

THE CANNINGTON TARGET



**Leathea Stephenson
Child of Cannington 2017
(see page 19)**

**The Village Magazine FREE to each household
in CANNINGTON
Issue No. 117 August 2017**



EDITORIAL

Hello again.

Congratulations to Mrs Leathea Stephenson, the recipient of the Child of Cannington Award for 2017. Read about it on page 19.

I would also recommend that you read the weather Report on page 40 in order to remind us of the topsy turvey Spring / Summer we have experienced so far. It makes interesting reading! I'm still hoping that there are still many sunny days to come this year.

Look to your left and note that The Flower Show will take place on Saturday, 19th of August. For quite while the Show was in jeopardy but has been rescued by a hardworking, dedicated committee. I thank them on your behalf.

Thanks (as ever) go to the team who distribute The Target to every household in Cannington and also to all our advertisers; they deserve your support.



Geoff Parle. Editor.

LAWN YAWN

Lazing under a Summer sky,
Looking daisies in the eye.
Close-up grass, deep emerald green,
Velvet-soft, with polished sheen.

A passing bee decides to sup
From a golden buttercup,
From ants, team-working at a task,
Bringing guilty twinges as I bask.

Pansies, each with face endowed,
But each quite different from the crowd,
Then eyelids droop, thoughts fade and cease —
At ease I snooze with mind at peace.



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'Cannington Open Gardens' 2017

From Catherine Nightingale – Organiser of 'Cannington Open Gardens' (01278) 653406 - 41, East Street, Cannington, Bridgwater, Somerset TA5 2HL. cathygdbm@hotmail.com

What a glorious day! The first day of July on the Saturday and the first 'Cannington Open Gardens' for decades. A whopping £507.70 donation to Cannington in Bloom. We had six gardens, all different:

John Addison RHS Wisley garden judge & teacher has a garden in progress, with trees & many unusual plants.

Maureen Hudson, Clematis collector and plants woman who lives in her bungalow showed her 4-5 year old garden with packed borders of flowers.

Richard & Nancy Salvage with a long garden for grandchildren, had their tiny helper who showed the many secret corners.

Rob and Sheila Guard's huge garden with mature trees, pond, flowers and growing patch.

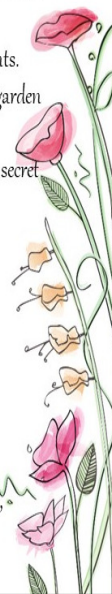
Gurney Manor Mill garden has a waterfall, pond and cobbled courtyard, so a wonderful afternoon.

Our organic garden, so no slug pellets or sprays, is for wildlife displays wisterias & our octagon/pergola.

With Malcolm Berridge & I at 41 East Street, Bill & Pauline Sutton & Glynis Berridge at Gurney Manor Mill offering fresh cream teas in the sunshine.

We wish to send out a big thank you for all those people that sat on our cushions having cream teas and for everyone who toured the gardens for their generous support which is so appreciated.

I will be organising it again in 2018, so contact to register an interest. It would be great to have more children, so let's make it bigger and longer next time. Thanks again. Cathy





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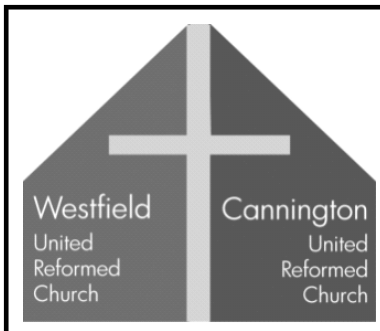
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Secretary: Margaret Boyd tel. 01278 653214 e- canurcsec@hotmail.co.uk
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Our basic purpose is to provide a place of Christian worship in the non-Conformist tradition for the local community. Our wider purpose, however, is to serve both the local and wider community in ways that meet the demands of as many people as possible. We therefore offer space, activities and facilities for the elderly, toddlers and pre-school children, young parents and parents-to-be, those in need of social interaction, the hungry, teens and pre-teens. We try to extend hospitality and God's gracious love to all.

We support a range of charities and action aimed at the benefit of people and planet (e.g. Bridgwater Street Pastors, Bridgwater Food Bank. Age UK). We have strong ties, along with Westfield URC in Bridgwater, with schools and communities in Uganda. We are a Fairtrade Church and are working to become a committed Eco-congregation.

Our services are on Sunday mornings at 9.30a.m and usually finish at about 11am. Children and young people join us for the first part of the service and then go to their respective groups for Bible teaching. Our worship style is contemporary and relaxed but God-centred.

