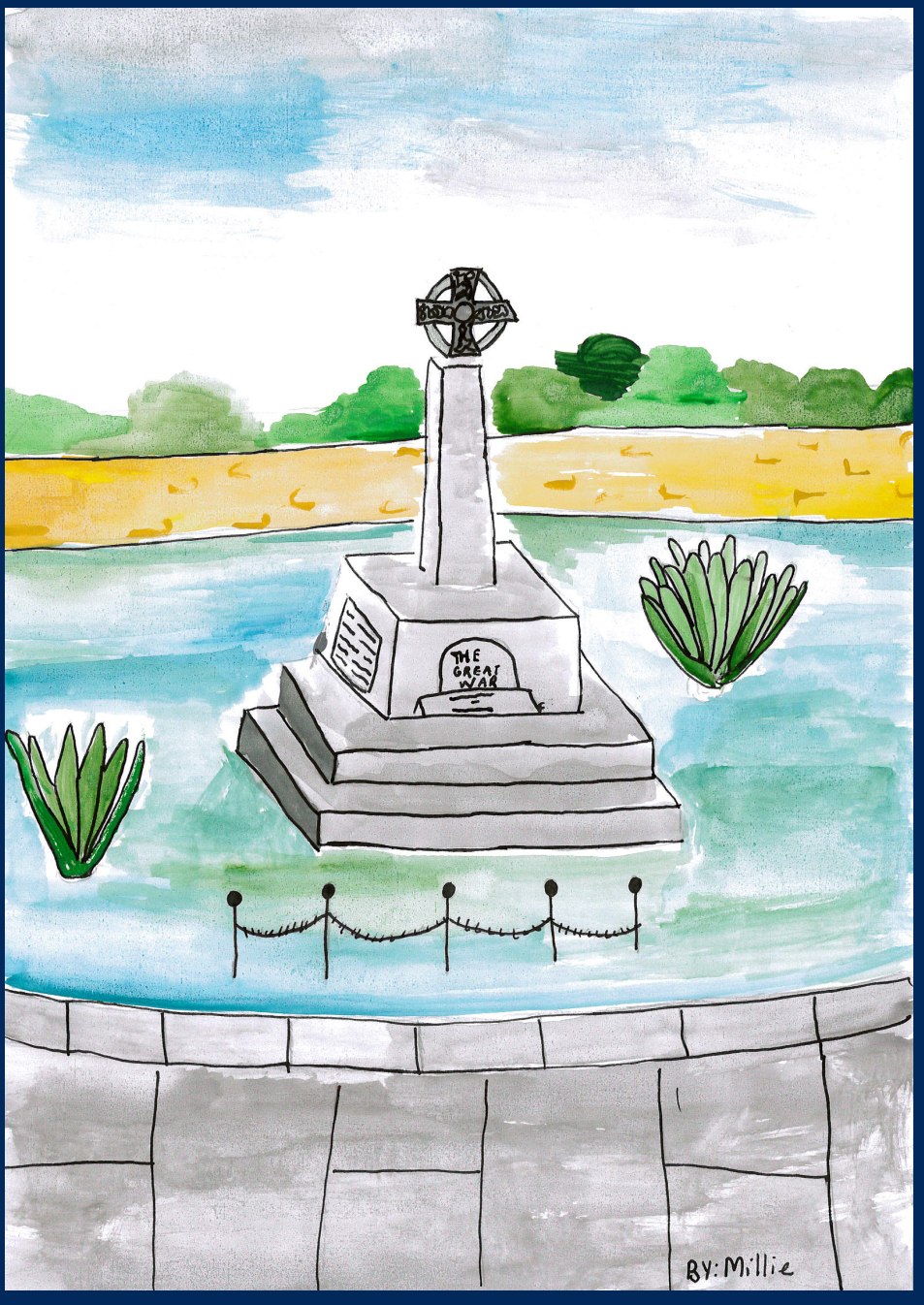
Castle Cary & Ansford Autumn 2023 Community **NEWSLETTER**



**Artwork by Millie, Former Year 6 pupil,
Castle Cary Primary School**

Castle Cary Town Council

Welcome to the new style Autumn newsletter! We hope you will like the new style that has articles which have been grouped into sections with little icons linking them. We have updated the fonts and the overall look, and we hope you like it.

The extremely wet summer and recent flash flooding in neighbouring villages has led us to believe that we need to form a flood prevention group with flood wardens in Castle Cary. This will start with some advice regarding processes and danger points in the town. It will lead to early warning systems and advice on how to keep your property and belongings safe in the event of a flood. If you are interested in participating in a volunteer group, please contact Lisa our Town Clerk town.clerk@castle-cary.co.uk

With the warm, wet weather comes fast growing weeds and hedges which have been impinging on our pavements and pathways. If you have a hedge or greenery overhanging which is causing a path to be impassable, please trim it back yourself. It is officially your responsibility as it is bordering a public highway even if it is out of the season. Farmers and landowners are also aware of their responsibilities and particularly when to cut back hedgerows. Other hedges are the responsibility of Highways and dangerous situations can be reported on this link: www.somerset.gov.uk/roads-travel-and-parking/overgrown-verge-or-hedge-on-the-road. There is some useful information about responsibilities on this page.

