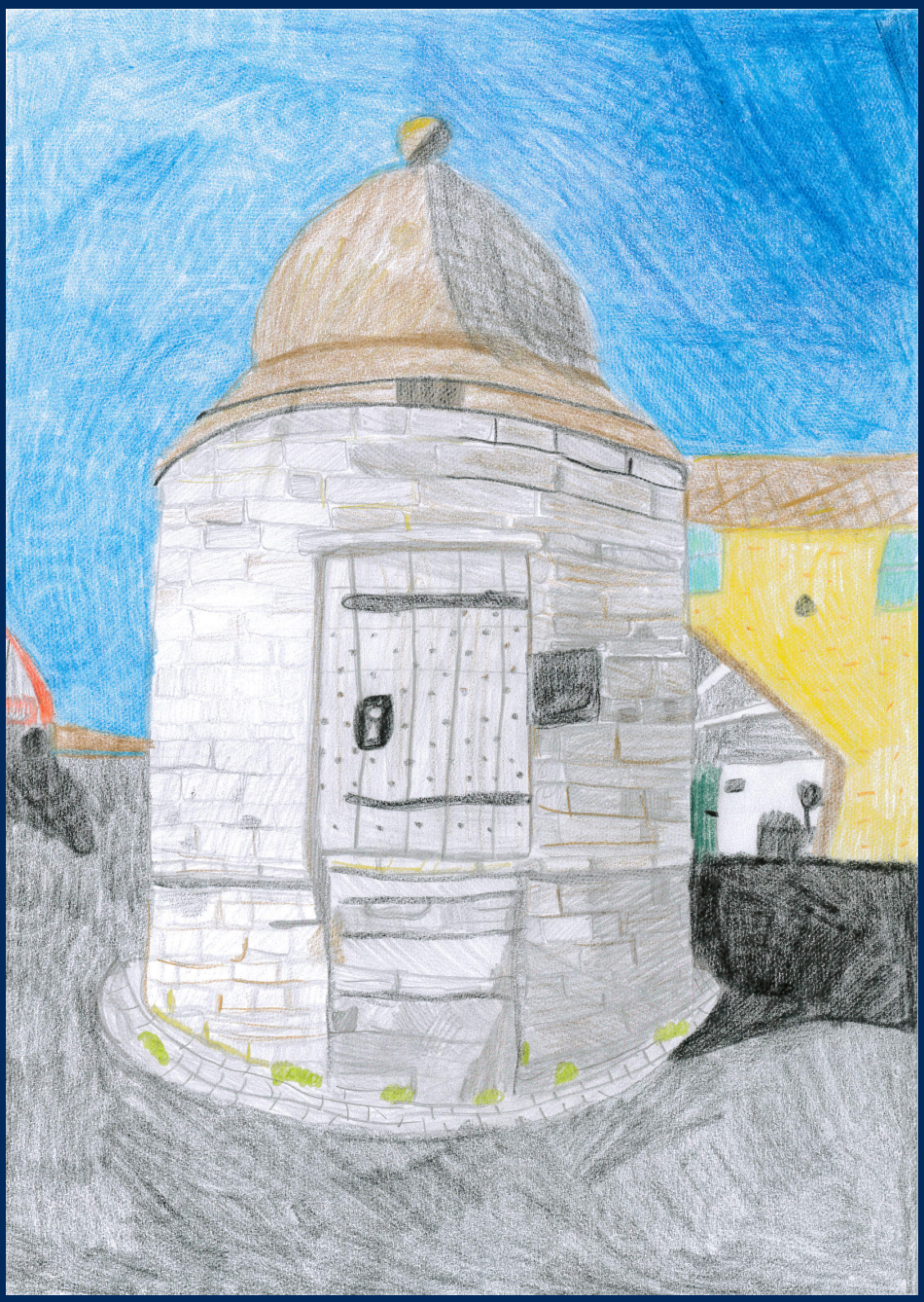
Castle Cary & Ansford Community
NEWSLETTER

Spring 2023 Issue



Artwork by Emma, Dolphin Class,
Castle Cary Primary School

Castle Cary Town Council

The recent cold weeks are, we hope, beginning to get warmer. With the cost of living crisis Warm Spaces have been either built on with existing events or new ones started. We are grateful to the Methodist Church team for their extended open coffee mornings on a Wednesday and the new one on a Saturday morning. The Warm Space on a Tuesday at the Scout Hall has also been highly successful with brilliant take up. Whilst there is sadness that there is a need, everyone has taken on a positive attitude and they are using the time to welcome residents, help them to make new friends and let them know of other activities and services in the town. The organisers have also given partner agencies opportunities to tell them about their work and opportunities. Thank you to everyone who is involved in these activities. If you would like to contribute to a Rural Services Network cost of living survey please follow this link - www.castle-cary.co.uk/rural-households-cost-of-living-survey/ the survey closes on 24th March. Often the needs of rural communities are overlooked by Governments as they don't take on board that our rurality contributes to isolation and poverty, so we need to be a voice.

We extend a warm welcome to new residents and hope that you have collected your welcome pack from the information office in the Market House which is open 9.30am - 12noon Monday - Saturday.

Elsewhere in this newsletter we have informed residents of the new precept which is an increase of £11 on a band 'D' property. This largely accommodates the Public Works Loan repayments for Caryford Hall which we consulted the community on before Christmas. Although it was a small majority the rules state that it is much like an election where, despite low numbers voting and a small majority, the decision is to go ahead with the application. We will keep you up to date on developments as we apply for the loan and Caryford Hall starts their building project. You will see that the very active and hard-working committee and trustees are continuing to fund raise and have another grant application in process.

Our Councillors have been very busy starting plans for the Coronation, the launch of Sustainable Cary, a new joint traffic working initiative and a community survey which will be out soon.

The joint traffic working group has its very own Facebook page called 'CCA28'. Membership (by 'liking') will enable you to be kept up to date with information, particularly about the lack of parking at Castle Cary Station. Our thanks go to Robert Brown for bringing all the issues together and we continue to work closely with SCC Highways and of course the Police. Sustainable Cary is being launched by Linda Ball and we hope that the inaugural meeting on February 10th will bring lots of new members and new ideas to build on the excellent work Greener Cary started before lockdown. The Coronation group led by Margaret Bebbington has been planning a large lunch time event on Sunday 7th May. Check the website for further information.

We said goodbye to our long standing - dare I say long suffering - Deputy Clerk Claire at the end of January. Claire has been a stalwart, supporting three Clerks in her time and we are very grateful for her unruffled approach particularly to planning, the management of the Cemetery including instigating the new IT package and as our first environment champion. We wish her a happy time with her new plans which we hope will continue lots of Castle Cary connections. We are pleased to welcome Katie Armstrong as our new Deputy Clerk. Katie has been an apprentice with us for the last year and has achieved many milestones in her learning, including being voted Apprentice of the Month by Somerset Skills & Learning.

There is so much going on in Castle Cary it's impossible to list all events but there are many reports in this newsletter and do please visit the website for more information. A highlight in February half term was the excellent CATs annual production. This time it was Guys and Dolls at Ansford Academy and it was a huge success. There are also regular events in All Saints' Church, Caryford Hall, The Market House and of course the pubs!

Warm wishes into Spring to you all.

Judi Morison
Chair Town Council

LOCAL COUNCIL AWARD SCHEME FOUNDATION

CASTLE CARY TOWN COUNCIL

Clerk: Lisa Davis
Email: town.clerk@castle-cary.co.uk
Tel: 07780 635013

Deputy Clerk: Katie Armstrong
Email: deputy.town.clerk@castle-cary.co.uk
Tel: 07561 611756

Marketing and Communications Administrator: Catrin Loxton
Email: markethouse.bookings@castle-cary.co.uk
Tel: 01963 351763

Business Administration Apprentice: Katie Armstrong
Email: admin@castle-cary.co.uk

Contact the Clerk's Office on (01963) 359631

Information Point: Volunteers
Email: tourism@castle-cary.co.uk
Tel: (01963) 351763

Councillors:

Linda Ball
Margaret Bebbington
Philippa Biddlecombe
Robert Brown
James Camm
Steven Evans
Carly Franklin
Judi Morison (Chair)
Trevor Oats
Pek Peppin
Angela Piggott
Tom Trouton
Robert Worth

Council meetings are open to the public and take place in The Shambles on Monday evenings at 7.00pm. Email the Town Clerk if you would like to take part.

Full details of meetings are on the noticeboard & website.

Meetings held include Full Council, Finance & Management, Marketing & Communications, Properties & Infrastructure and Planning Committees.

South Somerset District Councillors:
Mr Henry Hobhouse Tel: 01963 440272
Mr Kevin Messenger Tel: 07969 150646

Somerset County Councillor:
Mr Mike Lewis Tel: 01935 851536

Castle Cary Town Council Precept and Budget 2023-2024

The Town Council's 2023-2024 budget was approved at the Full Council meeting on 16 January 2023. You can see the full budget on our website.

There has been an increase in the budget. The main reason for this is due to the Public Works Loan that is being applied for to enable Caryford Community Hall to complete Phase 2 of their refurbishment and extension project.

In terms of the effect on Council Tax bills, there will be a small increase to the charge for a Band D property of 95p per month.

If anyone has any questions or comments about the budget for 2023-24, please feel free to contact the Town Clerk.

The newsletter for Castle Cary and Ansford invites reports on events and activities from local groups and organisations.

Please keep below 250 words.
If you include notice of future events do give full dates and times.

Deadline for copy for next newsletter:
9.00am on WEDNESDAY 10th May 2023
Distribution from:
FRIDAY 26th May 2023

Email your copy to
markethouse.bookings@castle-cary.co.uk
or send to 'Newsletter', The Market House, Market Place, Castle Cary, BA7 7AH.

Ansford Parish Council

Welcome to our Spring Newsletter.

Coronation of King Charles III, on 6th May 2023
Ansford & Castle Cary are joining forces to arrange various celebrations to mark the King's Coronation in May. A joint committee is being formed and forthcoming plans will be released in due course.

Roads and traffic issues
The ongoing problems with parking on the A371 outside the Station and along Station Road continue to disrupt the flow of traffic, and cause major inconvenience to parishioners in the area, over the past few months. However, Somerset County Council has now announced plans to apply road markings to vulnerable routes, where it will be an offence for drivers/vehicles to wait on the roadside. Although these plans may take some time to implement, they will at least clear the obstructions and improve safety. The newly formed Joint Ansford & Castle Cary Traffic Working Group have already surveyed most of the main roads in both parishes, compiling a comprehensive list of issues that need urgent attention. Special consideration of the safety of pedestrians is paramount.