We have various activities during the week (see page: Community Use of Cannington URC) , including prayer meetings and Home Groups for Bible study, discussion and prayer.

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On behalf of the above charity I want to thank all of you who have put money into the collection boxes which are in various local stores, public houses and other establishments. I also want to thank those establishments which have accepted our boxes. Without your support it would not be possible for us to help our beneficiaries.

This year is our 10th anniversary, the charity starting in October 2007. The original intent was purely to provide a badly needed swimming pool for injured military personnel coming home from Afghanistan. 10 years on and we have to date provided four residential recovery centres, one of which is at Plymouth, which have helped over 20000 people. We have also been able to financially help various other military charities. During 2016 we made our 10,000th grant. None of this could have happened without your support.

Please remember the personnel who have a continuing need for your help whether due to extensive injuries or due to PTSD and please keep helping us to help them.

For further details of how to support the charity please contact

*****Robin Child, Somerset County Coordinator, on 01278 653269*****



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CHILD OF CANNINGTON 2017



The 2017 Child of Cannington award was presented to Leathea Stephenson at the Annual Meeting of the Parish Council. Leathea was given the award in recognition of her generosity of time, energy and resources for many local causes over the years, including the PTA, cricket club and play area, and for her continuing thoughtful and practical care for older residents of the village.

Revd Alison Waters commented in her speech on behalf of the selection committee, "This award is often given to those who have contributed something specific to the life of this village, or performed some important service, and quite right too. Sometimes, however, it will also be given to someone who has over many years just made the life of our village community better. And that is why Leathea is this year's recipient."

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The lucky winner of the May competition is Alicia Smith (aged 7) who worked out that Prince Philip is 5 years older than the Queen.

To win a tasty meal for two at The Globe Inn tell me.....

What gets wetter the more it dries?

Answers please by the 31st of October to
geoffparle@talktalk.net or by post or carrier pigeon to
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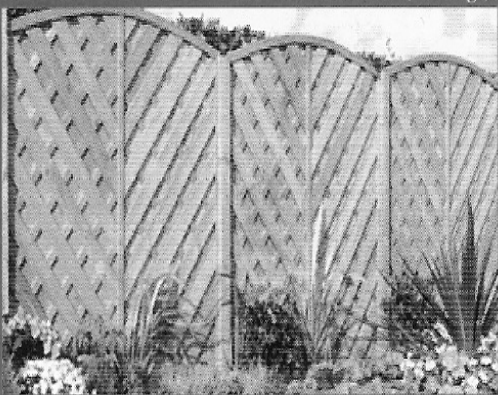
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- Held a Purplespoons supper raising over £125,
- Sold refreshments at the Sports day generating another £125,
- Had Ice lolly Fridays raising £288 so far

All the money raised goes back into the school and most recently we have donated £1000 to buy new books for the school library and given £100 to the school gardening club.

If you missed out on any of these events and don't wish to miss out keep an eye on future Targets & posters for info.

The next date for your diary is below:-

Christmas Fair (24th November 6pm to 8pm) – Meet Father Christmas, Christmas Cafe, Festive Stalls and lots of other fun activities

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

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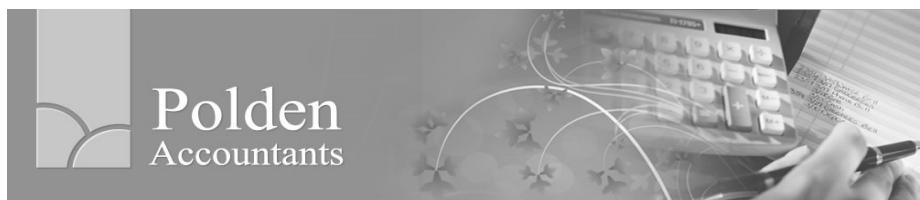


August	12th	Annual Skittles evening	Globe Inn
Sept	11th	Somerset & Devon Fire Brigade	
Oct	9th	"It shouldn't happen to a writer"	Michael Malayan
Oct	t.b.a.	Harvest Supper	
Nov	13th	History of Costume 1580 -1680	Ladies of Taunton Garrison
Dec	6th	Christmas Dinner.	Blackmore Farm
Dec	11th	Christmas Party	

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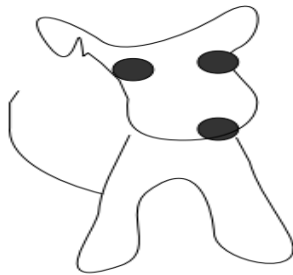
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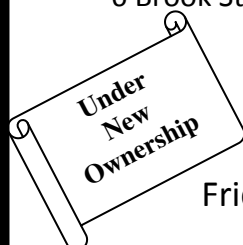
6 Brook Street, Cannington, Bridgwater, Somerset, TA5 2HP

opening hours

Monday 8am - 1pm

Tues, Wed & Thur 7am - 5pm

Friday 7am - 7pm Saturday 7am - 2pm



Sea otters hold hands when they sleep so they don't drift away from each other.

