock not long ago
When a furriner spoke a tongue oi didn't know.
Twas a close encounter twixt my world and 'iz,
That stranger from Avon, wherever that iz.



Arthur Clark
1915-2012

WEATHER UPDATE

April is expected to bring seasonal showers, and this year April was no exception. There were not many but those which came were quite violent bringing sleet, hail and sometimes thunder. However it was a drier than normal month. We recorded 30mm which was 60% of the average. Half of this fell on just three days, the 4th [4.2mm] the 10th [5.6mm] and the 22nd [5.2mm] The Northwest wind dominated giving us average maximum and minimum of 12.5c and 4.8c which is about one degree below average.



May began with a rather unsettled spell from the 7th to the 11th, with another from the 18th to the 23rd, but overall there was much dry and settled weather, particularly at the end of the month. Rainfall at 37.2mm was about 15mm below average. Maximum and minimum averages of 18c and 7.8c were warmer than average.

Spring overall was colder than normal in spite of the fact there were only three air frosts, the last being on the 28th April. Rainfall was low with about 65% of the long term average.

June is the first of our summer months and began with some warm dry weather. There was no significant rain until the 12th and the warmest day was 26c on the 6th, then a period of low pressure dominated bringing unsettled weather for the rest of the month. This cooler weather brought the average temperatures down to normal for the month. The average maximum was 19.5c and the average minimum was 11.4c. In spite of some heavy showers we recorded only 29mm which is 61% of the long term average.

David Daggar

Father Peter & His WSR Driver Day



You may remember that one of the gifts that we gave Father Peter on his retirement was a Gift Voucher for a 'Driver Day' on the West Somerset Railway. Well hot off the press...

Father Peter wrote: *'This is me and my goods train. Before any rude comments are made the buffers at Minehead are still where they were, no trucks were derailed and I didn't pass a stop light.'*



Looks like he had a brilliant day so thank you all.

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Curry sauce & Chips
Gravy & Chips

