

Driving Miss Diane

Local News - Community Contributions - Food - Puzzles!



Happy Summer! Preface from Diane

A **big hello** to everyone - to all of our lovely customers, to our friends and family, to the local community businesses and organisations we are supporting and to all of those in our community and beyond who have stumbled upon our newsletter. Welcome everyone to our **third newsletter!**

We have gone to print a little later this month due to me being on holiday at the beginning of August, a faulty laptop and also due to a few technical glitches with our broadband at home. A few days away certainly helped to recharge my batteries and the change of scenery was lovely as I headed off to the Poole Harbour Festival and then down to Devon for a couple of days with my brother and his family. Meanwhile back in



Collett Park Bandstand in the sun

Shepton Mallet, Harry gallantly held the fort as much as he could. Although I got the impression that he was quite relieved when I got back. So this issue may be a little smaller than hoped, but we are confident it will grow as we reach out to local community organisations to send us information about all the good work they are doing to help make our local town an amazing place to live. Please do feel free to send me any info if you think that other readers would like to hear about it. You can do this via **email** to **drivingmissdiane@gmail.co.uk** or **WhatsApp** me on the usual number of **07732 444847**. If you would like to sign up to our monthly newsletter **emailing list**, then please shoot us a message or email and that way you'll never miss an issue. Of course, all issues are printed and are kept in both of our cars so that whenever you next see us you can grab a copy (Small donations welcome). Thank you to everyone for all the amazing feedback and a huge thank you to everyone who has already sent us photos or other awesome news & info to put into this issue!

Did you know?

Typically, the right hand cash machine outside Tesco gets stocked with £50 notes, the one on the left does not and only has £10 and £20! - Thanks to Carol (on the Ridgeway) for this useful piece of info.

Business News

This summer has been a busy one for both Harry and I, with many a trip out to Bristol airport with people getting away on holiday - sometimes a job has needed us both (as in the below photo). However with the nice weather continuing, back at home, if you fancy a day trip to the seaside, then let us know as if we can arrange 3 or 4 people to share, we can make your summer seaside adventure substantially more cost effective!

From September 8th, Diane will not be available on Tuesdays (term time only), so we will be running on reduced capacity on this day. Call will also not be answered on a Tuesday, so please pre-book beforehand.



Food Section: Sweet 11 - By Ruth, Jaxs & Teddy the Dog

Situated in the Market Place of Shepton Mallet, this sweet haven serves up savoury dishes as well as the most delicious cakes and wonderful coffee. The ladies that run Sweet 11 are so lovely and accommodate menu changes where they can. They even have dog treats for their four legged customers that come to visit! We love



coming here each week with a small group of friends. It has such a lovely welcoming feel and even better that they are dog friendly too. The trickiest part of our visit is deciding what wonderful cake to try this week. As they say - **life should be sweet!!**



An outstandingly beautiful new floral art piece created by Heather (Waterloo Road).



Ali (St Peters Estate), created this incredible pressed flower art piece using flowers from her garden.



A lovely Peacock butterfly spotted on our neighbour's flowers by Diane & Harry (St Peters Estate).



Clare (Amulet Estate), shared with us this colourful flower pot from her garden.

The next issue will be birds, so send in your photos!

SHEPTON COMMUNITY FRIDGE



The **Shepton Community Fridge** is located next to **Screwfix**. It has a fridge, freezer and larder and was set up to **reduce food waste** in Shepton Mallet. It is looked after by a team of **local volunteers**. If you would like to volunteer or find out more about the Community Fridge, you can **email sheptonfridge@gmail.com**. Everyone in the community is welcome to add food and take food from the community fridge, as it all helps in

reducing food waste in and around the town. So please do come and take a few items if you can make use of them, when you are passing, to help combat food waste. The Fridge is **typically open from 9am to 9pm** depending on volunteers. The fridge is re-stocked at various points throughout the day/evening with no fixed times, just as and when volunteers have availability. The food that goes into the fridge comes from a variety of sources, such as **local supermarkets, local businesses** and also members of the public. Check it out when you're next nearby!

Did you know that you can also donate unwanted food to your community fridge?

We accept sealed **packaged foods**, **cheeses**, fresh **fruit & veg**, table **saucers**, **pastry**, unopened pasteurised **milk and yoghurt**, unopened **fruit juices**, **salads** and traceable Lion stamped **eggs** with clean shells and a use-by-date.