CANNINGTON COMBINED CHARITIES

The above Charity exists for the benefit of Cannington residents who need a helping hand.

You do not need to be on benefits, perhaps you fall into the catch 22 category where you have a little savings, enough not to claim benefits but not enough to buy those essential items that have worn out, or maybe, you have to turn your heating off because of the fear of a large heating bill.

If the above applies to you please ask for an application form from the Rector, Rev. Alison Waters (652953) or the Clerk, Betty Edney, 1 Mill Close (653026).

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

The trustees were delighted to receive three donations recently, including £500 from The Bridgwater Clay Shooting Club. The other donors wish to remain anonymous. We are very grateful for their generosity.

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



Cannington C of E Primary School

As the end of this academic year draws near we all begin to reflect on all we have achieved since last September.

Our children have benefitted from so many wonderful experiences it is hard to select our favourite moments but one thing we know for certain is that lifelong memories will have been created. Here are just a few things that have happened this year...

Autumn Term

We welcomed 30 new pupils into our reception class
Parents took part in our new curriculum evenings
School Harvest Festival at St Mary's Church
We opened our new seventh class as numbers on roll increased
Pupils met with contractors from Otter's Brook
We performed our Celebration of Christmas for our families
We welcomed a travelling theatre group
We shared a whole school Christmas lunch
We did a sponsored walk at Steart Marsh for Children in Need
Year 4 pupils began to learn the ukulele
The National Children's Society inspected and deemed us a good church school
Hazel and Pine Classes shared their learning in class assemblies

Spring Term

Year 3 pupils took part in reading café workshops
Year 2 and 5 pupils took part in fire safety workshops
Year R held a 'Pirate Day'
Beech Class shared their learning in a class assembly
KS2 classes visited Ashford Education Centre

Summer Term

We celebrated Easter at St Mary's Church
We ran three Easter competitions
Year 3 pupils began to learn the violin
We ran an NSPCC E Safety workshop for parents
Our Gardening Club is supporting Cannington in Bloom
Year 5/6 pupils won a local rounders tournament
Oak, Rowan and Ash Classes shared their learning in class assemblies
We held our annual sports morning and family picnic
All pupils took part in road safety workshops





Cannington C of E Primary School

Year 6 pupils went on a residential visit to Mill on the Brue

We took part in the Somerset Primary School Country Dance Festival in Wells

We have continued in our mission to develop a 'Growth Mindset' in all our pupil, helping them to understand the importance of ambition and aspiration.

In addition to this we have continued to strive hard to achieve the best teaching and learning experiences possible for our children. We have worked with parents, carers, a wide variety of visitors and external agencies, our governors, St Mary's Church and the URC, the Diocese of Bath and Wells and of course our local authority colleagues in order to do this.

We have presented thousands of certificates for our children recognising their achievements in mathematics, reading and phonics, hundreds of badges for our stars of the week and I have awarded over 200 Headteacher's Awards for achievements across all aspects of school life.

As this term draws to a close we say thank you and farewell to Mrs Adams, who has taught at our school for 16 years and will retire this summer, to

Mr Frowde who has been our Deputy Head for 4 years and moves to his own headship and to Mrs Bowditch who has worked as a TA and has been accepted to train as a teacher from September.

The end of this year brings mixed emotions for each one of us but we remain truly grateful that we work in such a supportive community.

Wishing you all a very happy, healthy and restful summer.

Mrs Nurse and all at our school

Don't be fooled by Council Tax scammers

A phone call that promises to lower your Council Tax banding for a fee of up £120 may sound like a great offer, but you can find out if your band can be lowered for free.

Sedgemoor District Council is warning residents to be aware of Council Tax scammers who may offer you deals to reduce monthly payments or reduce your banding. SDC has taken calls from worried residents, so are warning everyone not to be duped.