Speed Indicator Device
Now that County Highways have recently erected new poles at the agreed sites in Ansford, the equipment will be installed and then operated on a rotational basis at each location. We have also applied for a new site on Station Road and will thereafter consider additional sites where necessary.

Public Works Loan
Following the public consultation held from the 23rd November 2022 to the 23rd December 2022, where votes cast by parishioners had resulted in an overall majority being in favour of our Council applying for a loan of £72,000 to be spread over a twenty year period, an application is now under way, where councils have access to low interest rates to fund important infrastructure developments, for the benefit of the whole community.

Ansford Parish Council:
Precept for 1st April 2023 – 31st March 2024
The Precept for the year 2023/24 has been agreed by councillors, which includes, for the very first time, a Public Works Loan. This special loan facility had been proposed by Caryford Hall, in order to assist with the funding of the Phase 2 extension of the Hall, and as a result the precept has risen to £46,432. For band D properties, the annual increase in council tax amounts to £14.31. Due to this exceptional "one-off" community project, Councillors have carefully kept a tight reign over other demands, whilst still having to provide basic local services and to continue supporting several individual community groups where possible.

Ansford in Bloom
A small group of volunteers continue to enhance and plant new areas in parts of Ansford. Funds have been set aside for additional plant troughs at the Station and other locations.

Parish Council Meetings are held at Caryford Hall on the second Wednesday of each month starting at 7pm. All parishioners are welcome to attend these meetings that will continue be held under current COVID guidelines. A list of future dates can be found on the parish noticeboards and on the website. Should you wish to bring a matter to the Council's attention, please notify the Clerk by the first day of each month.

Please contact the Clerk if you require any further information. Clerk@ansford-pc.gov.uk

With Best Wishes
Ansford Parish Council

ANSFORD PARISH COUNCIL

Mr C. Edwards - Chair, Mr P. Clark, Mrs D. Pinnions, Mrs B.Williams, Mr R. Leary

Ansford Parish Clerk: Mrs Angela Roberts,
Bay Tree Cottages, 6 Torbay Road, Castle Cary,
Somerset, BA7 7DW. Tel:07969 399559
Email: clerk@ansford-pc.gov.uk

Monthly Parish Council Meetings are held at Caryford Hall on the second Wednesday of each month starting at 7pm.

Agendas can be seen on the website or on the Parish Notice Boards.

Website: www.ansford-pc.gov.uk

Ansford Academy

Following the closure of 1610 at Caryford, Ansford Academy has been pleased to be able to accommodate bookings from community sports groups including netball, badminton and pickleball. The Academy hopes to be able to extend the evening and weekend bookings in due course. The gym equipment belonged to 1610 and has been removed; the Academy has no plans to re-open a facility of that type but is considering turning the gym room into a dance studio capable of accommodating aerobics, pilates and dance activities. Funds would need to be raised to bring that room up to standard for those activities so this will be an area for potential development in the future. Supporting the community bookings and planning for any future development comes on top of the substantial job of managing the school itself and there is a need for us to balance the community benefits and costs of running the facility. Please direct any queries to mailbox@ansford.net

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Arts Society Mid Somerset Programme March and April 2023

We meet at Caryford Community Hall.
Maggs Lane, Ansford, Castle Cary. BA7 7JJ

Our next lectures are on:

Tuesday March 21st 2023

A proliferation of Patterns:
Wallpapers 1920 -2000 By Jo Banham

The widespread misconception that Modernist interiors eschewed pattern and ushered in a fashion for plain walls is belied by the fact that the taste for wallpaper flourished as never before in the inter-war and post-war periods. This talk surveys the development of wallpaper production and design across the twentieth century.

**** Tuesday April 18th 2023**

The Fourteenth Street School-Representing New York in the 1920's and 30's
By Tricha Passes

Isobel Bishop, Kenneth Hayes Miller, Raphael Soyer and Reginald Marsh were all artists whose work came under the title 'The Fourteenth Street School'. They depicted New York City during the inter war years of the twentieth century.

** April 18th is also the Annual AGM of the Arts Society Mid Somerset so the meeting will begin at 10.30.

Why not try a lecture as a visitor for £6.00 per lecture, and then consider annual membership. We currently have spaces. Lectures start at 11.00am and are preceded by coffee at 10.30am

The Arts Society Mid Somerset
midsomerset@theartssociety.org

Castle Cary Bowls Club

Here we are in another new year, the green is in excellent condition, and we are looking forward to another exciting season. The exterior of the club house was treated in the autumn and looks really good. Work continues on the green throughout the year and the surrounding areas are looked after too. We are currently holding fortnightly games evenings, playing cards, dominoes, darts etc. and we have a music quiz evening to look forward to on Saturday 4th March. March is when we will spring clean the club house in readiness for the season. League games commence in April and competitions usually in May, we have plenty to look forward to. If you are looking for a new activity this year, bowls is accessible to all regardless of age etc. why not consider outdoor lawn bowls? We provide coaching and equipment but beware it can become addictive! Once the season begins, we welcome new members on a Tuesday evening from 6.30pm, though other days/ times can be by arrangement. We look forward to welcoming you. Further information can be found on our website or by contacting the secretary, Dave Lee, at castlecarybowlsclub@outlook.com

Carol Lowe
01963 359573
www.hugofox.com/community/castle-cary-bowls-club-19890/home and on Facebook

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Bridge Club

We are a very friendly club now playing face to face bridge at Hadspen Village Hall at 7pm on a Thursday evening at which we run a host system so having a partner is not necessary. Members also join Sherborne Bridge Club on Wednesday evening to play online bridge using the Real Bridge platform which is brilliantly interactive. To access please go to www.bridgewebs.com/castlecary/ then follow the link via the Bridge Webs site or contact Barry Blight on 01963 440351.

Brue Valley Rotary Club

Brue Valley Rotary Club has continued to collect and recycle IT equipment within the local area with the help of Simon Barfoot of Blackmore IT. Simon has received over 200 laptops and phones from the public and has given back 75 laptops to groups and individuals in the Castle Cary area. We thank Wales and the West Utilities for their donations and Phillips Tyres for acting as a drop off point. Please keep giving to Laptops4Learners.

What else is the Rotary Club doing?

The Race Nights are very popular and make a good profit for the host and Rotary. The latest evening in January held with fellow Rotarians from Yeovil raised over £1,000 for the Rotary Foundation.

Rotary volunteers have helped paint the new premises of Wincanton Museum. It has taken two visits so far but has been much appreciated.

Family and friends joined Rotarians in January at the Sparkford Inn when great fun was had by all as well as enjoying a good meal. The choral contributions were loud and lusty.

Plans are underway for more Race Nights, a visit to Hinkley Point C and assisting with the Moat Garden project in Cary. Members are also going to be directing the car parking at the Yarlington Fringe event in April.

If you like meeting new people and using your skills to benefit others in the community, come and join us to find out more.

Contact Liz Stokes on 01963 351906

Café Scientifique

Café Sci regulars enjoyed some fascinating talks over the last couple of months. Arthur Cole from The Newt played to a packed Market House when he spoke about the history of different gardening techniques on the Hadspen estate in December. Definitely more future facing was Andrew Lee of AV Optics who discussed how fibre optics technology works and has revolutionised the air traveller experience in recent years. Unfortunately we will have to suspend Café Sci for the next few months as the organisation of the Somerscience Festival takes up all of our time. However, for talk enthusiasts, the Festival will provide a bonanza on 1st May with 20 different talks between 10am and 6pm on subjects as diverse as; The Future of Food, How Does the Sun Work, Using Synthetic Proteins to Build New Technologies and How Whales Lost Their Legs. Speakers hail from Bristol, Bath and the Royal Agricultural Universities, the Biochemical Society, Institute of Physics and the NHS, amongst other institutions. Talks take place at The Market House, Castle Cary and at St Mary's Church, Bruton. Find out about all of what's on offer at: www.somerscience.co.uk/whats-on. For further information or if you would like to be involved in the festival, contact Colleen Bower on 07375 890751.

Castle Cary & Ansford Carnival Society

CARNIVAL 2023 – The all-important dates for your diary are Saturday 14th October for our evening illuminated procession and Saturday 7th October afternoon for our much-loved children's carnival.

COFFEE MORNING – please come and support our coffee morning on Saturday 4th March outside the Market House. It's the same date as the first Vintage Market of the year, so very easy to remember. There will be mouth-watering bacon sarnies, coffees, and delicious home-made cakes.

BINGO! From Wednesday 1st March we are re-starting our very popular Bingo nights. Held on the first Wednesday of every month at the Scout Hall, The Park, Castle Cary BA7 7EP. Doors open at 6:30pm with eyes down at 7:30pm. Come along for great prizes and a warm welcome.

FANCY HELPING OUT? We would love to welcome some more new faces to Cary and Ansford's carnival family. One option is to help the friendly and informal committee organise the vital fund-raising events. Another possibility is to get involved closer to carnival, perhaps by marshalling, or collecting. To find out more contact Caroline Sharley (General Secretary) carolinejsharley@gmail.com or 07711 266969.

For latest news, visit our web site: www.ccacs.org.uk and Facebook page www.facebook.com/CaryCarnivalSociety

Castle Cary Carers Group

Castle Cary Carers meet on the 1st Thursday of every month, 10:30 am to 12 noon in The Shambles, The Market House.

Meet people who support and care for their family or friends. Share laughs, ideas and experiences in a relaxed, supportive, safe atmosphere. Regular, professional speakers and signposting to help you save time, energy and frustration!

For one-to-one support as a Carer, including finding support for the person you care for whilst you come to a meeting, contact Somerset Carers Service on 0800 31 68 600 or at www.somersetcarers.org

For information about the group contact: Florence Mills 01963 359081 / fliss1938@icloud.com or Ruth Metherell 01963359329

Cary Cares

Your local charity: funded by the community, for the community.

Firstly, following the overwhelmingly positive response to our Christmas appeal, we distributed 100 'gift parcels' to local residents who live alone and 60 festive food & essentials bags to local families. We received so many messages of gratitude, we know they make a real difference.

We continue to give grants to families needing help through these difficult times and there is also money available for community groups within our town. We are delighted to have been able to give the Scout Hut a grant towards their warm space initiative, which is held every Tuesday.

We couldn't do these things without your support, thank you.