We can't accept **cooked food**, **bean sprouts**, **cooked rice**, **raw milk & cheeses**, **unpasteurised milk**, **pate**, products which could contain the above ingredients and **any unlabelled multiple-ingredient items**.



Trip to Clark's Village and Shoemakers Museum

The Shoemakers Museum celebrates 200 years of shoemaking history through the eyes of the shoemakers, telling the stories behind Clarks shoes in the place where it all began in Street, Somerset.

Take your time to wander through Clarks Village Outlet which is home to over 90 designer and high street brands.

With 4 people sharing each car we can share the normal cost and each person will pay less.

The price will be **£35 per person** based on **4 people** sharing a **return ride** to & from their home (Surcharge will apply for pickups outside Shepton). and this

includes the £14 ticket for the guided tour of the exciting Shoemakers museum.

If you fancy a day trip to **Clark's Village** and the new **Shoemakers Museum**, then let Diane know. Once we have 8 people we will get a mutually convenient date organised!



HEALTH CONNECTIONS

Your GP practice social prescribing and health coaching team

Be Healthy, Be Happy - There is still time to sign up to this wonderful course and it's all free!!

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

14th October Week 6: Next Steps & Maintaining Progress

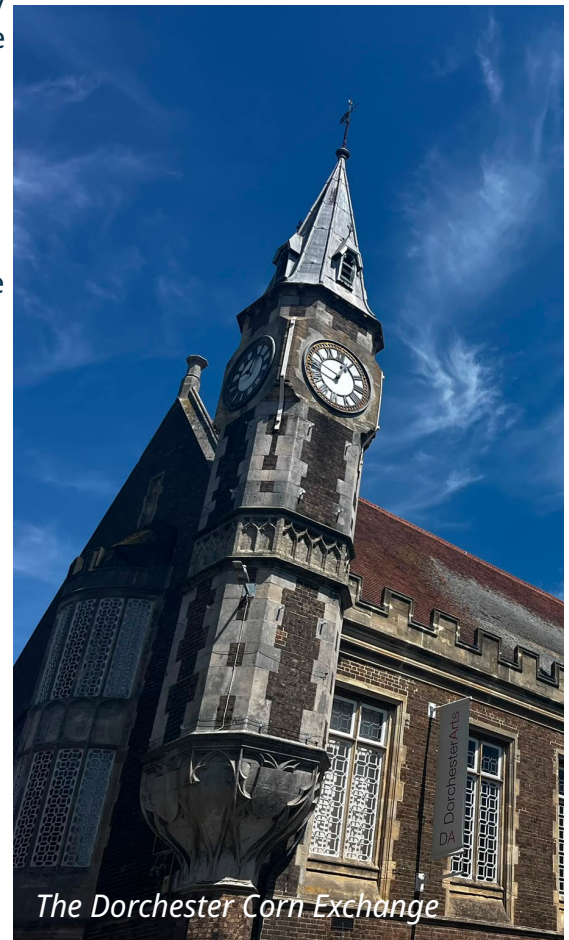
Coming up in the next issue - Sign up for October's course 'Live well with Pain'

Coast. Starting the day off, we decided to instead firstly visit the county town of Dorset, Dorchester, as it's somewhere I hadn't properly had the time to explore before. The town is well known to many as the birthplace of world famous author and poet Thomas Hardy, but unbeknownst to me at the time, it also had dozens upon dozens of beautiful buildings that lined up against the roads of the town centre. Some of these buildings are home to incredible little cafes, shops and even a small Italian deli - Mina's Deli, where I tried my first cannoli. It was brilliant. One notable building I was immediately drawn to was the Corn Exchange that is used by the Dorchester Arts for events, showcases and all sorts of things, as well as doubling up as the Dorchester Town Hall. The impressive construction was completed in 1848, replacing an older town hall with a brand new successor, made from Broadmayne brick that contains additional dressings from both Portland and Bath stone. Sometime in the nineteenth century, it was decided that the building would be expanded, adding a new market and even a police station to the north side. Arguably the most iconic section of the building, however, has to be the clock turret which looks down through the High Street, known as 'Galpin's Folly', after Mayor Galpin. This beautiful new addition was erected in 1864, to much concern from the locals that it would be unstable and fall down to the road below it - something which it hasn't managed to do just yet.

