

# Driving Miss Diane

Local News - Community Contributions - Food - Puzzles!



## We're back!

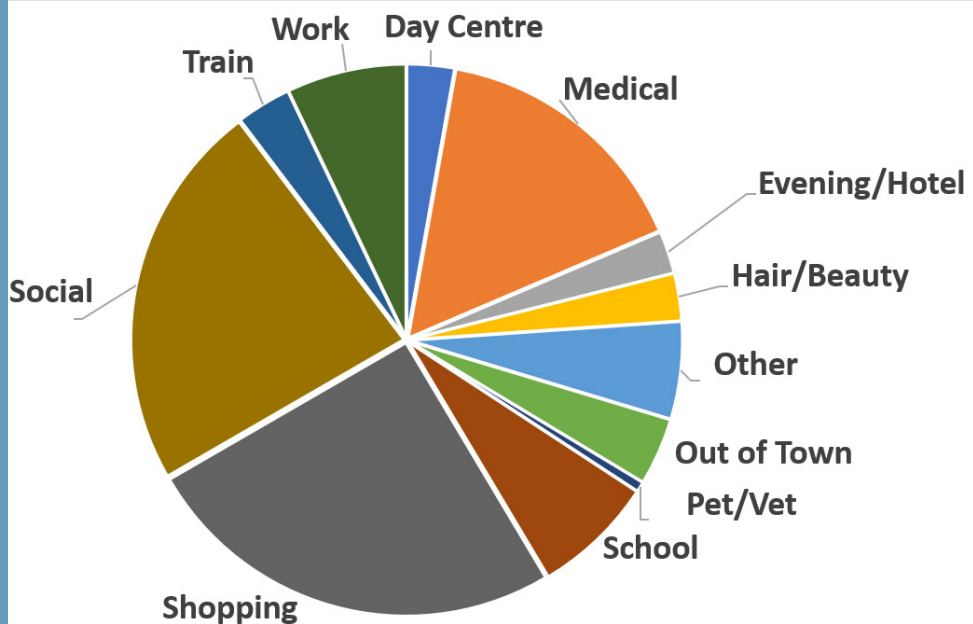
## Preface from Diane

Welcome everyone to the second newsletter from **Driving Miss Diane**, your friendly neighbourhood **private hire** (taxi) service! Thank you so much for all the lovely comments and feedback that we have received. It has warmed our hearts to hear that you guys have been enjoying reading the newsletter, doing the crossword, struggling with the sudoku (sorry about that!) and we've heard that it has already proved helpful in reminding you of what's going on in our lovely town. Our thanks goes to Ruth in the last issue for reminding us of how lucky we are to have such a beautiful park in our town (very on theme given **Collett Park Day** last month) and to Marion for her tips on the neck fan, and to Janet for her brilliant photo of her apple! So now you all have our newsletter, please email or **WhatsApp** us a photo of something that brings you joy to **07732 444847** and it

might just appear in an upcoming edition and make others smile too! You can now find our newsletter on our **Facebook** page and **website**. This last month has seen me lose my voice, which was a bit of a challenge for a few very busy days but we got through it with everyone's kindness and patience – so thank you! Some of you may remember being surprised to hear Harry on the answer phone asking you to leave a message and my little flash cards asking you to please talk to me as I was feeling ever so lonely not being able to talk to you all! During this time, some of us (mostly my lads) enjoyed a few days of peace and quiet. Also this month it has seen Harry take some well earned time off, although to me it felt like an eternity at the time! He spent some time down in Cornwall with some friends and then a few days off collecting his lovely girlfriend from university in Sussex and bringing her home for the summer holiday. Other than all this we have had a busy month alongside avoiding tropical storms, flash flooding and heatwaves! I hope you all have stayed safe and well and our thoughts go out to all those affected by the flooding.

There are all sorts of reasons our customers use us. Whilst you may use my services to take you to **Tesco** for your weekly shop or to **Dobbies** for some plants, others may use me to get to a **medical appointment** or home from work after a particularly tough day! Looking at this I can see that I really am driving around our lovely town most of the time. :)

What is really lovely to see is that nearly one quarter of all my journeys are used for daytime social reasons. Whether this is across town to visit a family member, to the art bank for the **talking café** on a Wednesday or just a catch up with a friend for a **coffee**, we are there to keep our **community connected!**