The Cary Cares Team will be holding four open 'surgeries' at The Shambles this year, starting from Tuesday 7th March. We would like to welcome anybody to come and chat about what we do. Perhaps you need some funding, or have been thinking about volunteering? If you feel able to give a couple of hours of your time doing a shift at the Community Larder, or you would like to help promote the charity around the town, please do come and meet us. 'The more the merrier' in our quest to make sure that everyone knows who we are and what we do! We shall be there from 10am-12noon.

In the meantime, you may contact us on carycares1@gmail.com or leave a message on our answer phone 01963 602013.

The Cary Cares Team
Reg. Charity: 1196363
**** www.carycares.org.uk ****

Caryford Community Hall

With your newsletter you will find an advert for the role of Cinema in Caryford organiser. Last year we obtained a very welcome grant of £3098 from the Postcode Lottery Trust which has enabled us to buy a high-quality player and projector to show films and the Hall Committee is now responsible for the screenings. If you love the movies, and are interested in running our cinema, please read this ad and get in touch.

We were delighted that the majority of residents responding to the recent consultation supported their council's proposal to provide a grant for the Hall extension. We now hope that the authorities' applications to government for Public Works Loans will be successful. If they are, we should be able to press on with construction later this year.

We have recently had to improve security in the hall and the car park. Persistent intruders caused damage and inconvenience. CCTV is now in operation in the main hall and over the entrance. Although, this should deter such behaviour, it is sad that we must now manage the hall in this way to keep the building and our users safe.

Is there a town resident with some financial experience (e.g. acquired running their own business or with a professional qualification or role) who is willing to join us to help with preparing an annual budget, accounts, and quarterly reports, in liaison with our financial administrator? Please contact me if you could help us.

Ian Bynoe
Tel: 01963350655
Email: ian@caryfordhall.co.uk

Carymarsh Nature Reserve

This 10 hectare private nature reserve is just 2 miles from the centre of Cary between Cockhill and Dimmer (near Carymoor Environmental Centre). Visitors are welcome to visit the reserve, wander the footpaths that wind around and through the woodland or along the edge of the wetland, or to just sit and enjoy the abundant nature and the peace and quiet. As spring arrives the reserve will once again be bustling with life. Swans, coots, moorhens and little grebes will be nesting in the reeds and on the water's edge, reed buntings and reed warblers in the reeds (where else!). Along the water's edge yellow iris, marsh marigold and purple loosestrife will soon burst into life, while meadow flowers will provide splashes of colour in the surrounding grasslands, the grass having been grazed down during the winter by our Exmoor ponies. The trees in the woodland will soon be in leaf as this young woodland starts to resemble a mature wood. In order to avoid disturbing the breeding birds and trampling the wildflowers, we ask that people please stay on the footpaths. Dogs must always be kept under very close control as the reserve is home to various large mammals like deer and foxes in addition to the ponies; dogs must never be allowed near the ponds or reedbeds. Call Dave or Helen Boyer (01963 350418 / 07903 276315) for more information.

Carymoor Environmental Trust

This winter we are busy tree planting, with 8,000 whips to get in the ground before the growing season starts. These trees will form an important part of our wildlife restoration for the Nightingale Project and will hopefully create the scrubby thorny habitat that these rare birds prefer for nesting.

If you can spare a few hours to help us with this project, or with any other conservation projects on our nature reserve, we would love to hear from you. We run friendly, welcoming volunteering groups on Mondays, Tuesdays and once a month on a Saturday.

Our new studio area is working really well as a dedicated space for all our events. We continue to work with Somerset Skills and Learning to provide free courses to Somerset residents and our willow weaving and rural skills courses have been extremely popular. During the Easter holidays we will be running Wild Spring courses for families on Monday 3rd or Tuesday 4th April and have some spaces available.

As an expansion to our free courses, we are also running paid for courses which include a selection of basket weaving courses, Arts events for young people, and dawn walks or explorer experiences which would also make fabulous birthday parties for children or adults.

Our events will be advertised on our website www.carymoor.org.uk and on our social media but please give us a call or drop us an email if you would like any more information or would like to join us on the reserve for some volunteering and fresh air.

CAT Bus

CAT Bus is your local community transport charity. We run a ring and ride service that operates minibuses that makes trips to many local amenities including supermarkets, shopping centres and tourist attractions, whilst also helping with transport to essential services which include GP surgeries and hospitals.

On Friday & Wednesday mornings we run a bus from Castle Cary to Wincanton supermarkets. We have space on the bus for more passengers, all you have to do is phone the office on 01963 33864 and book your seat.

We also help local clubs and societies with their day trip transport for days out, lunches and other social functions.

CAT Bus is always looking to welcome new members and increase the number of clubs and societies we work with. If you are interested, please call the office on the number below.

If you are able to volunteer as a driver for the social cars or as a bus driver we would welcome the opportunity to discuss this with you, contact Ian Broad on 01963 34594.

southsomersetringride.org.uk
01963 33864

Cary Amateur Theatrical Society (CATS)

By the time you read this, we will have just finished our performances of Guys and Dolls. We hope of course that you came to see it! If you didn't, I would ask you to consider why not!! Local societies find it very hard to exist without local support, and Cary has grown so much in recent years that there must be some newcomers who would have really loved to see this show!

Of course, CATS doesn't come out of hiding just in February! We are active all year round, as well as having our own private lives. For example, Monday 1st April (no jokes thank you!!) will see us providing the refreshments at the Vintage Market, with tea & coffee, cakes & biscuits, and bacon sandwich butties (always a favourite).

Our Murder Mystery evenings are proving very popular, with our last one at North Cadbury in November proving extremely successful. We should be bringing a new play to All Saints' Church in the autumn – date to be decided.

So, in summing up, I would urge you to consider coming to see our next show if you didn't see Guys and Dolls, and maybe you would like to join the company, either on stage or behind it in one of the many departments that are needed to put on a production – wardrobe, props, set construction/painting, the list is endless!

And if you did see Guys and Dolls, I sincerely hope you enjoyed it as much as we enjoyed presenting it to you.

Mark Tromans. Chair, CATS.

Castle Cary Choir News

Your community choir has an exciting time ahead! At the moment we are busy rehearsing for an anniversary performance of "Omega and Alpha". First performed in Wells Cathedral ten years ago this piece has since been performed across the UK and has been translated into German and Spanish for performances across the world. Composed by our Musical Director, Martin Emslie, many of us remember proudly taking part in that performance, and singers who have joined us since then tell me they are loving the work!

Apart from Cary Choir it stars Martin conducting his own piece, Jonathan Ansell (G4 and Les Musicales), Marta Fontanales-Simmons (Glyndbourne, ENO and WNO) John Savournin (ENO and Charles Court Opera) and accompanying on the organ, our President, Malcolm Archer (organ- St Paul's Cathedral and Wells Cathedral.) It will be performed in Westlands Entertainment Venue, Yeovil on Sunday the 16th of April at 7.30pm. Tickets £35, £25 and £18 are available from westlandsyeovil.co.uk or call Box Office on 01935 422884.

We will also be giving concerts locally in the summer with our new accompanist, Andrew Bramston.

As ever we welcome new members. You've got a voice, come and enjoy using it! We rehearse Monday evenings in Cary Methodist Church from 7.30pm. More info on our website.

Chrys Henning

Cemetery Chapel

Are Grandma's ashes sitting in your cupboard, on a shelf or still at the funeral directors? Do you think you will have to organise a funeral soon of a loved one whose time seems near?

The Cemetery Chapel in Castle Cary is the perfect place to hold a small friendly service to commemorate and celebrate the life of a loved one. The chapel is owned by the Town Council and open to all no matter what your belief (as is the cemetery) so everyone is welcome. Your remembrance can be as formal or informal as you wish, and as unique and special an event as you want it to be. You can organise and plan it yourself or find a celebrant, priest, or friend to help you.

Whilst the chapel was built in 1897, it has been brought up to modern day standards. The inside is intimate and attractive with brightly coloured tapestries and flexible seating for up to 40 people. There's a small kitchenette, a toilet and car parking.

The chapel is a 15 minute walk from the centre of town, at the far end of South Street. The location is tranquil and uplifting with panoramic views across the Somerset Levels to Glastonbury Tor.

If you would like to take a look, the chapel is open on weekends and Bank Holidays, 10am - 4pm, thanks to the Friends of the Cemetery Chapel.

This beautiful location is on your doorstep and an alternative to the usual options.

To discuss further please call Catrin Loxton (Town Council) on 01963 351763 or Charles Simon (Friends of the Cemetery Chapel) on 01963 350276

From the Anglican Church

It was very good to see so many people coming to All Saints' and St Andrew's churches to share in the story of Christmas: numbers were roughly double compared with last year.

It is also excellent to report that the relaunch of Messy Church is going very well. Word clearly got out after the first one in November, and lots more people came to the second one in January, and a great time was had by all! It takes place at All Saints' at 3:30pm on the fourth Saturday of every month. It is aimed primarily, but certainly not exclusively, at young children and includes fun craft activity, short worship, delicious food, and singing. All are welcome.

On Sundays there is a quiet Holy Communion service at 8:30am (St Andrew's 1st, 3rd, 5th, All Saints' 2nd and 4th) and a Parish Eucharist with hymns at 10:00am (All Saints' 1st, 3rd, 5th; St Andrew's 2nd and 4th). Please check the website (castlecary.allsaints.org.uk) for up-to-date information about these and other services as we turn towards Lent and Easter.

St Andrew's church continues to be open daily but, thanks to continuing antisocial and destructive behaviour in the porch, All Saints' remains closed when no scheduled events are taking place there. This decision is under constant review.

We continue to email a weekly newsletter and service; please contact us if you would like to join the mailing list or receive a visit or further information.

Rev'd Elisabeth Isted
vicarcaryansford@gmail.com
01963 350394

All Saints' Development Group (ASDG)

We had a wonderful run-up to Christmas with the Festival of Bells; huge thanks to all who made the beautiful exhibits, came to admire them, bid in the silent auction, or volunteered (or did all of those things!). It was very good to welcome so many of you into a great community event. It was also lovely to see so many of you coming back to hear James Halsey perform a second concert of Bach cello suites by candlelight in January. Concerts coming up are Anna Howie (postponed from last summer) on Saturday 18 March at 7pm, and the University of Bath Chamber Choir on Sunday 30th April at 4pm. Both are definitely not to be missed, and our famously scrumptious home-made refreshments will be available at both. The Trio Paradis Café Concerts series continues on the first Wednesday of every month at 2pm. Concerts last about 45 minutes, and home-made refreshments are available. Just turn up; admission is free (donations invited). See our website www.castlecaryallsaints.org.uk or www.trioparadis.com for more details.