Moving out of Dorchester, I wanted to quickly drive through the strange, experimental new town of Poundbury, which is an ongoing development from the Duchy of Cornwall, initiated by King Charles III in the 1980s and designed by the architect Leon Krier from Luxembourg, with construction beginning in 1993. In 2026, as I looked around through the quiet pedestrian streets, it's clear that the general idea was to create a town that looked as if it were here for hundreds of years, with stone walls and carvings, industrial buildings that were never industrial, restaurants and small corner shops and different public squares with fountains and statues - all of which were designed to look old and grand but have only stood for a couple decades. My impression is that the town feels safe and easy to traverse on foot which I'm sure was the goal, but it still feels as if it lacks something, akin to what I imagine walking around Disney World to feel like. Whatever

opinion one might have on the place, there's no doubt that it was a experiment that seemingly succeeded, with plenty of people wanting to live there and tourists coming to have a look.

Our journey ended up in the beautiful coastal town of Lyme Regis, which is famed for being a go-to for seaside holidays. Nicknamed as "The Pearl Of Dorset", the town is almost sectioned into two halves, each with a different atmosphere. Firstly, there is the town centre where shops and restaurants line up along Broad Street (as seen in the bottom left photo) with bunting, decorations and little stores selling all sorts of goods, inviting window shoppers to peer through the old, tiny glass panes. The second half of the town is by the harbour, after a short walk along the beach, which has its own share of pubs and shops (which can be found in the top left photo). I'm sure the locals of Lyme Regis are all very fit, with hilly streets in every direction that run from the top of the town and down towards the sea. Whilst the hundreds of stairs may be tiring, they certainly reward you with the most incredible views of the town and the Jurassic Coast.



The Dorchester Corn Exchange



The Jurassic Coast from Lyme Regis



The Harbour Of Lyme Regis



Lyme Regis' Broad Street



mind in Somerset



Mind's **Well-Grounded** is a peer support group focused around letting nature improve your mood. Would you like to learn to garden? Grow vegetables and herbs and be with other people in a safe place. Improving exercise levels and reducing social isolation are proven to increase wellbeing. Learn new skills and keep your brain active. Find out how food and mood work together.

These sessions are free.
We have three different garden areas to work on, one is sure to suit your level of interest. All abilities are welcome and tools are provided.

Sessions are run **weekly** by an experienced therapist.

Wednesdays 11:00am – 1:00pm
Mind Office, High Street, Shepton Mallet.

For more information and to join please **email alison.hayward@mindinsomerset.org.uk**



August Community Days

Saturday August 8th 12-3pm Cyanotype Printing - Have a go at cyanotype 'sun' printing! Supplies provided but may be limited. Alternative activity and light refreshments provided.

Thursday August 13th 5:30-8:30pm Craft and Chat Bring your own craft or try one of ours! Supplies, light refreshments and alternative activity provided.

Saturday August 22nd 12-3pm Reverse Scavenger Hunt Join us for a light walk around Collett Park to leave messages of kindness and hope for others to find! We will leave from the office at 12:30 and 1pm. Light refreshments and alternative activity provided.

Thursday August 27th 5:30-8:30pm Make your own sensory fidgets Have a go at making a calming sensory jar, an air dry 'worry stone' and pebble painting! Supplies, light refreshments and alternative activity provided.

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.

Our **Mindline** Emotional support and mental health **helpline** is open 24 hours a day, 7 days a week. **0800 138 1692 or 01823 276 892**



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 Tues in month - 10am Meet at Collett park
Men's Shed - Weekly - Charlton Industrial Estate 9am - 12pm
Mind - Reclaim your body - Online Via Zoom 1pm-2:30pm (Call 0800 1381692 to register)
Pain Café support group - 1st Tuesday in the month - 10:30- 12pm - Mind Office
Pilates with Kim - Collett Park, 7th July - 11th August 6-7pm (Bring a mat & water)

Wednesday

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

Thursday

Creativity for over 55's - 2nd in month - Make the Sunshine Studio - 10:15am
Digital Café - Weekly in Library - 2-4pm (help with any digital devices)
Hearing Voices Group - Mind Hub, Shepton High Street, 1pm-3pm
Men's Shed - Weekly - Charlton Industrial Estate 9am - 4pm
Mind Community Evenings- 13th, 27th Aug - Mind Office, Shepton Mallet High Street 5:30-8:30pm
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

Friday

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

Saturday

Football is fun - For All Ages - 10am in Collett park
Mind Community Days - 8th, 22nd Aug - 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

