

Driving Miss Diane

Local News - Community Contributions - Food - Puzzles!



Hello, again!

Preface from Diane

Well doesn't time fly! With our **fourth issue** much later than planned, the weeks really do zip past. Another month where we saw the fifth heatwave this summer and we at last had some much needed rain! So what else has been going on over the last month? Well I decided at short notice to give myself a year off from my part-time studies and so contrary to ther last newsletter I will continue to be available on Tuesdays. Harry has had a few days off here and there whilst his girlfriend is home from Uni. They had a couple of days exploring Warwickshire (**more later in the issue**). They also headed for a holiday recently to Snowdonia, which looks to have incredible scenery. I was kept happily busy whilst he was away but as always was very happy when they got home! For the last part

of my preface, I'm going to end with a few "did you Knows!" See how many you know!

Did You Know? The new digital postbox outside **Tesco** can still be used for letters as normal. Just pop your letter in the slot - **don't** pull down the handle as that is only for parcels. To post **parcels**, you need to have a label with a **bar code** and use an **app** on your phone. Alternatively use our local post office inside **Morrison's Daily** to make sure it doesn't disappear.

Did You Know? You can deposit **and** withdraw cash from your bank account using the post office. You just need your bank card and will need to know your **pin number**. You can also deposit **cheques** into your account, but for this you will need a paying in slip.

Did You Know? During a **hosepipe ban**, if you hold a **blue badge** you can apply for an exemption!

I hope everybody has a really lovely rest of the month and we will see you in the next issue!

Business News

Contrary to what we printed last month, Diane will continue to be available on Tuesdays. Deciding to take a year off from her part-time studies to focus on the business and still with some unpacking to do, she will be kept pretty busy!

Also with both Harry and Diane no longer committed to school runs, there is greater availability on weekdays between school run hours of 8:30am - 9am and 3pm - 3:45pm, for doctor appointments, shopping trips or... Well, anything!

The Food Section: The View at Wraxall by Ali & Diane, St Peters Estate

Only 5 miles from Shepton is Wraxall Vineyard & The View @ Wraxall. Offering vineyard tours and wine tasting (£30pp). This was a really interesting and chilled way to spend a Sunday afternoon. The food, whilst in the higher end of our budget, was particularly good and their local rose wine was delicious! The view from the restaurant is breathtaking, showing miles and miles of stunning Somerset countryside.



Did you know?

The Royal United Hospital in Bath run a hearing aid clinic at Shepton Mallet Community Hospital. So if your hearing aids are not working right, maybe they need re-tubing which is simple and quick, then give them a call on **01225 821821** press 2 and ask for an **audiology appointment** at **Shepton Outpatients** - Thanks to June on St Peters Estate.





Another wonderful art piece created by Heather (Waterloo Road).



Liz from the Ridgeway sent us her photo of a wood pigeon she loves watching from her armchair when they visit her bird bath.



Charlie, from Shepton, shared a photo of his budgie, who keeps him company.



A photo taken by Harry from the Falconer's Quest show at Warwick Castle.

Our next theme will be Autumn & Halloween, so please send us any related photos that bring you joy!

SHEPTON COMMUNITY FRIDGE



The **Shepton Community Fridge** also run the **Shepton Waste Action Group**. You can find them at Number 50 on Shepton High Street.

SWAG Bag Saturday. Every **second Saturday** of the month they fling open the doors of number 50 from 10am - 12pm. All goods are perfectly re-usable **household items** & food and are given away for **free** to stop them going to landfill. This community initiative is for everyone in the community to use and enjoy!

Swag intake is the **first Thursday** in the month 9:30-10:30am. Take household items, books, clothes you no longer want along and donate to the **Shepton Waste Action Group**. Items that charity shops can't sell or don't want.

For the latest goings on you can check out the chalk board at Number 50!

SHEPTON WASTE ACTION GROUP



HEALTH CONNECTIONS

Your GP practice social prescribing
and health coaching team

When: Thursdays, 15th October
– 19th November 10am – 12pm

Where: Mendip Country
Practice, Church St, Coleford,
BA3 5NQ

Live Well with Pain Course

"The Live Well with Pain Course supports people living with persistent pain. This programme of six workshops helps people to better manage their health and become more confident in managing their pain. Patients increase their knowledge about their condition and learn new skills and techniques. The course is led by a Health Connector.

This course is open to patients registered within the Mendip Primary Care Network which includes, Grove House Surgery, Park Medical Practice, Mendip Country Practice, Oakhill Surgery & Beckington Family Practice.

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



Somerset Council

Somerset Independent Living Centres (SILC)

"Somerset's Independent Living Centres located in **Shepton Mallet**, Taunton, and Yeovil offer friendly, expert advice and support to help you live more independently at home.