We are in the process of booking more concerts, exploring the possibility of putting on a play later in the year, and planning this year's garden Fete after such a successful event last year. Please do keep an eye on the website, and on social media for details.

To explore the possibilities of this lovely building for your group, please email vicarcaryansford@gmail.com, or phone 350394. We look forward to welcoming you.

Rev'd Elisabeth Isted

Castle Cary and Ansford Churches Together

Thank you to everyone who joined us at the Town Carol Service, arranged by Churches Together. We were able to support Cary Cares at Christmas time, with £116.00 from the cash collection. Our thanks to Canon Frank Fisher for designing the Christmas Card Picture, and also preparing a prayer sheet for the Week of Prayer for Christian Unity.

On Sunday 19th February, at 10.00am in All Saints' Church, a joint service was held to mark the beginning of Lent. We plan to support The Benjamin Generation, for our Lent Appeal, which provides lifelong homes and families to orphaned children in South Africa.

The World Day of Prayer Service, arranged by The Women of Taiwan will be at St. Andrew's Church, at 10.30am on Friday 3rd March.

On Good Friday 7th April at 10.30am, please join us at The Market House for a short service, followed by The Walk of Witness.

Catholic Church

Pope Emeritus Benedict XV1 died on December 31st 2022; his requiem Mass was broadcast throughout the World and was attended by many thousands in Rome. Pope Benedict was a theologian and his contribution on Social Justice, will be a lasting legacy. In Caritas in Veritate (charity in truth), he made it clear that it is love that leads us to stand on the side of the poor.

Cafod (Catholic Agency for Overseas Development) with other charities supports and contributes to world emergencies. During Lent Cafod are launching The Big Lent Walk, a challenge of 5km a day 200km in total to raise funds for the poor. More details on www.cafod.org.ok

Points of interest: Bishop Declan Lang was ordained Bishop of Clifton Diocese in 2001. He is the ninth Bishop of this Diocese which covers the City and County of Bristol, the ceremonial counties of Gloucestershire, Somerset and Wiltshire. The Cathedral Church of Saints Perter and Paul is located in the Clifton area of Bristol was opened in 1973 and is now a Grade 11* listed building.

Bishop Declan has always had a care and commitment to World poverty and justice and has been an active member of the Department of Mission and Unity. Within the Diocese his interest in education has seen the creation of the Department for Evangelisation and Adult Education and the new Department for Schools and Colleges. Further information at www.cliftondiocese.com

Castle Cary Methodist Church

We meet to worship at 10:30am on Sunday mornings both in our building and on Zoom. All are welcome. Evening Services are held at 6:30pm on the 2nd and 4th Sundays of the month.

Throughout January and February, we have opened our building on Saturday morning as a warm, welcome space. Every Wednesday mornings between 10-12 you are welcome to come along to our downstairs schoolroom for Coffee for All.

Since January we have also been hosting a fortnightly Warm Wednesday afternoon run by MHA for the over 60s between 12pm – 3pm. A simple soup lunch is available for a donation and there are various activities running. It is helpful to have an idea of numbers for the lunch so if you would like to join us, please call 07949 216 497 or just come along for the activities. The next session will be on Weds 1st March.

Toddlers@theMethodist continue to meet regularly on Tuesdays 10-12 in term time. Do come along with your pre-school children.

Lunch Club continues to meet on the second Monday of the month – please contact Judith Cole to book (350570) for a low-cost meal and fellowship.

A youth group meets monthly on the third Saturday of the month between 2-5 for secondary age children to play games, table tennis and hang out. Contact Hannah Knight 07747 534029 for more information.

A Parenting Teens course has just started on Thursday evenings – there's still time to come and join us. Get in touch with Collin to find out more.

Minister: Rev Collin Moore
07895892740 collin.moore@methodist.org.uk
Email: castlecarymethodist@gmail.com
Facebook: www.facebook.com/castlecarymethodist
Web: www.somersetmendipmethodists.com/castle-cary-methodist-church
To hire our schoolroom contact Patricia Fuller: 01963 351635

CHURCH CONTACTS IN CASTLE CARY AND ANSFORD

	Tel No.
Catholic Church: St Luke and Teresa, South Street, Wincanton, BA9 9DH	
Clifton Diocese: www.cliftondiocese.com Charity Number 1170168	
Parish Priest: Father Francis Eyo, MSP	
Email: francis.eyo@cliftondiocese.com	
Parish Office	01963 34408
Email: hope.stlukeswincanton@outlook.com and wincanton.sslukeandteresa@cliftondiocese.com	
Safeguarding administrator: Cymonne Imms	
Email: cymonne1@aol.com	
Special Minister for Castle Cary: Nick Niven-Jenkins	351398

Church of England:	
All Saints', Castle Cary, BA7 7EJ and St Andrew's, Ansford, BA7 7LD	
Website: www.castlecaryallsaints.org.uk	
Enquiries:	07483 866400
E-mail: standrews.allsaints@gmail.com	
Vicar: Rev Elisabeth Isted	350394
PCC Treasurer: David Baldwin	359000
Churchwarden & Administrator: Katya Duncan	07483 866400
Churchwarden and Reader: Gillian Sinclair	350725
Churchwarden: Sarah Stringer	351080
Pastoral Visits Co-ordinator & Reader: Sue Kellagher	351992
Safeguarding Person: David Goodenough	
Email: safeguarding.standrews.allsaints@gmail.com	
Chair of All Saints' Development Project: Rev Elisabeth Isted	350394

Methodist Church: Upper High Street, Castle Cary, BA7 7AT	
Website: www.somersetmendipmethodists.com	
E-mail: casltecarymethodist@gmail.com	
Minister: Rev Collin Moore	351598
Pastoral and Community Lay worker: Leanne Hibberd	07949 216497
Steward & Local Preacher: Rob Haskins	350950
Local Preachers:	
Steve Derby	01749 860571
Patricia Fuller	351635
Anna Schiffer	ex directory
Safeguarding Person: Christine Davidson	548016
Church Secretary: Hannah Knight	359663
Church Treasurer: Steve Baker	351659
Music: David Knight	359663
Worship coordinator: Judith Cole	350570
Sunday school and holiday club: Anna Baker	351659

Quaker Meeting: 30/32 High Street, Wincanton, BA9 9JF	
Local Contact number	370908 and 359652
Email: ahmorisco@yahoo.co.uk	

Churches Together in Castle Cary and Ansford	
Chair: Nick Niven-Jenkins	351398
Secretary: David Osborne	351275
Email: drosborne2@btinternet.com	

Churches in Castle Cary and Ansford

CHURCH SERVICE TIMES

March to May 2023

	Church of England All Saints', Castle Cary & St Andrew's, Ansford		Methodist Church Upper High Street, Castle Cary	
Sunday 5th **March**	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Morning Worship: Anna Schiffer
Sunday 12th March	8.30am 10.00am	Holy Communion: All Saints Parish Communion: St. Andrew's	10.30am 6.30pm	Morning Worship: Steve Derby Evening Service: Rev Tina Swire
Sunday 19th March	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	All Age Holy Communion: Rev Collin Moore
Sunday 26th March	8.30am 10.00am	Holy Communion: All Saints' Parish Communion: St Andrew's	10.30am 6.30pm	Morning Worship: Patricia Fuller Evening Service: Rev Collin Moore
Palm Sunday 2nd **April**	10.00am	Parish Communion: St Andrew's	10.30am	Morning Worship: Rob Haskins
Monday 3rd Tuesday 4th Wednesday 5th	7.30pm 7.30pm 7.30pm	Compline: St Andrew's Compline: All Saints' Compline: St Andrew's		
Maundy Thurs	7.30pm	Liturgy of the Last Supper: All Sts'	6.30pm	Holy Communion
Good Friday 7th April	10.30am	Walk of Witness starting at and returning to Market House		
	2.00pm	Liturgy of the Final Hour: St A's	7.30pm	Contemplative Service
Easter Sunday 9th April	8.30am 10.30am	Holy Communion: St Andrew's Parish Communion: All Saints'	5.45am 10.30am	Sunrise Service on Lodge Hill Holy Communion: Rev Collin Moore
Sunday 16th April	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Morning Worship: Moira Cowell
Sunday 23rd April	8.30am 10.00am	Holy Communion: All Saints Parish Communion: St. Andrew's	10.30am 6.30pm	Morning Worship Evening Service: Rev Robert Channon
Sunday 30th April	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Morning Worship: Jacqui Cobb
Sunday 7th **May**	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Holy Communion: Rev Collin Moore
Sunday 14th May	8.30am	Holy Communion: All Saints'		
	10.30am United Service at Methodist Church to launch **Christian Aid Week**			
			6.30pm	Evening Service: tbc
Sunday 21st May	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Morning Worship: Gwyneth Phillips
Pentecost Sun 28th May	8.30am 10.00am	Holy Communion: All Saints Parish Communion: St. Andrew's	10.30am 6.30pm	Morning Worship: Clare Laudicina Evening Service: Rev Tina Swire

Catholic Church of St Luke & St Teresa, South Street, Wincanton, BA9 9DH:
Saturday Vigil Mass: 5.30pm Sunday Mass: 10.30am each Sunday
Weekday Mass: Mon & Tues 9.00am, Friday 11.30am;
First Saturday of Month Mass 10.00am followed by 10.30am Exposition and Reconciliation
Confessions: Saturday 10.30 – 11.30am

Holy Week and Easter at Catholic Church. Please check times in weekly newsletter or website for:
Palm Sunday, April 2nd.
Pascal Triduum: Maundy Thursday April 6th, Good Friday April 7th and Easter Vigil April 8th.
Easter Sunday Mass, April 9th.

Quaker Meeting:
10.30am each Sunday at Friends' Meeting House, 30/32 High Street, Wincanton, BA9 9JF

To check on possible changes please see relevant the Church website:
details on the Church Contacts page

Citizens Advice asks for more volunteers to train and join their adviser team

Like many charities Citizens Advice services are under enormous pressure as more and more local people are turning to us for help.

The advice and support that Citizens Advice provides can be life changing; it can keep a family in their home, address unfair treatment at work or help people to manage their household costs when they are struggling to pay.

One in every 20 people in Somerset contacts Citizens Advice each year, and frequently it is those who have nowhere else to turn to, that most need our help.

Our volunteer advisers are doing a fantastic job but as demand for our service grows we are asking for more people to join our friendly and supportive team.

Our volunteers come from all walks of life, and from all corners of Somerset, you can volunteer in person from one of our community offices or from home (using our equipment and internet phones). Free training courses are running in January, February and March.