One current scam that has been brought to the district council's attention is from a company claiming to be called 'All Claim Solutions' who say they are calling on behalf of the Valuation Office or Sedgemoor District Council and ask for £120 to lower your Council Tax banding. Please note this is not a phone call from Sedgemoor District Council or the Valuation Office, despite their phone number being very similar to that of SDC. Council Tax bands are set by the Valuation Office Agency and can only be changed under certain conditions. Details can be found at www.gov.uk/council-tax-appeals. You will not be charged for the service.

If you are struggling to pay your Council Tax bill and need help, speak with a member of the Council Tax Team on who will be able to offer help and advice on 0300 303 7801.

If you have given over personal details, we would advise you to call the Police straight away on 101 and report the matter as an identity theft scam. The Police will also direct you to the Action Fraud helpline on 0300 123 2040.



St Mary the Virgin Church Cannington

Rector : Rev Alison Waters

Regular Sunday Services

8.00am Eucharist

A quiet, shorter service of communion.

9.30am Parish Eucharist and Sunday Club

With choir and Sunday Club for children.

2nd Sunday of the Month

9.30am Family Service

A service of story and song for all ages.

5th Sunday

10.00am United Benefice Service

Held at one of the Churches in the Benefice.

Weekday Services

6.45pm Tuesdays

10.30am 2nd and 4th Wednesdays at Schoolfields

8.30am Fridays

For dates and times of other services and events, please see the notice in the Church porch.

Other Activities

Tuesdays 7.30pm Bellringers' practice

Thursdays 10 – 11.30am Coffee and Chat in Church

6.30pm Choir practice

All enquiries to the Rector, Revd Alison Waters, at The Rectory, Brook Street.

Tel: 01278 652953. Email: cannington.benefice@gmail.com.

Our Administrator, Kath King, can be contacted the same way on
Wednesday and Friday mornings.

*Like our page on Facebook for details of events or visit our website:
www.achurchnearyou.com/cannington-the-blessed-virgin-mary.*

What travels backwards down the motorway at about 12 miles per hour?



In the 1890s the key environmental concern was horse manure. London had 11,000 cabs and several thousand buses. Each used 12 horses per day, totaling more than 50,000 horses working in public transport alone. Each horse produces 15-35 pounds of manure per day; New York had 2.5 million pounds per day to shift.

Sweepers were employed to clear paths through the dung, which was either sludge in wet weather or a fine powder which blew about in the dry. The piles of manure produced huge numbers of flies, which spread typhoid fever and other diseases; one estimate is that three billion flies hatched in horse manure per day in US cities in 1900, and in NY, 20,000 deaths per year were blamed on manure.

But now we have high powered motor cars capable of over 120 miles per hour. However, the average speed of traffic in London today is 9mph. The average speed of a London carriage in 1830 was also 9mph!

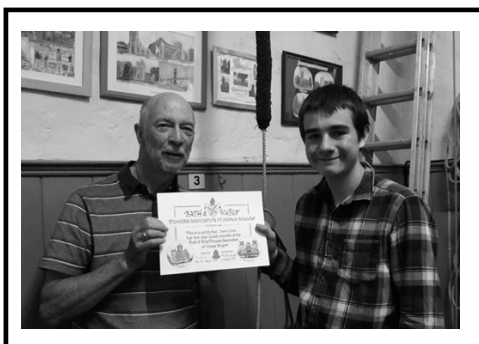
And now we have a different problem. On the motorways traffic that grinds to a halt and then restarts for no apparent reason is one of the biggest causes of frustration for drivers. Researchers at Bristol University have showed that 'phantom jams' (or 'jamitons') are caused by 'shock wave' effects with some similarities to fluid dynamics. Basically, one car stops or brakes heavily. The following car does the same and so on. By the time this has rippled back, the car at the front has moved off. But the time it takes for each car thereafter to start off again is slower than the time it takes for more cars to join the back of the ever-growing queue. Given the right conditions, a touch to the brake by a single driver may be enough to start a wave of congestion that then travels slowly backwards down the motorway, typically at 12 miles per hour.

The annual costs of congestion in terms of time and fuel are estimated at \$100 billion in the US and £8 billion in the UK and are predicted to double within 15 years. In 2010, a traffic jam in China which was originally caused by roadworks and high demand and exacerbated by broken down vehicles and people leaving their cars, stretched for more than 100km on a major national highway leading from Beijing. Drivers were managing as little as one kilometre per day. They passed the time with games of chess and cards by the roadside. Traffic jams are so bad in China there's now a service that allows someone else to sit in a traffic jam for you. You call the company and motorcycle arrives with two people. One stays with your car and the other puts you on the back of the bike and blasts off through the jam.