We can talk with you about your needs and show you equipment and technology that can make everyday life easier, whether it's in the kitchen, bathroom, or around your home.

If you are not able to leave your house, don't worry – we can come to you but this may take longer. Sometimes, a member of our **Social Care Occupational Therapy** team may need to visit you at home. They will talk with you about your needs and suggest helpful equipment or changes to make life easier for you or your carer. This could include:

- Small changes like stair rails
- Larger items like specialist equipment or ramps

We may be able to provide this equipment free of charge through our Community Equipment and Wheelchair Service. If you need bigger changes like a stair-lift or a wet-floor shower, we might help you apply for a Disabled Facilities Grant. We will talk to you about your finances, as you may need to contribute to the cost of these.

To see if you are eligible and to book an appointment **call 0300 123 2224**. Our phone lines are open **8.30am to 5pm Monday to Friday**. If you are deaf, hard of hearing, or speech-impaired you can contact us using **SMS text 07862 122246**."

Shape Mendip, Cannards Grave Road, Shepton Mallet, BA4 5BT

Try out equipment and technology to make daily living easier



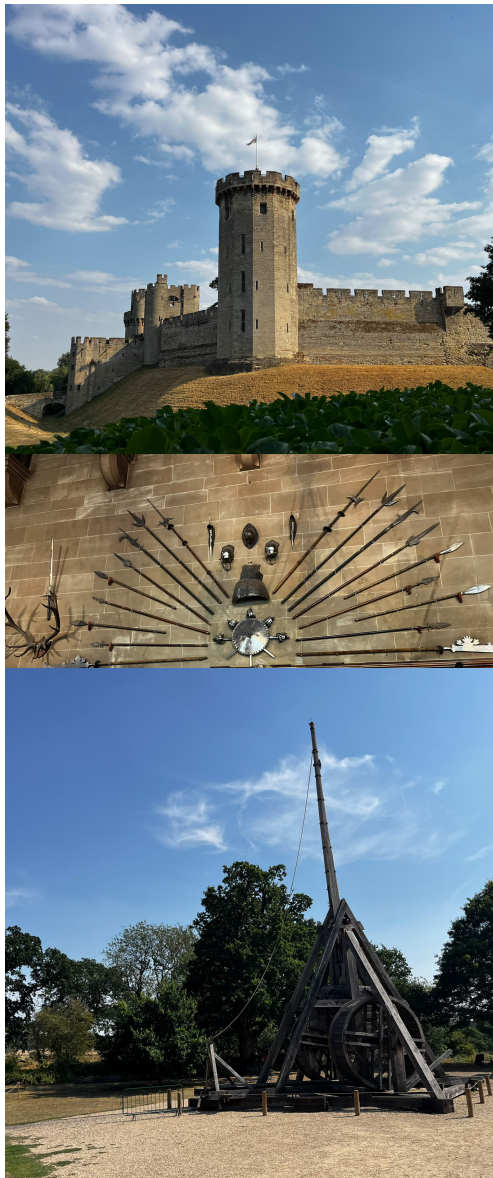
We offer free, impartial information and advice

Out & about with Harry

To kickstart last month, I decided to head to the Bristol Balloon Fiesta for my very first visit. It's been an annual event, going pretty much every year for forty eight years, with the very first balloon fiesta taking place in 1979. For most of my childhood, it was something to look forward to, as although I had never been to Ashton Court to see it up close, my family and I would watch all of the hot air balloons slowly make their way over the rolling Mendip Hills just as the sun began to set. The colourful balloons, in all of their shapes and sizes, floating away from the bustling city and toward the quiet countryside in the distant sky, clashing with the beautiful pinks and oranges of sun-fall made for an



utterly mesmerising spectacle. Looking out from the window in the living room, or from the front garden, I would watch until the sky went dark, in an effort to find the funniest shapes that would peek up from the horizon and continue their journey, often wondering where they might end up and what it must be like to be so high up over the world. Actually being there in person, however, was a bit of a surreal experience for me, being able to finally see the details of the balloons up close, feel the heat from the flames and watch as the teams drove into the field in their off-roaders, unloaded the massive deflated balloons onto the grass and all began the effort to get up and out into the sky as quickly as they could. The atmosphere at the festival was pretty electric, with thousands upon thousands of people crowding in to watch the aeronauts make their mass ascent, all whilst the onlookers would help themselves to every type of food you could imagine from the food vans in their abundance, riding on the Waltzer, Twister or even visiting the pop-up Thatchers cider bar, which is what we opted to do. It seems the balloon fiesta really has grown into something much bigger than it was likely ever intended to be.