FRIED CHICKEN

Chicken Leg ¼
Chicken Breast
Chicken Fillet
Nuggets x 6 or 12

SAUSAGES

Small / Battered
Jumbo / Battered

BURGERS

1/4lb Beef Burger
1/2lb Beef Burger
1/4lb Cheese Burger
1/2lb Cheese Burger
Battered Burger

~~~~~

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~~~~~

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Steak
Chicken

EXTRAS

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Onion Rings x 10
Mushy Peas
Pickles
Sauces
Soft Drinks
Pineapple Fritters x2
Gravy





The Cannington Flower Show

**Saturday 20th August 2016
at the Primary school**



*If any of you can help the evening before and or on the day
this would be brilliant.*

Beverley Hirschfeld - Chairperson

Contact: 01278 287876 beverleyhirsch@live.co.uk

All the exhibits must be staged by 10:30am on the day.
All trophies should have been returned by the 18th July so we can have them engraved before the show.

The entry forms and fees will be accepted by Jane Tomaney, Conway House, 19 Fore Street or Kym Carpenter, 14 Clifford Park and also at the Village Bakery.

Most of your flowers and plants must be in bud by now and those first stitches done and cakes being thought about. We want this show to go on for many more years so please support it.

We as a Committee are very few in numbers and it is difficult to do all the jobs that need doing, so we would welcome any help the evening before this year's show to set out tables etc. and on the day itself please.

We look forward to seeing your lovely exhibits.

You can email us on canningtonflowershow@hotmail.co.uk or me on beverleyhirsch@live.co.uk or on face book Cannington Flower Show.



Beetroot

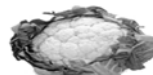


Spinach

Vegetables



Turnip



Cauliflower



**Did you hear about the cross-eyed teacher who lost her job
because she couldn't control her pupils?**

CANNINGTON SEWING GROUP

The sewing group has been going from strength to strength from when it started in May, but we still could do with more people to come along and have a good time with us. You don't have to know how to sew or knit as we can show you what to do.

We are now meeting fortnightly at the United Reformed Church at a cost of £ 3.50 each person from 7pm to 9pm on a Tuesday.

The next meetings are 2nd and 16th August

I am thinking of running an afternoon group on a Thursday; if anyone is interested please get in touch with me. If there are sufficient numbers then I will run it. If we have enough funds I would like to run some all-day workshops and maybe we could all go out for a Christmas meal.

**Hope to see you all there at our next meeting.
See my face book Cannington Sewing Group
or email me on beverleyhirsch@live.co.uk**



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See the website for more information.

Coming soon! From Easter 2016 : New **free weights room!** ***Evening family swims, Aqua Aerobics*** for adults & ***swimming lessons*** for toddlers in our lovely warm pool on midweek mornings. Get your child's name on the list now!

We look forward to welcoming you at The Mill.

Cannington Pantomime Society 2017



Pinocchio

**Performances to be held at
the Village Hall**

**On Wednesday 15th February 2017 to
Saturday 18th February 2017**

at 7-30pm with a matinee at 2-30pm on Saturday

For any of you who are interested in pantomime and would like to join our group, please leave your name and contact details on our website www.canningtonpanto.co.uk or our Facebook page and we will get back to you.

Currently we are urgently seeking help with our costumes.

If you can help, please contact:

**Alan Slade on 01278 652653 or Joy Speed on 07709 576364
or via the website or Facebook**



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Cannington Group

At our July Meeting we held a “Bon Marché” fashion show with some members being models, including one who was not a member. “ Thanks Val” , it turned out to be a really fun evening which everyone seemed to enjoy.

Our Programme for the rest of the year

August Annual Skittle Night Saturday 13th August
September 12th Lagoon Power
October 10th Tales from “ Glastonbury Abbey” with a difference
 Kay Wych (aka Alyce Cleeve 1538)
November 14th The Joyce Grenfell Story Joan Knowleman
 Date to be confirmed Christmas Dinner at Blackmore Farm
December 12th Christmas Evening Mince Pies & a Natter

You would be most welcome if you would like to come along to one of our meetings just come & have a cup of tea with us you might decide to join!!!! Meetings are held on the 2nd Monday in the month 7.30 upstairs in the Village Hall.