Tales from the Tower

At a recent practice night we were pleased to be able to present Jamie Evans with his certificate showing that he has been awarded membership of the Bath and Wells Change Ringers. Our photo shows Roger Anniss presenting Jamie with his certificate.



At the recent church fete we were pleased to show visitors around our ringing chamber, clock room and belfry and at the same time raise money for the church.

There are still spaces available for our annual Bell Ringers outing which this year will be taking place on Saturday September 2nd; we will be heading to Wiltshire this year with a lunch stop at Salisbury. There is a sign-up sheet with more details at the back of the church if you are interested in joining us.

Angela Underwood

THE WEATHER REPORT

April this year did not bring the traditional showers. In fact it was an exceptionally dry month with only 11.2mm. April's average is 51.1mm. 8.4mm of this low total fell on just two days, 2.4mm on the 1st and 6mm on the 30th. Temperatures were above normal with an average maximum of 14.1c and a minimum of 4.8c. There was just one air frost. -0.1c on the 27th.



May was the first month this year to give a normal amount of rain. We recorded 55mm, which is just 3mm above the average. It was reasonably well distributed although 12.4mm fell on the 1st. Maximum and minimum temperature averages at 18.2c and 8.1c were higher than normal.

Spring this year is marked by being warmer and dryer than most years. Rainfall was about two thirds the average, while temperatures were higher than normal, particularly night temperatures. The air frost [-0.1c] was the only one this spring.

June brought us some summery weather, with temperatures above normal. The very high temperatures in the thirties from the 18th to the 21st were possibly a bit too hot for some. The average maximum of 20.9c was about a degree above normal, the average minimum of 14.5c was exceptionally over four degrees higher than most Junes. Rainfall was a little lower than average at 35.6mm. A very low pressure system on the 5th and 6th brought us nearly half the month's rain as well as unseasonably high winds, over 35mph on the 6th.

David Daggar

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In 2016 Children's Hospice South West celebrated 25 years of their existence and 21 years of the opening of Little Bridge House and continue to provide the only respite and hospice care available to families in the South West, in a hospice environment. This would not have been possible without the generosity of people throughout the West Country and once again we would like to thank everyone who continue to support Children's Hospice South West in so many ways.



We would like to thank Colin Allen and the New Years Day Fundraising Committee for their wonderful donation of £3.000, presented to me by Grace at the Rose and Crown. This brings their donations to Children's Hospice South West to a magnificent £32.000. A big thank you also to the residents of Schoolfields for their continuing support; this is greatly appreciated and makes such a difference to so many children and families

Children's Hospice South West is dedicated to making the most of short and precious lives With your continued support, Children's Hospice South West can continue to care for more children and their families every year.

If you would like further information on Children's Hospice South West, please contact Jean or Colin Fitzpatrick, telephone 652859

Colin Fitzpatrick Cannington Friend's of Children's Hospice



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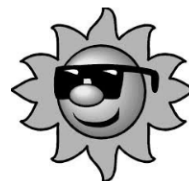
CANNINGTON CRAFT GROUP



We are still meeting at the URC on a Tuesday evenings at the moment but from Thursday September 28 we will be meeting from 10a.m -12noon (not on Tuesdays anymore). The cost is still £3.50. Please come along, bring any craft to work on, we would be happy to see you. If you want any more information please ring me on **01278 287876** or email **beverleyhirsch@live.co.uk**.

Sunshine Tea Club

On Friday 16th June thirteen of us travelled out to Lane Farm for one of Jane and John's delicious cream teas. The weather was glorious and we enjoyed sitting outside chatting before and after tea. Sadly several members of the group were unable to attend through ill health, we send our best wishes to them and hope to see them when we return to Lane Farm on Friday 4th August for an Art Exhibition followed by tea.



In the meantime, thanks to Leathea, in July we enjoyed Wimbledon semi-finals strawberries and cream. There will not be a meeting in September as most members will be away on holiday in The Peak District but we look forward to hearing all about it in October.

Many thanks to all those of you who regularly support The Tea Club and a special thank you to those who assist with transport when needed.

Jan Hossent.