The weekend after my visit to Bristol, I ended up in Warwick to visit the famous Warwick Castle, cited as one of the most incredible historic locations in the whole of Europe. The medieval fortress dates back to the year of 914, where it has stood as a mighty sentinel of "Shakespeare's England" in the Midlands upon the banks of the river Avon for over a millennium. The structure has been under attack, or burning under raging fire over the years, but it has remained mostly unharmed and well-preserved compared to other settlements of such a great age. Since its origin as an Anglo-Saxon fort in the 900s, the site saw the castle itself built in 1068, two years after William the Conqueror's victory in the Battle Of Hastings, leading to him wanting to advance further North. It was of great significance at the time, due to its strategic location in the very heart of the country, as well as being situated nearby to the Fosse Way, Britain's longest Roman Road, which runs in an almost perfect straight line from the city of Exeter, in Devon, to the city of Lincoln in the North East. Most of us around town will have used this ancient Roman piece of infrastructure many times, as it pierces through Shepton Mallet, in the shape of the modern A37. When William the Conqueror first built the castle, it was constructed as a motte-and-bailey fortress, primarily assembled with wood, with a main structure known as the "mound" and a surrounding courtyard, called the "bailey". During the later reign of King Henry II in the 1100s, the wooden structure was replaced with a grand stone keep castle that expanded over the centuries, signifying a new age for Warwick, as it found itself as a home for many powerful noble households of England. Walking around the site in the present day is a jaw dropping experience, to say the least, with many parts of the castle in and out, opening a window into its extraordinary past. As well as the castle itself, we experienced a retelling of the War Of The Roses with knights and horses jousting in a courtyard, making for an exhilarating time! Falconer's Quest is the UK's largest birds of prey show, showcasing incredible birds such as the Andean condor, peregrine falcon and the bald eagle as they soar right over the crowds and glide just above the river. It turns out that whilst quite small, the peregrine falcon has very strong wings, as was proven when it brushed right past my head a good number of times. I suppose being the fastest bird in the world with flight speeds of up to 240mph, must require quite a good amount of strength!



"Our **Mindline** Emotional support and mental health **helpline** is open 24 hours a day, 7 days a week. Call **locally on 01823 276 892** or **free on 0800 138 1692**. This **confidential** helpline offers a **listening** service for anyone in **distress** or if you are concerned about somebody you know.

Are you Living with a long-term pain condition?

Come and meet with others living with the impact of chronic pain at our peer support group. Together we can learn and practice self management skills to help us understand, manage and live better with our pain.

Every first Tuesday of the month 10:30am - 12:00pm

Mind Office,

57c High Street. For more information contact Sue on 07504758263



Upcoming Community Days

Thursday September 24th 5:30-8:30pm Special Interest Evening. Is there a topic or activity that you are super interested in? Join us for a friendly evening and tell us about it. Light refreshments and alternative activity provided.

Saturday October 3rd 12-3pm Paper Mache and Chat. Light refreshments and alternative activity and supplies provided.

Thursday October 8th 5:30-8:30pm Air dry clay crafts. Have a go at working with air dry clay! Autumn themed pieces also available to paint. Supplies, light refreshments and alternative activity provided.

Saturday October 17th 12-3pm Dance for Wellbeing - Join us for a seated dance session. Suggested donation is £3-£5. Demo will begin at 1pm. Alternative activity and light refreshments provided.

Thursday October 22nd 5:30-8:30pm Painting activity. Supplies, light refreshments and alternative activity provided.

Thursday October 29th 5:30-8:30pm Autumn/Halloween Party - There will be a costume contest for those interested. Light refreshments available for all.

If you would like more info about any of these community days or would like to be added to the emailing list for updates, please contact **Rebecca Richmond** (rebecca.richmond@mindinsomerset.org.uk) or phone **01749 233115**. Anyone over the age of **18** is welcome to drop in during the Community Days.



WHAT'S ON?

Regular Events (Free unless specified otherwise)

Monday

Coffee Morning at The Shrubbery -

10am-1pm First Monday of the month -
£4.95 for Tea and cake. Starts 5th October!

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

Mind - Reclaim your body - Online Via
Zoom 1pm-2:30pm (Call 0800 1381692 to
register)

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

Thursday

Hearing Voices Group - Mind Hub, Shepton
High Street, 1pm-3pm

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!



WHAT'S ON?