Sheila Allen (President) 653509 Doreen Bunch (Secretary) 653969

200 CLUB DRAW for 2016

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runs a 200 club. £1.00 per week for 50 weeks a year.
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Rev. Alison Waters, 652953
Ruth Cook 653529 , Kate Slade 653572 or Betty Edney 653026**

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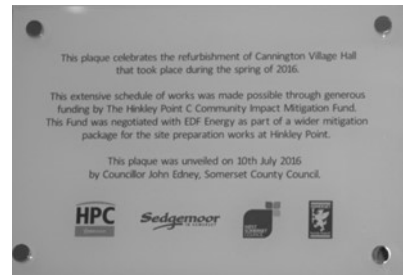
Cannington Village Hall



On the afternoon of Sunday the 10th July the Village Hall was officially reopened by Councillor John Edney after the extensive refurbishment project.

The doors were opened to the public for the afternoon to give them the opportunity to look around the whole hall at their leisure. Everyone who visited and took 'the tour' was very impressed with what they saw. Also various user groups came along to showcase what their activities and complimentary tea and cake was served.

At the time of writing we are almost completely finished with only a few issues left to sort. There are still projects that we are hoping to undertake in the near future especially replacement lighting for the lower hall in the first instance.



Don't forget that the Village Hall is available to hire for all sorts of different functions - just give Rose Morgan our Booking Secretary a call 01278 652102.

Richard Lane, Chairman

How does Moses make tea? Hebrews it.

THE VILLAGE MATTERS

Notes from your County Councillor

Child of Cannington Award

The recipient this year is Dr Geoff Parle, Editor of The Cannington Target Village Magazine. Geoff took over the role 12 years ago and with many innovations brought the Target to the fine quarterly publication we enjoy today.

It has become the directory of many local businesses and contains factual information, humour and is one of the best local magazines in the County.

Best Kept Village Competition

Well, the judges have now made their inspection visit and we await the outcome. Cannington has never looked better than on visiting day and residents seemed to have caught the community spirit with efforts to show the village off at its best.

Floral displays, tidy paths and verges, decorative wheelbarrows and trimmed hedges combined to provide the judges with what a village should look like.

I am reluctant to name individuals as so many took part but I must mention Councillor Ian Dyer for his time and effort together with Jane Tomaney who, although relatively new to the village, marshalled a band of active volunteers who laboured long and hard to achieve the high standard that was on display.

The village owes a great debt of gratitude to all those who contributed.

Bus Shelter

Finally, following the mindless vandalism in the High Street bus shelter, we owe a vote of thanks to Fay Loveridge and her team of helpers who cleaned up the graffiti and repainted the shelter. Another fine example of community spirit.

Have a good summer,

Edney

Best wishes

John



John Edney

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Spaxton High St: TA5 1BS

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I stayed up all night to see where the sun went, and then it dawned on me.



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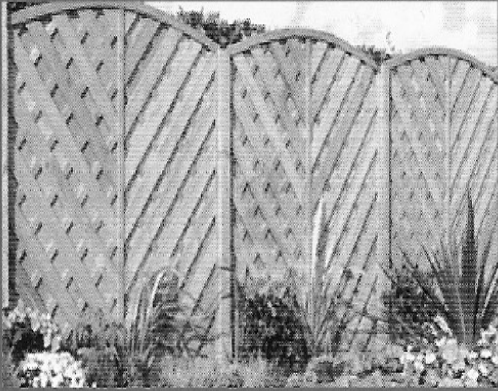
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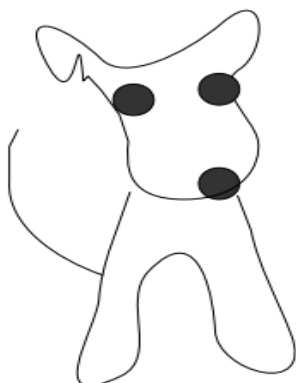
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CANNINGTON PRIMARY SCHOOL PTA

Cannington Church of England Primary School PTA would like to thank our fantastic community for helping to support another fantastic Summer Fayre which was held at the school on the 8th July.

Another tremendous effort from the PTA and friends, resulted in a very special afternoon of fun and games for children and parents and carers alike, as the sun shone.

The hard work put in and the always generous response of the community meant that the PTA were able to raise over £1,200 from the event – a really outstanding effort from everyone involved.

On the back of other successful fundraising efforts this year, the PTA are delighted to announce that they have agreed to fund the provision of 18 new iPads for the school, which Mrs Nurse has already arranged to have ready for the children when they return in September.

The PTA have also agreed to help fund the purchase of 30 sports tops for the sports teams to use when they represent Cannington School.