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

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

September 20 - Lego Brick Festival - Bath & West Showground

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

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

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

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

October 25 – **Shepton Sunday Market – 10am – 3pm**

October 27-29 – East Somerset Railway – Day Out with Thomas the Tank Engine

October 28 – Shepton Mallet Death Café– Art Bank 3pm-5pm (To join whatsapp group email: Sheptondeathcafe@gmail.com)

November 29 – Shepton Chrismtas Lights Spectacular – 11am – 5pm

Puzzle Sheet

Across

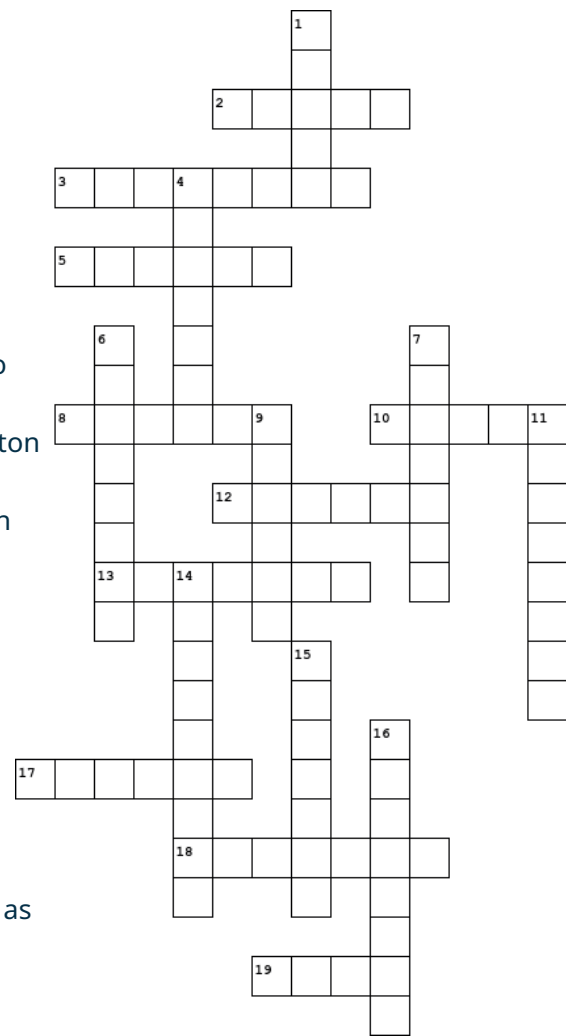
2. waterway designed or improved for the passage of boats
3. plantation used to create wines
5. small settlement of homes, smaller than a village
8. place for storing and displaying artefacts of significance
10. wetland, usually with grassy vegetation, transitioning from water to land
12. public gathering for selling and buying goods, every Friday in Shepton Mallet
13. fried pastry dough with a creamy filling, typically found in an Italian deli
17. surface excavation site for obtaining stone or slate
18. transport hub for aircraft
19. river that flows through Somerset, Bristol & Bath

Down

1. large private house in the countryside, often with lots of land or sub-buildings
4. the total or partial obscuring of one celestial body by another, such as the sun and moon
6. bridge used to carry water from one place to the next
7. vehicle used in the process of farming
9. open field with grass, lots of flowers and other wildlife
11. period of very hot weather
14. to be operating or most active during the night
15. very strong type of cider from the West Country
16. bird known for its murmurations over Somerset

Using the numbers 1 to 9, fill the bigger grid (9x9 squares) so that each column, each row, and each of the subgrids (3x3 squares, also called 'boxes' or 'regions') contain all of the numbers from 1 to 9 exactly once.

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



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

ARMS
POACHERS
KING
STRODE
GEORGE
DROVERS
BELL
INN
VICTORIA
CROSSWAYS
HIGHWAYMAN
COTTAGE
WILLIAM
NATTERJACK
HORSESHOE
CROWN
CHARLTON
THATCHED
POCKET
WELL
CLUB

CROSSWORD ANSWERS FOR ISSUE #002

Across

3. tributaries 6. crooked 10. tractor 12. rosie 14. collett 15. chelynch 16. gardenalia 17. shoal

Down

1. doombar 2. hummus 4. shopping 5. free 7. tripadvisor 8. trudoxhill 9. brewery 11. camel 13. yoga

Crossword answers revealed next issue

07732 444847

drivingmissdiane.co.uk