Peter from Citizens Advice South Somerset said:

"Volunteering as a telephone adviser is a hugely rewarding, every session is different, and I am really surprised by the range of issues our clients bring to us, I never stop learning in this role."

If you can listen with an open mind and have strong IT skills (including typing) and you are looking for a way to help your local community, this could be an ideal opportunity for you.

To find out more visit
www.citizensadvicesouthsomerset.org.uk/volunteer

Cary Comedians Carnival Club

What a great return to carnival as we know it! Incredibly the club was Comic Feature Champion in the Wessex Grand Prix carnivals, third at Bridgwater, third in the Guy Fawkes County circuit, first in the Mid-somerset Gangs and Features with our member Charlotte being awarded the county's Best Comic Feature Performer on a cart in carnival for the second time. Brilliant success for a small rural club with great spirit, willing to work as a team to entertain and bring joy to thousands of spectators estimated to be around 500,000 this year. Carnivals also raise lots of money for local charities and voluntary organisations and bring laughter, joy and excitement with our autumn illuminated carnivals. As always, the club likes to recruit new members each year and welcomes anyone of any age to join and bring their talents to a great local club. Thanks again to the Boyer family, and the Brookhouse Inn is the club's meeting place for monthly meetings etc. By the way, some kind people prefer to become sponsors and patrons anonymously – you can do this too – it costs a lot of money to produce an entry each year.

The Coronation of King Charles III

SAVE THE DATE

Occasion – Coronation Party
Food, music, fun & games

Date – Sunday 7th May 2023

Venue – Donald Pither Field

Time – 12 o'clock onwards

EatCary

Come and help us grow vegetables and then help eat them! We are not allotments but a community garden where we all muck in to share the work. We grow flowers too, for the bees, and generally encourage nature to share the space with us. We have a large polytunnel which means very soon we'll be getting many of our seeds germinating in a light, warm (or at least warmer than outside) space to give them a head start before we plant them outside in our larger plots and raised beds. Other things are hardier, and we can sow them outside in March and April.

There's lots of different jobs to do but we always find an excuse to stop for a cup of tea! We've enough tools for everyone so no need to bring any. It's fine if you are a complete beginner, but we'll also of course welcome you if you've lots of knowledge and experience to share.

Come and visit us any Saturday afternoon at about 3pm if you want to find out more. We are up a little path on the left at the very beginning of Maggs Lane before you reach the drive up to Ansford Academy.

We'll be at The Market House Coffee Morning on Saturday 20th May with produce and plants.

Castle Cary Fire Station

It's been a busy start to 2023 at Castle Cary, with the station receiving 24 calls in January. We've attended a mixture of property fires (including chimney fires), road traffic collisions and vehicles fires. December 2022 was also busy, with the station clocking up 27 fire calls.

We've seen an increase in chimney fires of late, which is expected throughout the winter months. Please remember, like with any other fire to call 999 if your chimney is a light, we have specialist kit and procedures for dealing with these incidents safely. We also recommend having your chimney swept periodically to reduce the likelihood of a fire occurring.

Our website now has a link for you to carry out an online home fire safety check. This is a great way of enabling you to check everything is safe in your home and offers lots of great advice. We still also carry out free home fire safety visits for anyone that meets the criteria, so it's always worth checking with us if you have any questions or concerns regarding smoke detectors, carbon monoxide alarms or any other questions you have around fire safety.

As always please come and see us at the station on a Wednesday evening between 19:00 - 21:00 if you would like to talk to the crew about anything fire safety related, we're always more than happy to help.

All the best and keep safe.

Watch Manager John Wenglorz

Castle Cary Gardening Association

After a proper winter that has frozen plants that would have usually been happy left outside, and flooded others, Spring is almost on its way. Our programme of talks might help with some ideas of what to replace those casualties with.

We start Spring on **March 1st** with a talk on 'The Historic Front Garden' given by the wonderfully entertaining, and often hilarious, Dr Francis Burroughes. He was such a success last year; we invited him back.

April 5th sees the return of our great favourite, Rosemary Le Grand with another fabulous series of photographs. Her talk is 'Lyrical 'La Mortella', the garden developed by the British composer Sir William Walton's wife Susannah on the Italian island of Ishcia.

May 3rd is a practical talk from Claire Hart called 'What to Grow Where', which will help when trying to replace those frozen plants!

Then **Saturday May 13th** is our **Annual Plant Sale** at The Market House until midday. A chance to buy interesting plant bargains and get advice on what will grow where, as our members grew them! We will have perennials, vegetables and herbs, annuals and a few shrubs. There will be refreshments and a raffle too.

We meet at Caryford Hall at 7pm for 7.30pm start. Annual membership is only £10, and visitors pay just £2. For full details of club events and the benefits of membership, see our wonderful website www.castlecarygardening.com

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Health Coaches at Millbrook Surgery

What do health coaches do? Educate, motivate, and support!

Health coaches at Millbrook Surgery work alongside the GPs and nursing team to help patients manage their health conditions and provide support in areas where patients may be struggling or have concerns.

Helen is currently involved with Dr Campbell Murdoch in running the new Millbrook Beta Meta Weight Management course, which promotes metabolic eating as a way of overall improvement of health and health conditions as well as weight loss.

Steph runs Flexercise, a seated exercise group for wellbeing at Catherine's Close Community room every Monday. She is also involved in running the Memory Café which also takes place at Catherine's Close on the first and third Wednesday of the month.

Being mentally, socially and physically active are key contributors to improving mental health which in turn is known to have a significant impact on physical health conditions. Support groups offer the opportunity to be active in all these ways.

Peer support can be sometimes vital in accepting and coping with certain medical conditions. There are various support groups that exist locally for some health conditions. We are always interested in hearing about areas in which patients feel they need some support so that we can either signpost to relevant support or to look to starting support groups if needed, especially as we may be able to access funding for new groups.

For more information or to talk to a health coach please call the surgery on 01963 350210

Information Point

NEW LIFE, NEW INTERESTS, NEW FRIENDS

Just moved to Castle Cary?

Pop into the Market House any weekday or Saturday morning from 9.30am to mid-day to pick up a new resident's **WELCOME PACK** and to chat to the volunteer on duty at the Information Desk, about opportunities to follow your own particular interests and hobbies.

Or if it is easier, ring the Information Desk on 01963 351763 (leave a message if we are not there) or email tourism@castle-cary.co.uk and we will respond as soon as we can to tell you all about our friendly little town and give you the contacts you need to get involved.

Do you have the time and skills to be an examinations invigilator?

We are seeking to expand our team of invigilators, who work with us on a casual contract basis to support the Examinations Office in the running of internal and external examinations.

For more information and how to apply, see the vacancies page on our website: www.ansford.org.uk/vacancies

Ansford Academy
Maggs Lane, Castle Cary, Somerset, BA7 7JJ
Tel: 01963 350895
Email: mailbox@ansford.net

Castle Cary Community Library

More than just books! The library has a variety of useful items to loan out:

• iPads – pre-loaded with top tips and reliable information for topics such as job searching, learning new skills and health and wellbeing support. Easy to use with an introduction video plus keyboard and headphones. No internet connection required, the devices are internet ready. See www.glassboxtaunton.co.uk/ipad for more details. Please contact the library in advance.

• Thermal imaging camera – this can be reserved via the Libraries West reservation system (www.librarieswest.org.uk) and is available until the end of April for South Somerset residents. It can be used to indicate where heat is being lost from your home.

• Blood pressure monitors – these are available for you to measure your blood pressure in your own home.

Book Sale – our summer book sale will be on Saturday 10 June with plenty of books available plus tea, coffee and cake as well.

The library service is free to join and it is free to borrow books from the library.

Opening hours are: Tuesday, Wednesday and Friday 10am – 12.30pm and 2pm – 4.30pm plus Saturday 10am – 12.30pm. If you are not already a member, do pop in to see just how much is available through the library and the wider Libraries West service. You can call the library on 07579 049109.

We also have a photocopying service.

We look forward to seeing you in our lovely local library soon.

www.castlecarylibrary.org.uk

Laptops 4 Learners

Wondering what to do with redundant laptops languishing in the cupboard?

The pandemic has exposed a shocking 'digital divide' for many people across the country.
The Brue Valley Rotary Club, together with the Parish Charity, has joined the **Laptops4Learners** campaign to help redistribute 'redundant' computers where there is need in Castle Cary & Ansford.

You can drop off redundant laptops, PCs, tablets & phones, so that they may be cleaned (data removed) & redistributed to families with schoolchildren who may have had to share one device for their homework, sometimes just a telephone, between several children!
Members of the older generation have also found themselves on the wrong side of the 'digital divide' and we want to help them too.
Equipment not suitable for re-use is broken down and the parts sold to raise money for more equipment.

By joining this scheme, as opposed to others, you can rest assured that your data will be destroyed by an accredited company. Simon Barfoot from Blackmore IT has been a specialist in IT recycling since 1995 and is happy to answer questions
donateIT@r3cycle.co.uk

We are helping the environment too
as less goes into landfill!

Philipps Tyres have kindly agreed to be the collection point for the equipment but please note:

Printers are NOT accepted
Apple products MUST be disconnected from their Apple account, 'Find My Phone' MUST be removed from iPhones

Castle Cary Litterati - Monthly Litter Picking

Please come and join our group of like-minded citizens that want to keep our town litter free. We are a mixed group of 25 people ranging in age from 6 to 80 years of age that meet up on the first Sunday of each month. Our litter picks last for approximately one hour and cover the main thoroughfares of Castle Cary and Ansford.

The group was started in April 2022 and the numbers of volunteers has steadily increased since then.

Castle Cary Town Council kindly donated money to purchase litter pickers (child size also available), hoops as well as hi-viz vests to keep us safe.

We currently meet at the bus stop by Fairfield, Churchfield Drive, Ansford at 11.00 am on the first Sunday of each month rain or shine. Hope this is something that might interest you.

Rowan Rhodes

Lost Property

Lost items are very often handed in to the Information Office at The Market House. Generally, items are kept for up to 6 months and then, where relevant (particularly items of clothing), sent to the charity shop. We currently have several pairs of glasses, some odd keys and a couple of rings, some lost over 6 months ago that we would like to see claimed.

Please pop into The Market House during our opening hours if you have lost anything to see if we might have the item, as we are unable to keep items indefinitely. Thank you.

Castle Cary Tourist and Community Information Desk

Macmillan

We hope you had a good Christmas and a very good New Year so far - despite the snow and rain! Our Macmillan Stall at the Big Christmas was very well supported again this year and we raised over £400 for all our activities. Thank you as always for your support. We have lots of plans for fundraising for 2023 so please do keep an eye out for further details. You can ask to join our mailing list or like our Facebook page to help keep you up to date. We are planning a Swishing Event at The Market House at the end of March which is a fun shopping/swopping event so do look out your good quality clothes to swop.