These types of donations would not be possible without the hard work and commitment of a very dedicated PTA committee, as well as a very generous community who the PTA cannot thank enough for their continued and generous support.

If you would like more information about the PTA check out the school's new website at <https://slp5.somerset.org.uk/webs/canningtonprimary/SitePages/Home.aspx> or look out for upcoming PTA events in the schools newsletter.

Thanks again Cannington and surrounding areas for your continued support, we look forward to seeing you at one of our upcoming events. PTA

CANNINGTON PRE-SCHOOL

Life at the Pre - school has been very busy over the past few weeks. Alongside our everyday activities we have been supporting and preparing our school leavers with their transitional visits to school. Mr Bingham from Pro Coaching has been delivering a programme of sports activities over the last half term and he then led a very successful sports morning involving all our children, parents and practitioners. Liz and Cath have been busy planting and growing a variety of crops in the vegetable beds. Those of you who visited the school fair may have seen the courgettes, potatoes and strawberries we harvested. The outdoor sand pit has been a popular choice throughout the summer term. The children have used their imaginations to create role play situations and have enjoyed building sandcastles, mounds and roads.

The staff have also been responsible for running a variety of clubs to enhance the curriculum based activities we already have on offer; these have included baking, science, gardening, PE and music and movement. The clubs have provided the children with a wide range of interactive learning experiences and we will continue these next year.

The Pre - school team would like to wish all those children moving onto school the very best of luck as they continue their learning journey. We look forward to meeting all our new starters and their parents on our return in September.



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 Contact name: _____

<u>Event</u>	<u>Details</u>	<u>Number of people attending</u>
 <u>'Mossy Church'</u>	Monday 22nd August 10am-2pm -Messy church outside, playing with creation. Den building, wood craft and marshmallows on the fire! -Meet at Cannington URC -Wear wellies and a waterproof coat! *Children must be accompanied by an adult*	
<u>'Baking/Cooking Day'</u> 	Wednesday 24th August 10am-12noon Make, bake and cooking for a fun morning! Make your own lunch! -Meet at Cannington URC -Parents only need to stay if your child is under 6yrs	
<u>'The Great Family Picnic'</u> 	Friday 26th August 12-2pm Come along with the whole family and enjoy a BIG picnic for all ages! - *Children must be accompanied by an adult*	

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If the above applies to you please ask for an application form from the Rector, Rev. Alison Waters or Clerk, Betty Edney, 1 Mill Close (653026).

The Trustees consider all applications in the *strictest confidence* and no information is in the public domain.

Examples of the help we give are: School trips, clothing, heating bills and replacement of necessary electrical equipment etc.

The Parish Church of S. Mary the Virgin, Cannington

Rector : Rev Alison Waters
The Rectory, Brook Street, Cannington TA5 2HP



Church Wardens:

Tony Slade **01278 653572**

Ann Cowling **01278 652308**

E-mail: cannington.benefice@gmail.com

Telephone 01278 652953

Sunday Services 8:00am Eucharist [Communion]
 9:30am Parish Eucharist and Sunday School

5th Sunday 8:00am Eucharist
 10:00am Joint Benefice Eucharist at one of the
 Churches in the Benefice

Weekday Eucharists
 10:00am - 2nd & 4th Mondays only at Schoolfields
 6:45pm - Tuesdays
 8:30am - Fridays

For dates and times of other Services and any alterations to the
above pattern please see the Notice in the Church porch.

Other Activities

Tuesdays - 7:30pm Bell ringers Practice

Thursdays - 10:00am - 11:30am Coffee and Chat in Church
 7:00pm Choir practice.

Fitness Classes with Sian



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Core Stability/Pilates

7pm Cannington Village Hall (£5)

Thursdays

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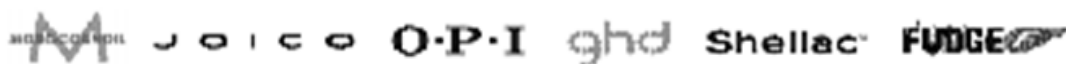
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THANK YOU, THANK YOU, THANK YOU