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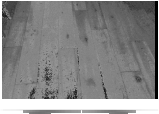
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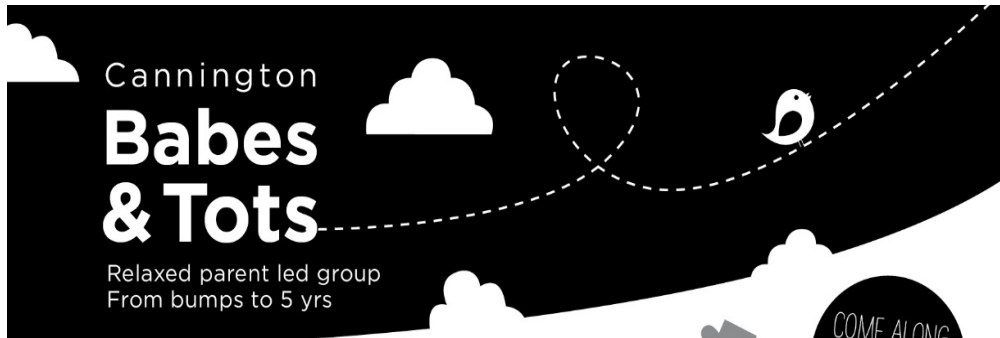
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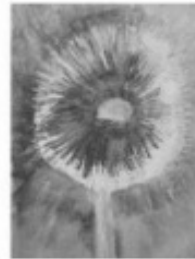
Rehearsals: Mondays@Westfield URC 4.30-5.30pm
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Brownies

This term the Brownies have been really busy, we have been making birthday cards and decorating wooden spoons and during the holiday we will be holding a craft day; enabling the girls to complete their entries for the Flower Show.

Bicycles, scooters and roller skates were needed for our "Wheellie Good Night" which was held at the school. The girls had a great time; tearing around the playground and school field on their bikes, scooters or roller skates. The evening finished with a chip supper.

We finished the term with a Scavenger hunt at Ramscombe on the Quantock hills. The girls found, among other things, spiders, bees, worms, slugs and snails and they found and collected different leaves, dandelions, buttercups, pine cones, stones (from the stream) and feathers. A paddle in the stream ended their scavenger hunt and obviously there were no wet feet!!!

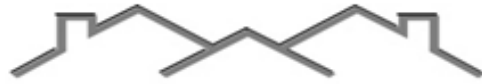
At the end of the evening, Eloise, Evie and Olivia made their Brownie promise to become Brownies.

During the holiday, 18 Brownies will be completing 3 Badges at the Fleet Air Arm museum, Yeovilton; finishing with a sleep-over beneath the wings of a Concorde aeroplane. However, we're not sure how much sleeping will be part of the it!!

As the end of the year approaches, I would like to say a big thank -you to the Parents/Carers for their support, to the Brownies for bringing fun and happiness to the Brownie evenings and obviously thanks to the Owls for their support and help.

Brown Owl and the other Owls.

A crocodile can't poke its tongue out.



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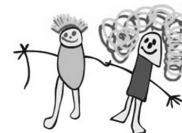
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Cannington Christmas



**Saturday 2nd December
6pm
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CANNINGTON PARISH COUNCIL

Cannington in Bloom (CIB)

How magnificent the village looks this summer. Judging of both the Regional and National competitions has now been carried out and we wait in anticipation for the results. CIB should be congratulated for their efforts. We also need to thank the volunteers, the grounds maintenance contractors, SDC Clean Surrounds and Ian Dyer for all working together. It has also inspired a number of people and businesses to make a difference outside their own properties. Every week more flower pots and hanging baskets have been appearing.



Construction work around the village

- The flood alleviation is now coming to a close with just some minor works left to complete
- The construction of Cannington Park and Ride is now in progress. You will be aware of the temporary narrowing of the lanes along the bypass to construct the new entrance with minimal disruption.
- The Cycle Path between Cannington and Sandford Corner is well underway and will mostly be constructed from the field for minimum disruption and due to be completed in Summer 2018.
- The housing development at Otters Brook continues. The Parish Council is continuing with their complaint to SDC Planning regarding the changes that have been made to the original planning permission.
- The construction of the National Nuclear College at the Cannington Centre of Bridgwater and Taunton College is near completion.

Youth Club

The Youth Club held in the village hall is now run by Youth Unlimited on behalf of the Parish Council. It will re-open after the summer holidays on Monday 11th September from 6.30 to 8.30pm and is for young people aged between 11 and 17 years, who are all welcome to attend.

Traffic and Parking Issues

- The traffic enforcement officers are paying regular visits to Cannington and have been seen a number of times in the High Street.
- Concerns have been raised by a number of residents regarding the speeding of traffic through the village. We are still pursuing a traffic calming scheme which we hope will reduce the speeding and volume of traffic through the village. A meeting has been arranged with SCC for the end of July to discuss traffic calming options and we will keep you updated on the progress. Roy Pumfrey and his speedwatch team are greatly appreciated for the effort they put in each week. In particular they have recently carried out two early morning speedwatches at 6.30am.