Our other activities include:

- We are collecting at the Plant Fair in Sherborne in March
- Will be providing refreshments at the Science Fair – Somerscience in May
- Covering the Cake Stall at the Open Gardens in Coleford in June
- Supporting Fun on the Fairfield in August
- The Big Macmillan Coffee Morning in September

We know we couldn't do our bit to raise money for Macmillan Cancer Support without your help so thank you for the last year of support and volunteering. If you would like to join us on the committee, help at an event, or need our support for an event of your own please email castlecarymacmillan@gmail.com or phone Janet Loe on 01963 351112 to find out more.

THE MARKET HOUSE
CASTLE CARY

Are you organising a party?
An important meeting?
An exhibition?
Your wedding?

The Market House is available to hire!

To find out more please email
markethouse.bookings@castle-cary.co.uk
or call 01963 351763

www.markethousecastlecary.com

@markethousecastlecary

@themarkethousecastlecary

Castle Cary Memory Café

The Memory Café meets every first and third Wednesday between 10.30 and 12 at Catherine's Close Community Room. We moved after Christmas from the church to the new venue at Catherine's Close and have been joined by several newcomers and would be delighted to see more.

We started our Christmas celebrations with a visit from the Primary school children to sing carols. We joined in with them and then they joined in with us in our weekly exercise to music session! On the 14th December we had a wonderful trip to see Dick Whittington at the Octagon thanks to a very kind and generous donation for a 'jolly'. A mix of volunteers and café members had great fun and got rather wet from water pistols not the rain! and enjoyed seeing all the schoolchildren having great fun. On the 21st after a Christmas musical bingo we went out for a delicious Christmas lunch at the pub in Shepton Montague.

The Memory Café is open to all, regardless of which surgery you are registered with and is for carers, and people with memory problems or dementia. We are happy for people to come accompanied or not. Our local dementia advisor Julie attends on a regular basis. We have a good team of volunteers who help run the café. If you interested in volunteering to help or being involved in supporting local people who have memory problems, please do come up for a chat.

For more information about the café please call Steph on 07484 510061.

Millbrook Hub, Community Larder and Food Bank

The larder continues to remain open Tuesdays and Thursdays 8.30am - 10am and 3pm - 4pm, plus Saturdays 9.30am - 11am.

We really appreciate your generosity – especially leading up to Christmas and the New Year, which meant the larder was well stocked with food and goods. If you do have any donations, our helpful volunteers are always grateful to accept them at any time the larder is open.

We continue to have a registration system for use of the larder, which is a very simple form and can be completed with the assistance of our volunteers if you require it. This ensures that we continue to serve the needs of the community in Castle Cary and Ansford.

We plan to give the larder a refresh this spring. We have been successful in obtaining a grant from an organisation called Hubbub to replace our fridge (the previous one stopped working in November last year). As a result, we plan to change the layout and shelving, giving us a fresh new look and feel.

If you are new to the town, or haven't yet had the opportunity to visit us, please do call by – it would be great to say hello and introduce you to the larder.

Do you have a spare hour or two on your hands? Would you like to volunteer to support your community? Contact Cary Cares on www.carycares.org.uk or leave a message on 01963 602013 and we will be in touch!

The Moat Garden

Two areas, one open, the other gated. A small, tamed wild space with seating and a picnic table – have you been there recently? It's worth a visit; for the exercise achieved as you walk up the slope by The George, and the reward of birdsong and signs of spring.

The community, young and older helped establish the area, but new friends are needed now. Anyone with an interest in gardening / wildlife / outdoor space will be welcome, as will new Trustees, with different visions to keep it open for us all and of value to the area. The AGM is usually in April and will be advertised.

In the meantime, we are grateful to Brue Valley Rotary Club for their help to achieve a spring tidy, pruning, and repairs.

Some raised beds may become available, and the garden's microclimate really helps with vegetable growing - might an extra growing space be useful to you?

Funding is supported by plant sales, and this year we expect them to be held in South Street, on 20th and 21st May.

We often have herbaceous perennials available before this, often growing on at the garden, so do ask – we are usually in the garden Monday mornings.

Contact us:
Ida West: 01963 350899 /07919803610 or
Anne Jelliffe: annejelliffe@gmail.com

Castle Cary Museum

Help needed!

Castle Cary Museum is going from strength to strength – we have a new Collections Manager, a Head of Display, and new, improved layouts. We have been closed over the winter months and are due to re-open on 1st April.

We have a few vacancies for stewards - to mind the collection when it is open to the public. Stewards normally offer 2 hours a week – but can do more if they wish. We need volunteers who enjoy meeting people and who are keen to gain and share local knowledge. No previous experience is necessary.

We are also looking for a Treasurer and a Librarian – who would become members of the Museum's management committee.

There is a period of change coming in the not-too-distant future when building works in The Market House will provide opportunities once again to re-think our displays and we will be looking for input from all members of our team. Please note: our museum is a charity and no one on the staff is paid.

To offer your services please contact - castlecarymuseum@hotmail.co.uk or write a note - indicating which of the above posts interests you and drop it off at The Market House – clearly marked "Museum".

Castle Cary Primary School

We have started an exciting new initiative to develop our superb site for OPAL (Outdoor Play and Learning) which is an award-winning programme that is supporting us to improve the quality of our play opportunities. OPAL is the only programme of its kind that has been independently proven to sustainably improve the quality of play in British primary schools.

At our school, we aim for everyone to be happy, successful, confident and responsible learners and that applies to both academic learning and learning through play. We believe a positive play experience enhances a child's emotional, mental and physical wellbeing. Please visit our website to find out more about this and how you might be able to help us!

www.castlecaryschool.co.uk/OPAL

We were thrilled to be asked to produce some artwork for the Castle Cary and Ansford Community Newsletter and the children really enjoyed looking at Castle Cary landmarks. We hope you enjoy the children's designs; they are certainly proud of them!

Finally, we continue to have volunteers who work with the school in a variety of ways: hearing children read, helping with outdoor learning, supporting the PTFA and running clubs. If you think you would like to volunteer with us and work with our Cary family, please contact the school office and arrange a visit to tour our friendly school.

Qigong

Who wouldn't want a little more energy in their daily life?

Qigong is the mother of all Chinese martial and healing arts. Zhineng Qigong is simple to learn and easy to do and is a gentle, safe, effective moving meditative practice. It opens and builds the power of your mind for health and healing.

Classes are held every Tuesday 10.30am to 11.30am on the top floor of The Market House in Castle Cary. Your first class is free and there after £10 per class.

For more information contact Caroline on 07770380691 or/and go to my film trailer at www.entiretyfilms.com

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Castle Cary Ramblers

Our informal group meet every alternate Wednesdays at the Millbrook car park where we set off to pre-destined starting points (sharing cars whenever possible).

Our first walk of 2023 took us to Wincanton following the Monarch's way, with a breath-taking view that morning before it started raining. That day we took shelter in a dilapidated round hut, overlooking a lake with swans. We enjoyed our coffee/lunch break combined toasting in 2023 with a tot of blackberry gin.

Our walks range from 7 - 9 miles and detailed descriptions are given out the week before to all those on our mailing list so that people can gauge their capabilities, i.e., distance, stiles, accents and descents.

We normally stop for a coffee break and again for our picnic lunch before returning to our cars having taken in the beautiful countryside and the great outdoors.

What lovely way to meet up with friends, make friends and enjoy all the new routes that we explore.

Dayella Stickland

Royal British Legion and Poppy Appeal

I am pleased to say that the communities of Ansford and Castle Cary donated an amazing £6,150 to the Poppy Appeal last November. Such generous donations allow the British Legion to continue to provide a wide range of support to Veterans of our armed forces. On their behalf I would like to extend a heartfelt thank you.

The committee recently donated a small sum to the Scouts to help fund the warm space initiative they have undertaken in these difficult times.

If you would like more information about the British Legion or the Poppy Appeal, please get in touch with Simon Bebbington at 1simonbebbington@gmail.com. Additionally, if you would like to get involved with the Poppy Appeal as a collector, please contact Simon on the same email.

Again, thank you to everybody in Castle Cary and Ansford for your continuing support and generosity.

Castle Cary Rugby Football Club

The season end is near! Our Senior side has done very well and have only suffered 2 defeats so far and are currently sitting in a very comfortable second in Somerset Counties 3 South. There is still time to catch a home game at the club, as 2 of our remaining 4 games are at home. If you've not been down to the club before, pop down to see what a friendly club we are!

The mini/junior section, which meets on a Sunday morning from 9.30am - 12 noon is very busy but is still taking on new members. Come on down if you fancy letting your kids have some fun in a safe Rugby environment.

We also open every Friday from 4pm - 8pm, so why not start your weekend, after a hard weeks graft with a well-deserved drink. All are welcome, including well behaved dogs!

Chris Watts, Club President and
Karen Travers, Club Chairperson CCRFC

Cary Runners

As the evenings become longer, the temperature increases and the world "springs" into life again, it's that time to put your trainers on and get fit. Cary Runners is an informal group of "runners" with the aim of supporting and helping each other with our running. We range in fitness levels from very gentle joggers to more serious half and marathon runners. We meet every Monday at 18h30; until the clocks change at the end of March outside the George Hotel and then from April to October at Orchard Farm, Cockhill. These runs range from about 3 to 5 miles (5 – 8 kms). We also meet at other times during the week for more strenuous runs. Come and join us for some great company; you'll also find running much easier when you have others to encourage you. Either turn up at 18h30 on a Monday evening or call Dave Boyer (01963 350418 / 07903 276315) or Amelia Ware (07733 101554) for more information. You can also find out about the group on Facebook - www.facebook.com/groups/caryrunners

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Saturday Stitch

Future workshops
Hand Stitch Mini Flower Collage,
Tutor Paula Simpson
Friday 3rd March 10am – 12.30pm
Machine sew a Cushion Cover,
Tutor Rachael Harding
Saturday 4th March 10am til 4pm

Coffee Morning & Stash Buster at The Market House Saturday 27th May 10am – 12pm
We continue to look for craft tutors/demonstrators/ exhibitors within the locality. Please get in touch, we would love to hear from you. For further information contact Sally Yeoman on 07929097374 sallyyeoman@btinternet.com
Saturday Stitch - where you discover and nurture your talents.