This thank you goes out to each and every Cannington resident who went that extra mile to help prepare the village for judging on Thursday 7th July. It started with our Community Action day on June 18th, this year we had more volunteers than in previous years and it proved to be an excellent fund raiser to help us continue with our seasonal planting. To everyone who came on the day and also everyone who donated prizes for the raffle, THANK YOU Also to Mike Hill at the butchers for the burgers and sausages and Steve Matthews from the Village Bakery for the rolls, THANK YOU.

We then have our IN YOUR NEIGHBOURHOOD entries which this year they were: **Seed of Hope**, who have concentrated their efforts in the Community Orchard. This area has had a thorough makeover from Kris Scotting from Seed of Hope, Jayne Alcock from the Walled Gardens, Cannington and the volunteers who every Tuesday worked their magic.

Cannington C of E Primary School and their newly established Gardening Club took over the border along school path. The children have worked extremely hard and it is a pleasure to stroll along and look at what they have done plus all their little bug hotels sited amongst the flowers.

Residents of Clifford Lodge, with only 12 residents and not all of them being able to undertake a great deal, the judges were really impressed with what they saw and loved the gardens of Andy, Bob and Josie.

Corner of Portland Close and the lane off East Street; this is looked after by Jennie Gee, Fi & Gary Hugill, those of you who travel up and down East Street will no doubt see the beautiful flowers on the corner of Portland Close, also Gary laid some large paving slabs,(kindly supplied by Tim Roe of Cannington Enterprises) to stand the black bins on. Judges also noted other residents in East Street who had put planters outside and want us to encourage you all to do this.

Rose Villas in conjunction with Brymore School; they saw the before pictures of this area and how it was transformed from a waste land to 2 borders with trellis and climbing roses. Ray Wardhaugh our Chairman from On the Level Building services and Geoff Draper spent a cold February day constructing the trellis and smartening up this area.

The volunteer border opposite the War Memorial; I'm sure you will agree it is a beautiful focal point in the village with stunning colours that cheer you up as you go past. The volunteers designed and planted out this border giving up their time to maintain this and are unsung heroes.





~~We would~~ We would also like to thank Cannington Parish Council for their support, along with Ian Dyer and his team who worked tirelessly in doing so much for us leading up to our judging day, I'm sure you will agree that OUR village looked really beautiful.

Thank you to EDF Cannington Court for their hospitality during the launch of our judging and presentation and to Blackmore Farm for the lovely lunch at the end of it, both settings were just what was needed.

There are many more people we could thank so please take this as a personal thank you from C.i.B but one person who deserves a mention is Shane Vaux – Shane produced a video for the presentation and we hope to put it on social media so everyone can see it. The judges said "It was the BEST video they have seen".

But remember we don't just want our village to look nice for one day, we want it to look like that all the time, so keep doing SAW – SWEEP AND WEED, it really made a difference the amount of residents who took the time to SAW outside their own properties so THANK YOU once again,

On a lighter note please don't forget the Scarecrow Competition, this year's theme is "Super Heroes" (fictional) get your scarecrows out between the 1st – 17th August for judging, 3 prizes up for grabs. Watch out for online entry forms The winners will be announced at Cannington Flower Show on August 20th.

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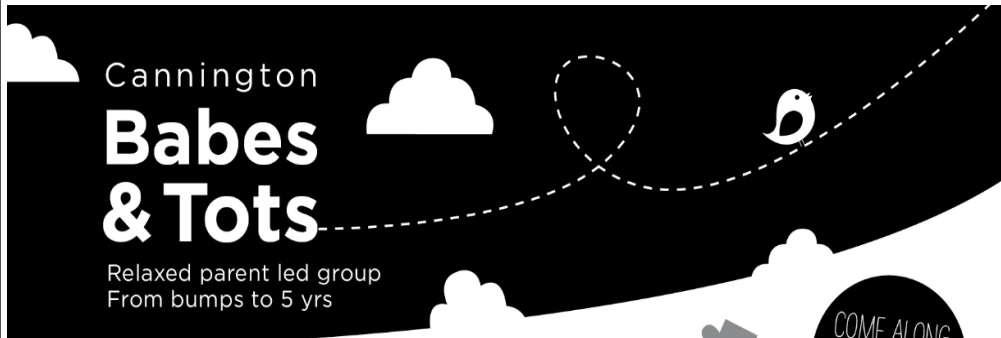


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We have various activities during the week including prayer meetings and Home groups for Bible study, discussion and prayer.

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Tales from the Tower

We all enjoyed a lovely Ringers' outing in June which was supported by St Mary's congregation. This year's outing took us to Bourton on the Water in the Cotswolds. We stopped at Malmesbury Abbey for a ring at the detached tower of St Pauls, and then enjoyed morning coffee in the abbey. We then went on to ring in Bouton on the Water at St Lawrence before we had lunch and explored this picturesque village.