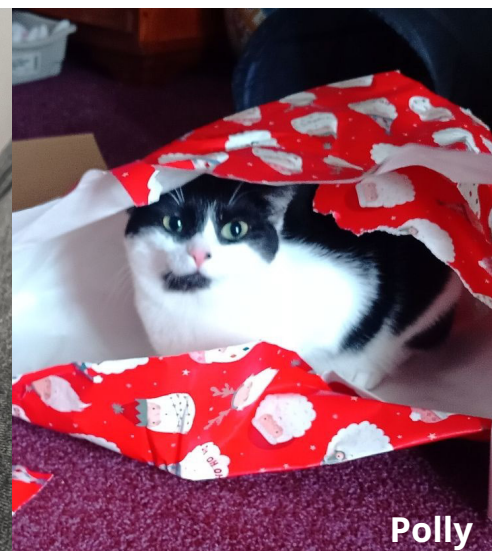


### Football Is Fun - at Collett Park

"Football with Terry Webb **every Saturday morning 10-11am** rain or shine! Come and join us for a morning of football skills and matches, **open to all ages & abilities** (parents are encouraged to join in). DBS checked coaches. **Completely free of charge.** We hope to see you in Collett Park soon!"



This month's photos that bring us joy have a common theme - cats! Meet our very own cat **Rosie** who made it to 15 years old, **Nessa** (5) from Wells & **Polly** (2) from Oakhill.



The **Poachers Pocket** in **Chelnych** is another of our families favourite places to eat locally. Having an attractive **garden with a view**, a **skittle alley** and being **dog friendly**, it is run by Martin and Rob who have brought back **good honest food** to this quaint rural pub. If you want fast food, as their amusing sign outside says, go to McDonalds. This is fresh quality food cooked to order. I would name a favourite dish, but they are all so good. Whether it is the stuffed Chelnych chicken, fish and chips (choice of small as in the photo or large), lentil & veg lasagne, pie of the day, you are sure to find something to suit every palette. Wow, my mouth is watering again just writing this review! They have also recently won a **Tripadvisor Travellers' Choice Award**. Well done Martin, Rob and the team! See you soon...



Two of our lovely customers, a local couple, Heather and Tobias Wedgwood have turned their passion for vintage tractors into a practical guide for enthusiasts everywhere. Their new book, **How to Restore a Vintage Tractor**, is the perfect companion for beginners looking to bring an old machine back to life. Packed with easy-to-follow advice, it covers everything from fuel and electrical systems to bodywork, painting and even DVLA registration. Whether you're restoring your first tractor or simply interested in learning more, this comprehensive guide is an excellent resource. Best of all, it's fantastic value at just **£10**. To order your copy, email **Fatherandsontractors@gmail.com**. Heather and Tobias also share their restoration projects, tips and advice online, making it easy to follow their journey and pick up extra inspiration. You can watch their latest restorations and behind-the-scenes content on **YouTube** and **Instagram** by following **@fatherandsontractors**. Happy restoring!



### **Make the Sunshine**

is a community interest company that uses creativity and performing arts to build connected communities, boost well-being, and reduce social isolation. They have recently opened a studio on **Shepton's high street**.



Here you will find them running all sorts of sessions with something for all ages! Their **Adult Dance group** runs on a **Thursday 1:45-2:45pm**. "It's a friendly, uplifting dance class designed to keep you moving, boost well-being and bring people together. Very welcoming and involves a good giggle. These relaxed sessions use gentle movement, great music and plenty of laughter to improve balance, mobility, confidence and coordination. No previous dance experience is needed—just come along, enjoy the music and meet some new people." - Sessions are £6.

**"All the World's Our Playground Festival** returns on **Saturday 18th July** for a day packed with creativity, spectacular performances and family fun. And the best part? **It's completely FREE!** **11am-4pm** in various locations in and around Shepton town centre

This festival is programmed alongside local young people and celebrates imagination, creativity and community. Whether you're coming to watch incredible performances, have a go yourself or simply soak up the atmosphere, there's something for everyone."



## Shepton Mallet Sunday Market - By Harry

My mum, Diane and I visited the Shepton Mallet Sunday Market on the 28th of June to see all of the new and returning stalls! It's always exciting to see the busy atmosphere that the Sunday Market brings, with crowds funnelling into the High Street and down towards the Market Cross, with live music up and down the street, fresh food that tastes just as good as it looks and of course - now over sixty local businesses and stalls selling all sorts of goods! Since Black Sheep CIC and the town council embarked on reviving the Sunday Market from 2017, with the first of the rejuvenated events taking place on the 28th of April 2024, it has seen massive success and draws locals and tourists into the town on the last Sunday of every month.