1st Castle Cary Scout Group

The big news for this new year, is that we have just opened a section in our Scout Group called 'Squirrels'. The new Squirrel groups started to be opened around the country from September 2021 and are for 4 – 6 year olds. Our 'Squirrels Drey' meets on a Friday evening from 4.45pm to 5.45pm at the Scout H.Q.

We now operate a waiting list from the age of 3 years, and if you would like more information about how your child can join any of our sections, Squirrels, Beavers, Cubs or Scouts, please email: bob.gsl.1stcastlecary@gmail.com with your child's name, date of birth and an email contact address.

You will then be sent a Scout Group Enquiry Form and we will get back to you with further details. We still have some spaces within the sections we offer, but these are limited, so please enquire as soon as possible.

Since November we have made bells for the church Bell Festival, had two stalls at the Big Christmas Fair, held a Christmas Bingo, Christmas Post-delivery and had a whole Fun Day in the Christmas holiday. Lots of craft, food, dancing, games, singing, teamwork, community service and friendship.

We provide a full programme of weekly and occasional activities, and we would like to thank everyone in our community who supports the young people in our Scout Group.

A reminder that our 'Warm Space' initiative – Tuesdays 9am – 3pm will continue until Tuesday 21st March.

Sing For Fun

Despite the wind, rain, snow, and the ice our regular gatherings in **The Shambles at The Market House**, every **2nd and 4th Wednesday of each month** have taken place with gusto!

Passers-by all look in and smile when they hear the sounds coming through the doors.

All the songs you know, and love are there to sing along to with words projected onto the screen.

The emotional, physical, and social benefits this creates are better than any medication you can be prescribed! Come and try it!

Join us at 2.30pm for tea/coffee and a nibble, before we start singing at 3pm for an hour. The £1.50 to join us, is fully refundable if you don't enjoy it!! For any further information contact Philippa on 07889311445

Somerscience Festival

Plans are well advanced for the exciting FREE Somerscience Festival which is taking place across Castle Cary and Bruton on Bank Holiday Monday 1st May. This will be a spectacular celebration of the Science, Technology, Engineering and Mathematics (STEM) taking place around Somerset and give all the family the chance to engage with the professionals who work in these fields in a fun and inclusive way. The Science Fair, on the Donald Pither Field, will house 30 different stands with interactive activities from the Met Office, Leonardo, Wessex Water, Bristol Robotics Lab, Bristol BioDesign Institute, Exeter Science Centre, the Royal Navy, Incredible Oceans and many others. On the stage there, you'll find a programme of shows including I'm A Scientist Get Me Out of Here! There will be over 20 talks available at both The Market House and St Mary's Church in Bruton. Then there are the inspirational family shows at Caryford Hall, workshops at Ansford Academy and Bruton Community Hall, and a complete Health Hub at Bruton Unionist Club, showing the future of healthcare and run by Somerset NHS and UWE Bristol. Meanwhile Wyke Farms, Carymoor Environmental Centre, Mill on The Brue and King's Bruton will be opening up for specially themed tours and activities. Shuttle buses will tour the venues all day so you can leave your car at home. All you need do is plan your day using our website and/or downloadable programme at www.somerscience.co.uk or follow us on Facebook, Instagram or Twitter (@ Somerscience) for updates, and call Colleen on 07375 890751 if you'd like to be involved!

Somerset Beekeepers Association

We have about fifteen members on our beginners course this year and the most important lesson for them at this time of the year is, be patient, do not open the hive as it will lose all the heat that the bees have produced to keep warm through the winter.

Of course, at this time of year we are worrying that the bees may be getting short of the stores they had built up before winter but if we remembered to give them that present at Christmas of a block of fondant above the crown board, they should have enough to get them through to Spring.

The good thing about feeding fondant is that any they don't eat can be wrapped up and saved until next year.

We are all getting impatient, waiting for spring to arrive and the bees will be flying and bringing in the nectar and pollen needed to feed the larvae that will soon arrive as the temperature rises. The best sight to see is to spot the bees bringing in pollen on their back legs. This is the good sign that the queen has started laying and there is larvae to feed. As we wait with patience for spring to arrive, we must busy ourselves cleaning equipment so that we are ready to go when the bees start flying.

Tai Chi is as good for you as vigorous exercise

If you are looking to add more exercise into your lifestyle, why not consider Tai Chi? It's an ancient Chinese Martial Art-it is sometimes called 'meditation in motion'.

The BBC's 'Trust me, I'm a doctor' set out to discover whether Tai Chi is as good for you as vigorous exercise. They ran a series of tests on presenter Michael Mosley as well as two test groups, one of which did zumba and the other Tai Chi.

"As might be expected, our Zumba group were all fitter after 12 weeks. Their blood vessels were more elastic, and their blood pressure had dropped. Their blood results improved in line with people undertaking an exercise regime.

More surprisingly, the results from the tai chi group also showed similar benefits to the more rigorous Zumba group, with improvements in blood biomarkers, blood pressure and vessel flexibility.

The answer as to why tai chi might have similar benefits may rest in the fact that tai chi might not be as gentle as it seems. Previous studies undertaken by Sarah and Jet show that people who practise tai chi have a similar rise in heart rate to those doing moderate intensity exercise." Source: BBC

Tai Chi classes - Wednesday 2pm-3pm at Caryford Hall, Friday 10am-11am at the Scout Hut and 11.30am-12.30pm at Caryford Hall

For more information and to book contact Jo Webb on jo.webb@mbzonline.net 07730397396

Tools for Self-Reliance

Tools for Self-Reliance is a charity sponsoring self-help projects in African countries. During term time the Castle Cary supporters' group meets in the D&T workshop at Ansford Academy on Tuesday evenings (6pm to 8 pm), in order to sort, clean and repair a wide variety of useful tools and equipment. Some volunteers also take items away for refurbishment at home. If you're interested in joining us, even if you have no prior experience of such work, please feel free to visit on a Tuesday evening to see what we do.

We rely on donations and are always in need of hand sewing machines as well as carpentry, metalworking, blacksmithing, bicycle and mechanical repair tools, all of which can be refurbished where necessary. We also welcome miscellaneous items, DIY and garden tools etc. for redistribution or sale. So when having a clear-out do set aside any suitable items and let us decide how they can best be put to good use. However, we are NOT a house/shed clearance service, so please only give us tools which you think are definitely worth renovating. Amon on 01749 813239 can arrange to collect.

This Spring we plan to hold three more tool sales at The Market House, on 18th March, 15th April and 13th May, selling a wide range of garden, DIY, household and other items. These raise funds which are needed for shipping the tools and other equipment to Africa, and for training for their use once they arrive.

Trio Paradis Café Concerts at All Saints' Church Castle Cary

Trio Paradis play a café concert on the first Wednesday afternoon of each month at 2pm at All Saints' Church Castle Cary: informal feel-good music events with a pop-up café open half an hour before the concert where you can meet friends and make new ones over tea/coffee and home-made cakes, or simply relax and enjoy beautiful music in a range of styles.

The concerts are informal and last c45m. Entrance is free with donations invited. No need to book but turn up early for the best pew! More information at www.trioparadis.com and our Facebook page - @trioparadisbath

2023 Dates – all at 2pm with café from 1.30pm

1st March	**Daughters of the Muse** Music by female composers: Rebecca Clarke, Charlotte Sohy, Lili Boulanger and Clara Schumann
5th April	**The Sea** Sea creatures, boats, seafarers, and the sea in all its changing moods
3rd May	**Fantasies, Serenades & Scherzos** Romantic masterpieces inspired by love and imagination
7th June	**A Night at the Opera** Operatic masterpieces from Purcell, Verdi, Puccini and more

Castle Cary and Ansford Twinning Association

The Twinning Association (Remalard, Normandy - Castle Cary, Somerset) is a great way to meet new friends and enjoy fun social events. Please don't be put off by any language barriers as many of our members do not speak French, we just love French food and wine!

If you want to find out more, our AGM this year is taking place on Thursday 2nd March at The Shambles in The Market House and commences at 19.30 hours. You are most welcome to join us, and we look forward to meeting you there.

Work is now well underway on planning for the visit to Castle Cary of our friends in Remalard who will be visiting us over the weekend of 28th and 29th of May. If you are interested in hosting or just being part of this weekend, please feel free to get in touch. In addition, we have been invited to Remalard later in the year and if you would like to join us on this visit please let us know.

We look forward to hearing from you and welcoming you to one of our events.

Mike Baker Chair *01935 851005*
Roy Higgins Vice Chair *01963 351025*

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u3a

The new committee met on 14th October when discussion included the defining and allocation of committee roles for 2022/23. The new committee members are now involved in familiarising themselves with their responsibilities.

We started off the new year with our monthly meeting which was held at Caryford Hall with a good speaker which was well attended.

We have the following monthly meetings coming up:

Our March meeting will take place on the 31st March with a very interesting topic on Passports, Traitors and Assassins by Martin Lloyd who will keep us amused with stories of how three passports have played their influential role in the course of history: an attempted assassination which altered the regulations for issuing passports; the capture of a spy which caused a worldwide modification to the design of the document and for one person the passport itself which turned into a killer.

Our April meeting will be on the 28th with Reverend Cooper as our speaker and his topic is The Passion of Stanley Spencer, an Edwardian artist who had a brief connection with Gloucestershire and the South West.

Our May meeting should produce a good interest as we welcome Pamela Holland on 26th May for – "A love Affair with Italian Cuisine".

These are only but a few topics for the time being, but we have many more throughout the year.

Camelot u3a offers much - if you haven't yet taken the membership plunge then why not take a look at www.u3asites.org.uk/camelot-area. Find out more about all our interest groups as we are sure you will find something to whet your appetite. You also get an excellent Newsletter eight times a year!

Vehicle Exhaust Is Toxic

Please turn off your engine when stationary. Air pollution can be 3 times higher inside your car. Leaving your engine running, or 'idling' wastes fuel and money, and increases the amount of exhaust fumes in the air.
Every minute, an idling car produces enough toxic exhaust emissions to fill 150 balloons.
These toxic emissions, which include particulate matter and nitrogen dioxide, are linked to:
– asthma
– lung disease
– cancer
– dementia
– stroke
– mental health problems
– miscarriage
– low birth weight
'Poor air quality is the biggest environmental risk to public health in the UK.' - Public Health England

@MumsforLungs
www.mumsforlungs.org

VOLUNTEERS WANTED

Do you like meeting and helping people? The Tourist and Community Information Desk at the Market House is looking for volunteers to join the team.

We advise tourists about the attractions in Castle Cary and the surrounding area, whilst also providing information on town matters for local people. If you would like to join the team, you would shadow existing members, before taking on a regular time slot of your own. New residents, as well as established residents, are welcome to apply.