After lunch we had a quick ring at Avening at The Holy Cross and then on to our final destination which was Frampton Cotterell. We rang at St Peter and St Paul which is next to the Globe where we finished with a lovely roast dinner before returning home. A big Thank you to Colin Fitzpatrick for organising another very successful outing.



This year's outing ringers

On Saturday 9th July we held an open tower event to raise money for church funds as part of the Church Fete afternoon. We had approximately 40 visitors who climbed the tower to see the Ringing chamber, clock room and Belfry. They had the chance to watch the bells being rung in the ringing chamber, and then see the bells in the Belfry and watch the bells swing as they were being rung. The event was very successful, all our visitors were interested to see what we do in the tower and hopefully this will be repeated on future occasions.

Angela Underwood

Haunted French pancakes give me the crêpes.

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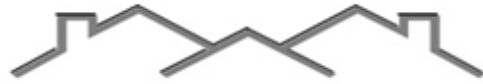
In May we ventured out to Steart for a cream tea which was a huge success thanks to our hosts Jane and John Tarr, those people who kindly offered transport and the lovely weather!

The next meeting on Friday 10 June was back at The Globe when Revd. Alison Waters joined us for a strawberry tea in celebration of the queen's 90th birthday.

In July we were invited to Cannington C of E Primary School, many thanks to Mrs. Nurse, her staff and the children for putting on this event. The singing was truly uplifting and the tea and cakes delicious.

Our next meeting will be on August 12th at 3.00pm in The Globe for tea and a chat. Once again our thanks go to Leathea for providing us with a venue

Jan Hossent.



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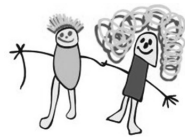
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Website: www.oddjobarmy.com



Community use of Cannington URC.

The church building is available for hire to appropriate bodies at reasonable rates. There is a large downstairs room with attached refreshment bar, fully fitted kitchen, toilets, and disabled access. Ideal for children's parties, large family gatherings, wedding receptions, interest group meetings, displays, etc. Call Bookings Secretary (Gina) on 07861671436 or email canurcsec@hotmail.co.uk.

Current regular users of the church are:

- Baby Café at 10.30 on Monday mornings providing support and advice in a social setting for mums and mums-to-be;
- Active in Age : Mainly chair-based exercise with games and a cuppa. every Monday from 2.30 to 3.30
- Stay and Play for children 0 to 5 years old (and parents) on Wednesdays at 10.30.
- HAAS (Help and Advice Across Sedgemoor) on the 1st , 3rd and 5th Friday of each month, from 9.30 to 12.30.

Help and advice from Citizens Advice Bureau, Sedgemoor District Council and Cannington branch of the Credit Union in a simple and friendly setting. Also provides a time for social gathering with friends and neighbours for tea, company and cake – with a friendly board game or two thrown in!

A cartoonist was found dead in his home. Details are a bit sketchy.



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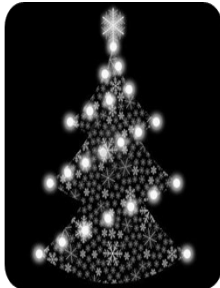
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They told me I had type-A blood, but it was a Typo.



Cannington Christmas 2016

**Saturday 3rd December
6pm – 7.15pm
By the Jubilee Gardens**

Cannington Christmas has become a very special annual event where we come together to watch the 'switching on' of the Christmas Lights on the tree and around the Jubilee Gardens in Celebration of Christmas. Cannington Christmas brings our community together to spend a pleasant hour or so meeting and greeting new and old friends within the village. There will be stalls to peruse and mulled wine to quaff.

If you are interested in having a stall please contact either Jane Tomaney on 651016 or Kate Slade on 653572.

However – what we really need are volunteers to make sure that the event goes smoothly. If you are able to offer any help before, during or after your input would be most welcome. Please get in touch.



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CANNINGTON PARISH COUNCIL

New Councillor Kym Carpenter

We were pleased to welcome Kym Carpenter as our new Parish Councillor at our meeting in July 2016. Kym was co-opted in our June 2016 meeting. We look forward to working with her.



Deputy Clerk

An interview took place for a Deputy Clerk to replace Trish Villis. We are hopeful that the position will be taken up on 1st September 2016.