CANNINGTON PARISH COUNCIL

EDF Free Bus Service

The bus service available to Cannington residents operates 3 times a day, Monday to Friday between Cannington and Minehead. This bus operates from the Cemetery. Timetables are on our notice boards and website and available from the community room.



Rodway Playing Fields and Pavilion

The Parish Council is considering the future use as we no longer have regular football teams playing on the field. We would appreciate any suggestions you might have for our consideration.

Bridgwater and Taunton College

It is encouraging that the Court House in Church Street, for so long in disrepair is finally going to get a facelift on the outside. Alterations are also to take place inside. We are working with the College to try and provide additional parking spaces off the High Street.

Child of Cannington

Leathea Stephenson was this year's recipient of the Child of Cannington Award. Rev Alison Waters presented the award and gave a glowing citation.

We do not hold a Parish Council meeting in August (unless any urgent business arises) and so our next scheduled meeting will take place at 7.00pm on Tuesday 12th September 2017 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 clerks in the first instance either by phone, email or in person.

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

It is believed that Shakespeare was 46 around the time that the King James Version of the Bible was written. In Psalm 46, the 46th word from the first word is shake and the 46th word from the last word is spear.

COMMUNITY FACILITIES AT CANNINGTON UNITED REFORMED CHURCH

Minister: Rev. Chris Baillie, tel. 01278 447153 e- chris@westcan.co.uk

Bookings Secretary: Eileen McDonald tel. 01278 652250 e- canurcsec@hotmail.co.uk

The church building and facilities are available for use by individuals and appropriate bodies at reasonable rates. There is a large downstairs room with attached refreshment bar, fully fitted kitchen, large conservatory and garden, toilets, and disabled access. WiFi is fitted. Ideal for children's parties, large family gatherings, wedding receptions, interest group meetings, displays etc. The standard rate is £10 per hour, with a discounted rate available for regular users. Heating and lighting costs are included in the hire charges.

Current regular users of the church include:

Monday: Baby Café at 10.30 to 12.00, providing support and advice in a social setting for mums and mums-to-be; contact breastfeeding@ncttaunton.org.uk (Sarah);

Monday: Active in Age: chair-based exercise for older/ less mobile people; 2.30 to 3.30; contact Eileen 01278 652250 or email canurcsec@hotmail.co.uk

Tuesday: Lunch Club: a good meal, cooked on the premises; chat with friends; 12.30 to 1.30; contact Gina 01278 652796) or email bryant76@btinternet.com

Tuesday Evening: Yoga class.

Wednesday: Stay and Play: a group for toddlers and their parents/carers; games, activities, etc. in a safe environment, including garden when weather allows; 9.30 to 12.00; contact Gina 01278 652796 or email bryant76@btinternet.com .

Thursday: Circuit Training at 7.30 on Thursday evenings, starting 7.30p.m. For more information call Sian on 01278 652411.

Friday: HAAS (Help, Advice and Support) is a multi-agency drop-in centre open from 10.00 to 12.30 on the 1st, 3rd and 5th Friday of each month. Get Help and Advice from Citizens Advice Bureau, Sedgemoor District Council and Credit Union in a simple and friendly setting.

Friday: Treasure Seekers: children's club for 7 to 11 year-olds; games, crafts, drama etc. and Sunday school teaching; 5.30 to 7.00 during term time; contact Ann 01278 653220 or email w.webber563@btinternet.com .

Massy Church: every six weeks or so instead of Treasure Seekers; an opportunity for everyone, adult and child alike, to join in a time of creativity, celebration, hospitality and getting closer to God.

Sunday: 9.30am Sunday Worship: Children and young people join us for the first part of the service and then go to their respective groups for Bible teaching. Our worship style is relaxed but God-centred.

Monthly: a craft group meets monthly on a day and time to suit – bring along your knitting, crochet work, painting or whatever your interest is.

Exercise Classes for the Over 60's

There is a wealth of research indicating that exercise and activity improves health and can be especially beneficial in older people. The percentage of the UK population who are over 60 is rapidly increasing and there are now more people aged over 60 than there are aged 18. It is becoming ever more important to bring older people together and to motivate them into becoming more active in a safe and appropriate way.

There are many specialist exercise sessions that have been developed to help older people become more active in their local community, where they can manage long-term health conditions such as osteoarthritis, Parkinson's, osteoporosis, high blood pressure and diabetes.