If you are interested in finding out more, drop in and see us. We are at The Market House from 9.30 to 12.30 Monday to Friday and 9.30 to 12 on Saturday. Or email tourism@castle-cary.co.uk.
We look forward to seeing you.

Walking In England

Time to get walking again!

With Spring on its way, we start to think about getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Somerset www.walkinginengland.co.uk/somerset has loads of walks to download and print for free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said, "There is so much walking information on the web, but it is difficult to find. Walking in Somerset (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you."

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So, home or away, check out the websites and get walking!

John Harris
www.walkinginengland.co.uk
john@walkinginengland.co.uk

Walking to feel better

Everyone knows that if you stay indoors all day you tend to end up feeling miserable and lethargic. But if you find walking difficult and tiring, you'll not want to go out for an 8 mile hike and it wouldn't do you any good anyhow.

Instead, why not join us for our very short walks (not more than 1½ miles) around the town on surfaced pavements and footpaths. We enjoy each other's company, and love looking at the changes happening to our little town, and watching the spring bring our grass verges and gardens to life. We only walk as fast as the slowest and use the interesting things we see as an excuse to stop for frequent breathers!

We walk on the 1st and 3rd Thursday of each month, setting off promptly from The Market House (under the holly tree by the bench) at 2pm sharp. We get back shortly after 3pm for a cup of tea.

Do just come along (but remember that we do set off on time) or for more information ring Laura Tilling on 01963 351461

Castle Cary & Ansford Women's Institute

Another year's programme to look forward to - art/craft workshops, speakers offering a wide range of subjects, a musical evening, skittles, theatre trips and of course some social activities which includes food and a glass of wine or 2 maybe!

In May our secretary (me) will be attending the National Federation WI annual meeting which is being held in Cardiff. She has represented her group twice before and remembers fondly the 2015 Centenary celebrations at The Royal Albert Hall, which her late majesty The Queen attended with Princess Anne and the then HRH Sophie, Countess of Wessex.

HM Queen Elizabeth II enjoyed a rich and rewarding 80 years association with the WI organisation, as a member and President of Sandringham WI, Norfolk Federation.

We still meet every 3rd Tuesday of the month starting at 7.15pm, in The Shambles at The Market House. New members are very welcome.

Our annual coffee morning is on Saturday 17th June.

Chrissie Stone (Secretary)

Castle Cary and Ansford Working Traffic Group

Fed up with traffic and parking problems? CCA28 is a new cross-council working group dedicated to the resolution of traffic problems affecting Castle Cary and Ansford. The group has been active since the beginning of the year and is busy collecting information and making observations on some of the many traffic issues affecting our parishes.

We've noted lots of issues relating to speeding vehicles, HGVs, parking, pollution, and pedestrian safety. We believe that there is a lot could be done to improve the amenity of our town for the betterment of all our residents, businesses, and visitors.

The group is made up of a mixture of councillors from both Ansford and Castle Cary, as well as members of the public. That does not mean that anyone is excluded from contributing, and we actively welcome input and ideas from everyone.

You can get involved by emailing either of the respective council clerks, attending any of the ideas sessions that we hope to host over the coming months, or on social media by visiting our Facebook page at www.facebook.com/cca28

Please recycle after use.

What's on March 2023 – May 2023

We collate the events from the text that you send us. If you have a specific event, you want us to list, please send details to markethouse.bookings@castle-cary.co.uk in advance of the copy date for the next issue. You can also post your event on the town website: www.castle-cary.co.uk/events

Coffee Mornings are held at The Market House every Saturday morning from 9.30am – 12noon run by a variety of local charities.
Please show your support if you can.

Date	Organisation	Event	Venue	Contact
1st March	All Saints' Development Group	The Trio Paradis Café Concert series 2pm	All Saints' Church	www.castlecaryallsaints.org/comingup
1st March	Castle Cary Gardening Association	Talk 7pm to 7.30pm	Caryford Hall	www.castlecarygardening.com
3rd March	Wells Cathedral School	Lunchtime Choral & String Chamber Music 1pm	Caryford Hall	www.caryfordhall.co.uk/latest-news-events
4th March	Vintage Market	Castle Cary Vintage Market	The Market House	ccvintagemarket@outlook.com
15th March	Dave Kelly, Bob Hall and Hilary Blythe	Live Blues Music 7.30pm	Caryford Hall	www.caryfordhall.co.uk/latest-news-events
18th March	All Saints' Development Group	Anne Howie Concert 7pm	All Saints' Church	www.castlecaryallsaints.org/comingup
21st March	Mid Somerset Arts Society	Lecture 11am	Caryford Hall	midsomerset@theartssociety.org
22nd March	Cinema in Caryford	The Quiet Girl 7.30pm	Caryford Hall	www.caryfordhall.co.uk/latest-news-events
1st April	Vintage Market	Castle Cary Vintage Market	The Market House	ccvintagemarket@outlook.com

5th April	Castle Cary Gardening Association	Talk 7pm to 7.30pm	Caryford Hall	www.castlecarygardening.com
5th April	All Saints' Development Group	The Trio Paradis Café Concert series 2pm	All Saints' Church	www.castlecaryallsaints.org/comingup
8th April	Rag Mama Rag	American country blues from 1920s, 30s & 40s 7.30pm	Caryford Hall	www.caryfordhall.co.uk/latest-news-events
18th April	Mid Somerset Arts Society	AGM 10.30am Lecture 11am	Caryford Hall	midsomerset@theartssociety.org
30th April	All Saints' Development Group	University of Bath Chamber Choir 4pm	All Saints' Church	castlecaryallsaints.org/comingup
1st May	Somerscience	Somerscience (Science Festival)	The Market House & Donald Pither Field	Colleen - 07375 890751
3rd May	Castle Cary Gardening Association	Talk 7pm to 7.30pm	Caryford Hall	www.castlecarygardening.com
3rd May	All Saints' Development Group	The Trio Paradis Café Concert series 2pm	All Saints' Church	www.castlecaryallsaints.org/comingup
7th May	CCTC & APC	King's Coronation Party 12noon	Donald Pither Field	markethouse.bookings@castle-cary.co.uk
13th May	Castle Cary Gardening Association	Annual Plant Sale & Coffee morning	The Market House	www.castlecarygardening.com

Castle Cary & Ansford
LOCAL ORGANISATIONS

Alcoholics Anonymous – 0800 917 7650
All Saints' Development Group – 01963 350394
All Saints' & St Andrew's Churches – 07483 866400
Alzheimer's Society – 01458 251541
Ansford Parish Council – 07969 399559
Ansford Academy – 01963 350895
Arts Society Mid Somerset – midsomerset@theartssociety.org
Bellringing – 01963 350002
Brue Valley Rotary – 01963 351906
Café Scientifique Somerset – 07375 890751
Camelot Rounders – 07969 233760
Care4Cary – 07803 855208
Cary Cares – 01963 602013 / carycares1@gmail.com
Cary Amateur Theatrical Society (CATS) – 07715 510359
Cary Comedians Carnival Club – 07983 716016
Cary History Society – caryhistsoc@gmail.com
Cary Runners – 01963 350418
Caryford Community Hall – 01963 548016
Caryford Fitness & Leisure – 01963 350600
Caryford Short Mat Bowls – 01963 359069
Carymoor Environmental Centre – 01963 350143
Castle Cary Allotment Association – 01963 350618
Castle Cary & Ansford Carnival Society – 07711 266969
Castle Cary & Ansford Women's Institute – 01963 351881 / 07971 100779
Castle Cary Bowls Club – 01963 359573
Castle Cary Bridge Club – 07985 435412
Castle Cary Choir – 07970 039007
Castle Cary Community Library – 07579 049109
Castle Cary Craft Chat and Cake – wistmansoak@icloud.com
Castle Cary Cricket Club – 07527 628956
Castle Cary Senior Football Club – 01963 350587
Castle Cary Gardening Association – 01963 240837 / www.castlecarygardening.com
Castle Cary Majorettes (Cygnets) – 01963 350603
Castle Cary Memory Café – 07889 311445
Castle Cary Out of School Club (The Hive) – 07496 348233
Castle Cary Primary School – 01963 350520
Castle Cary Rainbows and Brownies – 07985 246833
Castle Cary Ramblers – 07866 173511
Castle Cary Rugby Club – 01963 351178
Castle Cary Town Museum – castlecarymuseum@hotmail.co.uk
Castle Cary Twinning Association – 01963 31619
Christian Aid – 01963 351275
Churches Together in Castle Cary and Ansford – 01963 351275
Cinema in Caryford – 01963 359000
EatCary – 01963 351461
Fair Trade Group – 01963 350629
Friends of Cary 2000 – 07803 855208
Friends of Cemetery Chapel – 01963 350276
Friends of Castle Cary Library – www.castlecarylibrary.org.uk
Greener Cary-Wildflower Group – 07794 692380 / holmes2@hotmail.com / On Facebook @greenercary
Macmillan Cancer Support – 07714 030813
Martial Arts – 07738 599670
Methodist Church – 01963 351598
Methodist Church lettings – 01963 351635
Mid-Somerset Flower Club – 01963 351811
Moat Garden Project – 01963 350899
Netball – 07903 244213
Parson Woodforde Society – www.parsonwoodforde.org.uk
Red Cross – 01963 350830
Rotary Club (Brue Valley) – 07767 488719
Royal British Legion – 07587 180639
Saturday Stitch – 01749 860304 / 07929 097374
Save the Children Shop – 01963 351681
St Margaret's Hospice – 0845 070 8910
Scouts/Cubs/Beavers – 07773 515511
Singing for Fun – 07889 311445
Somerset Beekeepers Association – 07894 039933
Somerset Sight – 01823 333818
South Somerset Community Accessible Transport – 01963 33864
Sustainable Cary – On Facebook @sustainablecary
Table Tennis Club – 01963 351571
Tiddlywinks – 07817 629004
Tools for Self Reliance – 01749 813239
Tourist Information Group – 01963 351763
Toybox Pre-school – 01963 359600
U3A Camelot Area – 01963 351269
Use Less Share More Group – 01963 351461
Walking for Fun – 01963 351461
Walking in England – john@walkinginengland.co.uk
Women's Institute – 01963 351881
Zambia Links (CMCPT) – 01963 351461

Castle Cary Town Council, Market House, Castle Cary BA7 7AH
Tel: 01963 359631 – website: www.castle-cary.co.uk
Ansford Parish Council website: www.ansford-pc.gov.uk