Rodway Playing Fields

The purchase of the playing fields from Sedgemoor District Council has now been finalised. The car park is up and running as a very successful park and ride for Cannington Court.

We have had a request from a football team to use the playing field on Sunday mornings. We are looking for more teams to play; if you are aware of any teams please get them to get in touch with the Clerk.

Bowling Green

The Parish Council is continuing to try and get ownership of the Bowling Green from Sedgemoor District Council. A smart new fence has been erected along the Bowling Green just in time for the judging of Cannington in Bloom.

Cannington in Bloom

The judging for Cannington in Bloom took place on Thursday 7th July 2016. The judges were very impressed with all the effort that had been put in to make the village so lovely. They were also very impressed with the presentation including a video made with the use of a drone. The Parish Council would like to thank all the members of Cannington in Bloom and the numerous volunteers in particular Ian Dyer for all the hard work that went in. It also encouraged individuals to tidy up around the outside of their properties. Chairman Colin Allen said it was the best he had ever seen Cannington look and everyone should be very proud of their efforts.

Flood Alleviation Scheme

Work has started in earnest on this scheme and the temporary bridge which will be in place for 12 weeks should now have been installed over the A39 to allow for work to go ahead on the new culverts. You can visit our website www.cannington.org.uk to view photographs of the work in progress; you will find them under recent news.

Queen's 90th Birthday

The Chairman presented commemorative medals for all children at Cannington Primary School to mark the Queen's birthday on 13th June 2016. If you



← have children of primary school age who do not attend Cannington School then please contact the Clerk for a medal for them as we have a few left over.

Jubilee Gardens

The Black Poplar has been dated to c 1800 +/- 10 years. We would like your suggestions as to what should be done with it. Please contact the Clerk with your ideas. We will be putting up a plaque for the Black Poplar and also one for the tree planted in recognition of the service to the village given by Father Peter.



There are Heritage Funds available within the EDF CIM fund and it is hoped that some of this money will be used to restore the footbridge. If we are successful it is anticipated that work will commence in July 2017.

Donations

At a recent meeting we agreed to donate £300 to Cannington Pantomime Society to help with the rent for their next performance.

Police

The Avon and Somerset Office of the Police and Crime Commissioner is holding a consultation on policing priorities. The consultation can be found on www.avonandsomerset-pcc.gov.uk/Take-Part/Your-policing-priorities-consultation.aspx or you can phone 012752 816377 for a hard copy of the survey. The consultation closes on Tuesday 30th August 2016.

We will be putting forward one of our Councillors to join the independent residents panel.

Some of you may have experienced long delays when reporting crimes using the 101 telephone number. If the crime is not urgent it can be reported on the Avon and Somerset website; <https://www.avonandsomerset.police.uk/contact-us/report-a-crime-or-incident/>

Cannington Bypass

The new bypass has been named Brymore Way.

There will not be a meeting in August and our next meeting will take place at 7.00pm on Tuesday 13th September 2016 in the Village Hall.

Finally it would be appreciated if you have any non-emergency matters that you wish to report or discuss to contact the clerk in the first instance either by phone, email or in person.

Tina Gardener Clerk to Cannington Parish Council
Community Room, Cannington Village Hall
Opening hours; Monday and Wednesday from 10.00am to Midday
01278 653322 or canningtonparishcouncil@cannington.org.uk
www.cannington.org.uk

Becoming a Dementia Friend

Aunty Vi loves a family gathering and likes nothing better than reminiscing over a cup of tea. She recalls her son's turbulent teenage years with clarity, but she doesn't remember what she had for lunch. Aunty Vi has dementia, but with support from family, friends and carers she still has a full life.



About two thirds of people will get dementia in later life, although it can affect younger people as well. There are several different types, with Alzheimer's being the most common. It usually starts by affecting people's short term memory, but can also affect perception, so for example people may not recognise themselves in the mirror.