This Sunday Market, we said hello to our rather-dapper-looking friends Kris & Kevin from **Thomas D'Arcy - Market Street, Wells** who regularly attend the event and sell their amazing plants and gardenalia! We also visited the Gelato Trailor from local business **Palette and Pasture - Pyle Farm, Trudoxhill, Frome, Somerset BA11 5DL** for some of the best ice cream you'll find in Somerset! Some more of my personal favourite's are **Sean The Chef**, serving incredible sweet treats and bakes and **Moist**, who make a lovely variety of hummus that I can never get enough of.

There's something really special about the Sunday Market and I hope it continues to grow and thrive in our town. If you haven't yet checked it out, it might just be worth it as you never know what you might find. Over the course of its lifespan, we have both started to get to know some really friendly people who run the stalls and attend the event and I believe it's turning into the beating heart of the community we have in Shepton Mallet for local businesses and residents alike.

<https://sheptonmalletsundaymarket.org.uk>



# mind in Somerset

Mind in Somerset are an independent local **mental health charity**, affiliated to national Mind. There is a hub right here in Shepton near the top of the High Street. Here they run many support groups to help maintain people's **mental and emotional wellbeing**.

Their **Shepton Mallet Community Days** are open and available for anyone who would benefit from attending and getting involved in group activities, or people who just want advice and information. They provide a welcoming place to drop in where you can socialise with others that may be in a similar situation, be involved in **fun activities** or **access guidance, reassurance and support**. Please come along and visit or give them a call on **01749 233115** or email **info@mindinsomerset.org.uk** to find out more!

The Community Day runs **every other Saturday 12:00PM – 3:00PM** at the Mind in Somerset Office, Shepton Mallet, Somerset, **BA4 5AQ**.



## HEALTH CONNECTIONS

Your GP practice social prescribing and health coaching team

"Throughout these sessions we focus on how **emotional** and **physical health** are connected and why it's important to take care of all aspects of both to **stay healthy**."

We will show you how creating **happier, healthier** lives can be easy, and surprisingly fun!"

**When:** Wednesdays, 9th September – 14th October 10am – 12pm

**Where:** The Committee Room, Shape Mendip Complex (Somerset Council Offices),

Cannards Grave Rd, Shepton Mallet, BA4 5BT

Please reserve your free space on this 6-week course by calling **01373 468368** option 2.

**9th September Week 1:** Getting Started

**16th September Week 2:** Movement

**23rd September Week 3:** Eating

**30th September Week 4:** Sleep

**7th October Week 5:** Emotional & Social Wellbeing



### Out & about with Harry

I'd been once before to the charming town of Padstow, posted up along the north coast of Cornwall. A couple weeks ago, though, was when I found myself able to appreciate the historic-fishing-town a little more than the last. In fact, I was able to enjoy the nearby villages such as Rock and Polzeath too, at a nice slow pace. On the first day of my visit to the area, alongside a couple of mates, I ventured on foot from the stunning beach of Polzeath towards our destination of Padstow for fish & chips. The walk tightly wrapped around the shoreline that was a good fifty feet below me now, with furious waves crashing against the jagged Cornish cliff faces, which in the fog, made for a pretty energising spectacle. It wasn't exactly a difficult nor dangerous walk, and not particularly much of a long hike either - but the noises from the roaring waves and views of the ever-nearing Padstow made it something to remember. There was a small obstacle to tackle before actually getting to Padstow though, which was the kilometre-wide estuary of the River Camel. The river's name comes from the Cornish title "Dowr Kammel", meaning "Crooked River" and I can imagine it was given this due to the incredibly windy, sometimes incredibly narrow nature of its journey through the countryside and towns such as Wadebridge and Camelford. Whilst the river flows for about thirty miles, collecting from the height of Bodmin Moor and down to Padstow Bay, its tributaries spread out across lots of North Cornwall and collect water from.

This, luckily, was less of an obstacle than expected as there was a conveniently situated ferry service, taking passengers across from Rock towards Padstow Harbour and back. The mouth of the estuary itself has been notorious to sailors and locals for centuries, due to a shoal that lies just under the sea level, which is caused by the natural meeting of water currents that carries sediment up from the seabed and accumulates. This submerged bank of sand once stretched across most of the mouth, with ships having to take some pretty extreme measures just to navigate around it. Causing over a whopping six hundred shipwrecks, the shoal was given it's name of the "Doom Bar". The local Sharp's brewery in Rock adopted the name to use for its flagship amber ale, Doom Bar, which was brewed locally in the town from 1995 but is scheduled to be closed down permanently, later this year.