Many different types of classes are appropriate for 'older people' include Zumba Gold, Tai Chi, Line-dancing, Cardiac Rehab Phase IV and Chair Fit. With properly trained instructors most of these classes include exercises that can be adapted and modified to suit the needs of individuals, depending on their preferences and limitations. With an overstretched NHS, these classes help 'lessen the load' as they can provide health benefits that help to slow the ageing process down by improving proprioception (body awareness to help prevent falls), sarcopenia (muscle loss), mood, cardio-vascular fitness, cognitive function and co-ordination. They can also assist those with age-related conditions that can lead to reduced activity levels. Benefits gained may even be noted by a GP in the form of weight loss, a fall in cholesterol level, blood pressure or other disease risk factor. Some clients also report reduced stress and improved sleep and energy levels.

As an experienced fitness instructor, qualified to teach Cardiac Rehabilitation and Move it or Lose It for the over 60s, I have found teaching older people particularly rewarding. Each class has its own character where camaraderie develops and fun can be had, as everyone gets to know and support each other. Those attending can be very loyal and it is great to see improvement in their fitness, be it balance, co-ordination, flexibility or strength, as well as social aspects such as confidence and emotional wellbeing, even in those over the age of 90. The use of age appropriate music can be both nostalgic and motivating, games can be incorporated and classes can be extended into birthday celebrations, tea dances and Christmas parties.

Not everyone who would like to become active wants to join a gym. Classes based within communities and villages often suit people much better. The new over 60s class that I teach at The Green, Wembdon, focuses on flexibility, aerobic fitness, balance and strength, so that those attending are more able to do functional things for longer. For example, being able to reach for things, to see behind when driving a car, put socks on, back scratch, walk up hill without becoming breathless, pull yourself out of the bath, carry shopping bags and be generally more mobile.

Pro-active was a referral scheme that directed those in need of more exercise to exercise providers via their GPs. This has recently been replaced by a more direct system. However, many fitness instructors have noticed that fewer individuals are being referred to them, suggesting that many of those who could benefit from becoming more active are not aware of classes that are available and suitable for them. As the demands on the NHS continue to rise, it is increasingly important that awareness of the existence of these classes and their benefits is promoted as widely as possible. If you feel that you could do with getting moving more or know of anyone who might benefit from joining a specialist class do get in touch with me. Alternatively, Zing Somerset is a website that provides information about physical activity opportunities in the area, for information go to zingsomerset.co.uk Sian Cocks – for information on classes ring 01278652411 or contact siancocks@btinternet.com

Fond Farewell.

Sunday 25th June marked the end of an era in terms of the music at St. Mary's Cannington when after more than 15 years as musical director Michael Martin retired.

To mark the occasion Michael was presented with a vase by Shakespeare Glass of Langport, the design and colours of the glass being inspired by the landscape of the Somerset Levels.

Tributes were paid both to the quality of Michael's musicianship and to the range of highly enjoyable concerts he arranged at St. Mary's. He will be missed but we wish him and his wife Lutje a happy retirement together and hope that when they are spending time in Bridgwater they will visit us.

Jan Hossent.

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St Mary's is enormously grateful for the important contribution made by the members of the 200 Club. They help to maintain a peaceful and stunning holy space at the heart of the village and vital ministry in the community, supporting the bereaved, poorly and housebound, working in our local schools and with younger people and families, and providing services of worship and prayer.

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Give us a call if you would like to become a member or find out more.

Ruth Cook 653529 Betty Edney 653026 Kate Slade 653572

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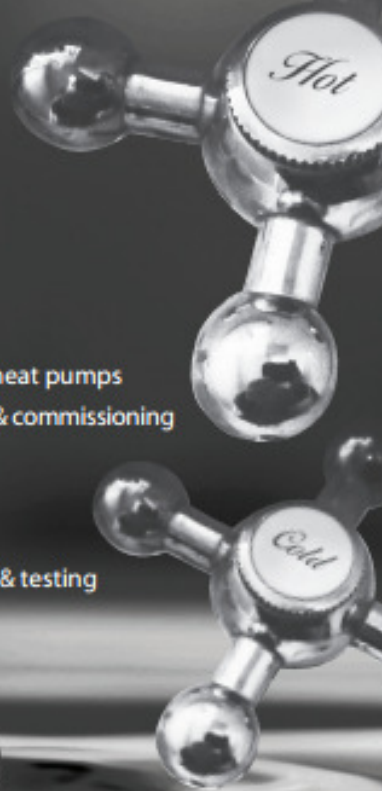
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And finally.... "Age is an issue of mind over matter....

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