A helpful illustration is to imagine the brain as a not very well made bookcase with your memories stored in a set of encyclopaedias, stacked from the bottom shelf upwards. Every new memory goes into a book which is then placed on a shelf. If something shakes this wonky bookcase the volumes on the top shelf fall off, they are the most recent memories of today, this week, last month, all gone. Lower down the books are still safely in order on the shelf and you can remember Charlie's wedding 10 years ago, or the French you learnt at school.

Feelings and opinions are kept in a separate book, which isn't stored on the bookshelf. So you will know how you feel: happy, sad, hungry, that you don't like chocolate! But without remembering why you feel that way.

So it's no good telling Aunty Vi she can remember what she had for lunch, or getting cross when she says the same thing over and over again. To give her confidence and make her feel good I can treat each time she tells me the story about her son's first day at school, as if it were the first time.

Having to make sense of a world you don't remember is very hard work and Aunty Vi gets tired quickly, so I don't mind if she has a nap.

You can join me in becoming a Dementia Friend – the Alzheimer's Society runs short courses.

If you are concerned about someone, the Alzheimer's Society can help. The national helpline is 0330 333 0804. The website is Alzheimers.org.uk.

If you are finding life hard going at the moment, I may be able to help, my phone number is 07798 703 321, email alison@sommersetccc.org.uk Or you can drop in to the URC in Cannington on the third Friday each month between 10am and 12 noon

Alison Hoare. Village Agent

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Type 2 Diabetes	35-40%	Colon Cancer	30-50%
Breast Cancer	20%	Hip Fracture	36-38%
Depression	20-30%	Hypertension	33%
Alzheimer's disease	20-30%		

AND Age is no barrier in Cannington.

Every Monday from 2.30 -3.30 there is “Active in Age” (Age UK promoted)
-mainly chair-based exercise and games for older folk .

Held at Cannington United Reformed Church, on the High Street. Contact: Eileen on 652250.

ALSO

Sian Cocks runs a variety of classes for all different ages.
Some are at the Village Hall and some at the URC church.
Contact Sian for details: siancocks@btinternet.com



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St. Mary's Church
Forthcoming Events
Please come along and join us

Cream Teas

At The Rectory

Sunday 14th August 3 – 5pm

Jigsaw Puzzle Sale & Coffee Morning

In the Village Hall

Saturday 22nd October 10 am to 12 noon.

Brownies

What a fabulous year

we have just had; our

Brownie pack has grown from strength to strength. The Owls would like to say a big thank you for all the support we have been given and of course a big thank you to the Brownies themselves.



The Girls have completed their Hostess badge that included making invitations, planning a party, making sandwiches, cakes and drinks and not least, entertaining their guests for the evening.

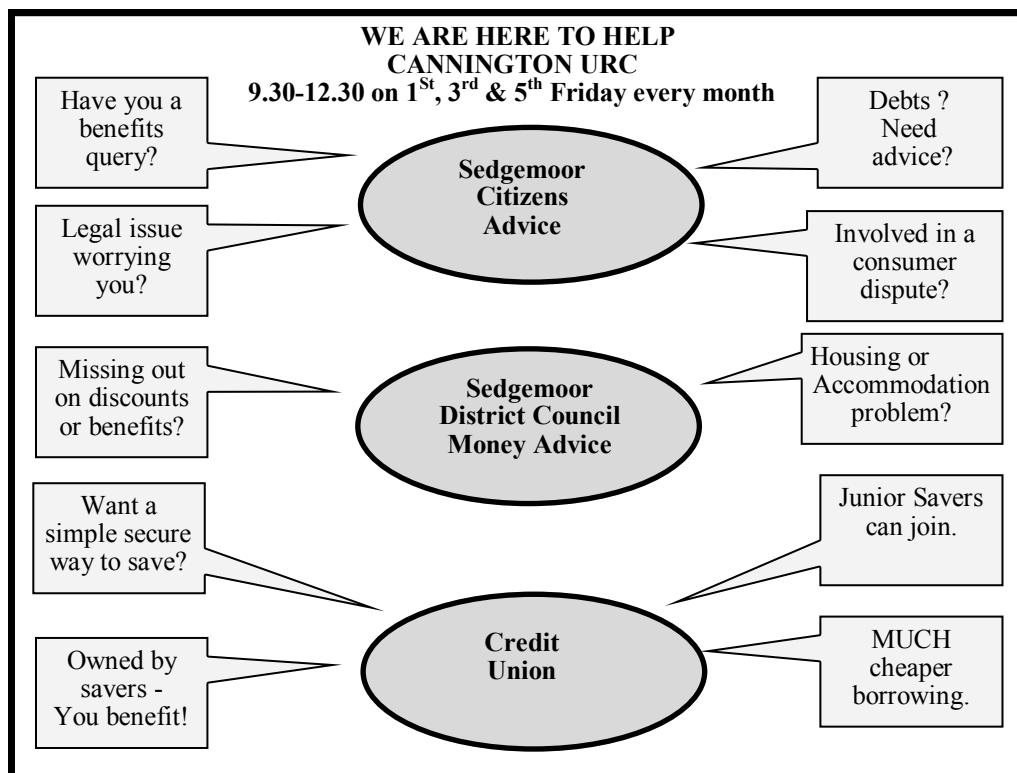
We welcome Sophie, Jessie and Mikaela who recently made their brownie promises.

Westcan very kindly invited the Brownies to their performance of Joseph's Technicolour Dreamcoat. All of us thoroughly enjoyed it. Well done Westcan!

Finally, we finished our first year with a family sandcastle competition at Burnham-on-Sea. It was lovely to see the Brownies and their families building sandcastles together. Congratulations go to our winning team; Mikaela and her family who were presented with a trophy.

We look forward to meeting again in September; with lots of challenges ahead.

I'm reading a book about anti-gravity. I just can't put it down.



I used to be a banker, but then I lost interest.



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Something to say? Complimentary or otherwise please send your comments / views to the Editor,
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Cannington, TA5 2RJ or email
geoff@parleg.freemove.co.uk.
This is your magazine so I need to know what you think!

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This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

And finally..... Do you realize if it weren't for Edison we'd all be watching TV by candlelight?



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