The path along the coast eventually led down towards the beach of Rock and where the ferry had just come in, leaving little time to meander. I hopped on, paid the fee and off we went. As the ferry neared the harbour of Padstow, the sound of the hustle and bustle of the town pierced through the wind. It wasn't long before we had already docked up and I had put my foot back onto stable ground. The cobbled streets of Padstow were lined with restaurants, pubs, fudge shops, surf shops, sweet shops, and of course - bakeries selling massive Cornish pasties. The ambrosial smells all trickled from the doorways and wafted out through the streets, across the harbour, luring tourists and locals towards their colourfully decorated shopfronts. Whilst I may have been tempted by the allure of a cosy, seaside pub or two, the goal was finally in sight. There was nothing better, in that moment of time, than the idea of a well-needed lunch of fish & chips - it was brilliant. We sat on a bench, looking out towards all of the boats lined up along the harbour, whilst I tucked right into the overflowing box of chips and fended the fish from seagulls. The ferry went back and fourth across the bay, alongside the Doom Bar, as the fog eventually lifted from the rolling hills of the coastline walk. It was time to head back.



# WHAT'S ON?

## Dates for your diary

**July 2 - Brighter Days Craft Morning - Make The Sunshine Studio (FREE EVENT)**

**July 3 - 5 - Autofest - Bath & West Showground**

**July 3, 10, 17, 24 - Shepton Get Your Skates On - Leisure Centre**

**July 7 - U3A Speaker Meeting (Reiki) - Salvation Army Hall 10-12pm**

**July 11 - Beekeeping Taster Session - Windsor Hill Apiary 1pm-4.30pm £40 per person, [www.somersetbeekeepers.org.uk](http://www.somersetbeekeepers.org.uk)**

**July 12 - Giant Flea Market - Bath & West Showground**

**July 17-19 - Rock n Ribs - Bath & West Showground**

**July 18 - All the World's Our Playground Festival - Town Centre 11.30-4pm (FREE EVENT)**

**July 12 - Giant Jumble Trail - Across Shepton (FREE EVENT)**

**July 20 - Climate Adaptation Plan - Art Bank 6.30-8.30pm (FREE EVENT)**

**July 25 - Shepton Mallet Death Cafe - Art Bank 3pm-5pm**

**July 28 - Mapping Connections - Library 1pm-4pm (FREE EVENT)**

**August 6 - U3A Speaker Meeting (DNA) - Salvation Army Hall 10-12pm**

**August 8 - Repair Cafe - Art Bank 11am-1pm**

**August 16 - Mid-Somerset Show (FREE EVENT)**

**August 23 - Giant Flea Market - Bath & West Showground**

**August 29 - Truckfest - Bath & West Showground**

**August 30 - Shepton Mallet Sunday Market 10am-3pm (FREE EVENT)**

**August 30 - Circus in the Park (FREE EVENT)**

**August 31 - Wells Moat Boat Race & Fun Day 10am-4pm (FREE EVENT)**

**September 3 - U3A Speaker Meeting (Policing Royal Visits)**

**September 5 - Skate Jam - Shepton Skate Park (FREE EVENT)**

**September 18-20 - Antique & Collectors Fair - Bath & West Showground**

**September 26 - This Ain't Texas (Music Event) - Bath & West Showground**

**September 27 - Shepton Mallet Sunday Market 10am-3pm (FREE EVENT)**



# WHAT'S ON?

## FREE Regular events

### Monday

**Build a bird feeder** - Men's Shed, July-August 6-7pm (call 01749 347983)  
**Connect, Play & Create Sessions** - Make The Sunshine Studio, Babies (10am-11am), Toddlers (10:45am-11:45am) First session is free!