Dates for your diary

September 4/11/18/25 - Shepton Get Ur Skates On- Leisure Centre - 5:30-7:30pm

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

September 6 - Shepton Community Fridge Picnic - Art Bank - (FULL)

September 6 - Alys Williams "The Light House" - Croscombe Hall

September 11-13 - Motorhome & Campervan Show - B&W Showground

September 11-13 - Shepton Walking Festival (Walks listed below) - visit www.sheptonwalks.org for your free ticket

September 11 - Pub Walk - Croscombe Village Hall - 10am-1pm

September 12 - Shepton Repair Cafe - Art Bank - 11am -1pm

September 12 - Doodles and Drawing Walk - Market Cross - 10am-12pm

September 12 - Shepton History Walk - Market Cross - 1pm-4pm

September 13 - Let's get ready to Ramble! - Market Cross - 10:30am-2pm

September 17 - Sea Shanties - Art Bank - 7pm (Free entry)

September 17 - Walk for A Life (To raise suicide prevention awareness and support available across Somerset) - Meet 5:30pm at the library

September 19 - LGBTQ+ evening - Art Bank - 7pm (Free Entry)

September 20 - Lego Brick Festival - Bath & West Showground

September 24 - Blue School Rock & Pop Showcase - Art Bank - 7pm (Free Entry)

September 24-25 - East Somerset Railway - Meet the Author Simon Hall 'The Portal of Time and the Strawberry Line'

September 25 - Burger Night - East Somerset Railway

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

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

October 1 - U3a (Poetry with Polly Hall) - Salvation Army Hall - 10-12pm

October 5 - Shrubbery Coffee Morning - 10am - 1pm

October 7 - The Dairy Show - Bath & West Showground

October 13 - Shepton Prison - Evening Behind Bars (Serial Killers) - 6-8pm

October 25 - Shepton Sunday Market - 10am - 3pm (FREE EVENT)

October 28 - Shepton Mallet Death Café- Art Bank 3pm-5pm

Puzzle Sheet

How do you play sudoku?

Using the numbers 1 to 9, fill the bigger grid (9×9 squares) so that each column, each row, and each of the subgrids (3×3 squares, also called 'regions') contain all of the numbers from 1 to 9 exactly once.

As a helpful strategy

To start, concentrate on the top region (the top 3 rows) and ignore the bottom two regions (bottom 6 rows).

Examine the numbers 1 - 9 in order.

Use the smaller example puzzle. Take number 1 and see if it appears in the top region twice. If number 1 does appear twice (marked in red circles) then find which 3x3 box (in the top region) does not have that number. *In this puzzle the middle box does not have number 1.*

Then look at which rows of the top section has the number 1.

Number 1 appears in the top and the bottom row. *So we know that number 1 must be in the middle row.*

Then using this middle box, look where number 1 appears in these three columns. *In this example number 1 is in the left and right column (marked in red circles). So number 1 must go in the centre box of this top middle box. (Marked by a red cross).*

Repeat for all numbers 1-9.

Then use the same strategy on the middle region using 1-9, then the lower region 1-9.

Your grid should start to fill up a bit.

Go back around to the start and use the same strategy over and over.

Good luck!!

	5					1	9	
							4	2
9	1			2	7	5	6	8
3	4	5			1	9		6
7			3	4				
8	9		2		6			3
		8	7			2	1	
1	6				8			4
			1			6	8	5

	5					1	9	
							4	2
9	1				2	7	5	6
3	4	5			1	9		6
7			3	4				
8	9		2		6			3
		8	7			2	1	
1	6				8			4
			1			6	8	5

goshawk
sparrowhawk
kestrel
hobby
peregrine falcon
merlin
tawny owl
barn owl
golden eagle
red kite
osprey
buzzard
harrier
kingfisher
woodpecker
starling
robin
nightingale
wren
blackbird
redwing
parakeet
magpie
jackdaw
quail
pheasant
black grouse
grey partridge
wood pigeon
turtledove
swallow
wryneck
gull

K P T U R T L E D O V E R B I S N H Y Y
V D G D X I R S R Z T D Y Y F R F O C T
E Y E N U L Q E U B A R N O W L M G N Z
L E R T I V L M L F S R A K I E R A C N
A J I P I L A W B G Y N C P R T S O E N
H B A P V K R K M V A E M L A A S R D I
A U C C G K D A A O N E I W E P W Y W G
R Z T R K A Q E T Y I N N H R Y B B O H
R Z N H D D M B R S K Y P E J B F S B T
I A G O S H A W K P O E Y L D R Y S L I
E R N J W P Q W A W U T S B U L N T A N
R D B N I B O R L L L U G T V G O P C G
F E N O C L A F E N I R G E R E P G K A
O D U U L K B W O O D P I D G E O N B L
R A J A E K T Z H I L I A U Q I L I I E
F Z W E E Q W O O D P E C K E R G W R N
G S T E S U O R G K C A L B B J R D D M
O E G D I R T R A P Y E R G J W W E N A
U Q R E H S I F G N I K A R U H G R H G
S M J A S P A R R O W H A W K Y K H H Z

Crossword answers revealed next issue

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