### Tuesday

**Ascend** - Make the Sunshine Studio - Fortnightly - 5:15-6pm  
*(Dance for d/Deaf, disabled and neurodivergent young people)*  
**Baby Boogie & Rhymetime** - Library - Weekly 10am  
**Beginner Walks (1 mile)** - 2nd & 4th in month - 10am Meet at Collett park  
**Men's Shed** - Weekly - Charlton Industrial Estate 9am - 12pm  
**Pain Café support group** - 1st in the month 10:30- 12pm - Mind Office  
**Pilates with Kim** - Collett Park, 7th July - 11th August 6-7pm (Bring a mat & water)  
**Mind - Reclaim your body** - Online Via Zoom 1pm-2:30pm (Call 0800 1381692 to register)  
**Menopause Workshop** - Located TBD - July 21, 27, August 4 - 10:30am

### Wednesday

**Crochet and chat** - Weekly - Art Bank - PM  
**Men's Shed** - Weekly - Charlton Industrial Estate 9am - 12pm  
**Social & games** - The Club - 4th in month 2:30-4pm - Run by Dementia Alliance  
**Talking Café** - Weekly 10-12pm in the Art Bank  
**Watercolours** - Art Bank - 2nd and 4th in month afternoons (materials provided)  
**Mind - Gardening Group** - Mind Office Shepton High Street 11am-1pm  
**Tai-Chi with Ruth** - Collett Park (Bring a mat & water) - 6-7pm (from 1st July - 26th Aug)

### Thursday

**Hearing Voices Group** - Mind Hub, Shepton High Street, 1pm-3pm  
**Sound Bath with Kelly** - Collett Park (Bring cushions and blankets - 6.30-7.30pm (2,23 July, 6 Aug)  
**U3A Coffee and chat** - 2nd and 3rd Thurs every month - Dobbies 10.30-12.30  
**U3A Coffee and chat** - 5th Thurs every month - Brasserie 10am-12pm  
**Digital Café** - Weekly in Library - 2-4pm (help with any digital devices)  
**Men's Shed** - Weekly - Charlton Industrial Estate 9am - 4pm  
**Creativity for over 55's** - 2nd in month - Make the Sunshine Studio - 10:15am

### Friday

**Games Café** - Aimed at ages 18-30 - Weekly 1:30-3pm in the Mind office  
**Shepton Mallet Friday Market** - 8.30am-1pm Weekly in the market place with free parking in Great Ostry & Regal Road  
**Music & singing** - 3rd in month 1:45pm-3:30pm Salvation Army  
*(For people with memory problems, learning difficulties or suffering from loneliness)*

### Saturday

**Football is fun** - For All Ages - 10am in Collett park  
**Mind Community Days** - 11th and 25th July - Mind Office, Shepton Mallet High Street 12-3pm

### Sunday

**Community Yoga in the park** - Weekly - Starts 10am - bring a mat  
**Shepton Mallet Sunday Market** - Last Sunday each month - Shepton Market place - Local artisan market with fresh food stalls, antiques, gardenalia, workshops & music!

# Puzzle Sheet

### Across

3. Smaller streams that carry water to the main body of the river
6. The cornish name of "Dowr Kammel" is taken for this physical characteristic of the river
10. Restored by Tobias and Heather
12. Name of our cat
14. Surname of person who gifted local park to the town
15. Village, home to a pub
16. Sold by Thomas D'Arcy in Wells
17. Submerged bank of sand

## Down

1. Name of ale brewed by Sharp's
2. Savoury dip made with mashed chickpeas, sold by Moist
3. Name of the first person to be arrested
4. Where we take majority of customers
5. How Much Football is fun with Terry Webb
6. Name of the person who was arrested
7. Poachers Pocket won an award from whom
8. Location of Palette and Pasture and their delicious ice cream
9. Facility used to create beer
10. Name of the person who was arrested
11. River that runs from Bodmin Moor to Padstow Bay
12. Name of the person who was arrested
13. In the park every Sunday

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|   |   |   |   |   | 3 | 8 | 1 |   |
| 3 |   | 6 | 1 |   | 9 |   | 7 |   |
|   | 6 |   | 5 |   |   | 1 | 9 | 7 |
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CORNWALL  
ROMAN VILLAS  
NIGHTINGALE  
KYTE  
PIKE HILL  
WALNUT  
TOWN LANE  
PULLEN COURT  
HILLMEAD  
THE BATCH  
LOWER  
WILLOW  
WHITSTONE  
FINCH  
CHARLTON  
WEBBER  
CATS ASH

## CROSSWORD ANSWERS FOR ISSUE #001

## Across

2. FARM 4. CIDER 5. PARK 7. STATION 8. BREWERY 9. PUB 11.  
GORGE 12. SHAMBLES 15. SHEPPEY 16. TOR 18. LIDO 19.  
SNOWDROP

## Snow Down

1. CAFE 3. VIADUCT 5. POTHOLE 6. CATHEDRAL 10. BISHOP  
13. SHOWGROUND 14. CENOTAPH 17. PRISON

*Crossword answers revealed next issue*