Our recent Community Questionnaire highlighted many environmental issues as a priority for residents and Councils to address; footpaths, overgrown hedges, speed of the traffic in the town and on access roads and inevitably dog waste were particular issues. To address some of these the Councils have put some actions in place particularly around speed limits. The traffic working group recommended to the Councils that the '20 is plenty' campaign is overwhelmingly effective in terms of fewer accidents leading to less damage in the event of an accident and fewer harmful emissions affecting our health and importantly our children's health. Both Councils have therefore committed to fund a study to be held by Somerset Council Highways to assess the speed of traffic in various points around the town and parish. This will then establish whether we should take forward speed restrictions.
We are working with Somerset Council Highways to improve our pavements and ensure they are better maintained. If you have a complaint to make, please report it to Highways on this link: www.somerset.gov.uk/roads-travel-and-parking/report-a-problem-on-the-road

In the questionnaire more than half of the respondents (487) complained about dog waste around the town but particularly on the Donald Pither Field. Since publication we have received two letters complaining about the waste being on the field where cricketers and footballers play. This is utterly unpleasant and dangerous, especially for young children, and we need to urgently address it but dog owners we need your help. The Donald Pither field is primarily a space for sport and there are notices asking dog owners to keep their dogs on a lead. Sadly these notices are often broken but we are reinstating larger notices with support from Somerset Council which will conduct some random checks and issue fines when appropriate. Please can dog owners make a special effort to keep their dogs on leads and clean up after their dogs. Fairfield was known as the dog walking field before it was acquired by the Councils. It is therefore, a place to freely exercise dogs in the beautiful landscape but please also be aware that it is a family space and we do not want dog waste on it.
More information about the Community Plan will follow when we launch the plan and associated action plan in September. In the meantime access to the report is via the following links on the website.
Full report: www.castle-cary.co.uk/wp-content/uploads/2023/08/Castle-Cary-Ansford-SALC-Report-Final.pdf
Executive summary: www.castle-cary.co.uk/wp-

content/uploads/2023/08/Castle-Cary-Executive-Summary-v2.pdf

Following the consultation as to whether the Council should borrow £100,000 over 20 years and the positive outcome to complete the second stage of the building at Caryford Hall, we have now had it confirmed that both Councils have had their loan applications approved. Work will be scheduled in the near future and the building works are expected to be complete in early 2024. Whilst the construction is taking place the Hall will remain open for use.

Meanwhile the town looks fabulous with flowers everywhere and we were well prepared for the Cary in Bloom judging from SW Britain in Bloom in July. The judges had tours of the Cemetery, The Railway Station, Eat Cary, Fairfield and the town ending up with a rousing welcome from a scratch Singing for Fun choir in The Market House. The judges were most impressed by the community group's input of flowers all in a huge, wonderful custom made flower frame organised and dressed by Flowers & Home's creative director and owner Tracey. The flowers made by community groups were knitted, crocheted and made of paper and looked fabulous. In The Market House the tables were decorated with flowers donated by Julian Shave and the judges were served tea with cakes iced as flowers in a myriad of colours provided by Leah of Somerset Blissful Bakes from our Tuesday Market. The flags in the town were blowing and the windows of the shops were decorated and themed beautifully. We were very proud of the supreme work done by everyone pulling together. None of it would have happened without Katie our Deputy Clerk who undertook this project with the support of Philippa, Steve, Mike and many others in our community. Many, many thanks to you all and to Wendy from Oxford Mill for the fabulous photos which are a valuable record of the event. We won't know if we get a prize until October but the process was a wonderful community building event.

We welcome two new businesses to the town and we feel blessed with our High Street full of independent shops, attractive galleries, complementary therapists with international reputations and our weekly market. There is a facility for everyone and whilst our High Street continues to be a local visitor attraction it needs to be supported on a day to day basis by residents. So please shop locally when you can and celebrate our beautiful town.

Judi Morison
Chair Town Council

LOCAL COUNCIL AWARD SCHEME FOUNDATION

WINTER NEWSLETTER

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
1st November 2023

Distribution from:
FRIDAY 24th November 2023

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

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

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
Judi Morison (Chair)
Trevor Oats
Pek Peppin
Angela Piggott
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.

Somerset Councillors:
Mr Henry Hobhouse
Tel: 07970 867108

Mr Kevin Messenger
Tel: 07969 150646

ANSFORD PARISH COUNCIL

Mr P. Clark, Mr C. Edwards, Mrs D. Pinnions, Mrs B. Williams, Mr R. Leary, Mrs D. Henderson, Mrs F. Houlton

Ansford Parish Clerk: Mrs Ruby Coombes
Tel: 07891 161756
Email: clerk@ansford-pc.gov.uk
Little Benham, Knole, Langport, Somerset TA10 9JF.

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.org.uk

Ansford Parish Council

Caryford Hall
Progress report regarding the Public Works Loan
Having recently received confirmation that the Loan facility has been approved, final details about the building programme are expected to be formalised shortly by the Caryford Hall Committee.
We therefore look forward to receiving further news about the construction work schedule for the Phase 2 extension, that will provide much needed amenities for conference/business meetings and also for public and private events. When the extension has been completed, Ansford PC will hold its monthly meetings in the new building, allowing the main hall to be available for other user groups, simultaneously.

Roads and traffic issues
The Traffic Working Group will be having their inaugural formal meeting towards the end of August. Membership of the Group will comprise three Ansford Parish Councillors, three Castle Cary Councillors and three local residents. The Group is an advisory body, to both Councils, with the specific goal of regulating vehicle traffic within Ansford and Castle Cary, to improve the safety and amenity of the town for residents, local businesses and visitors. At the request of the Group, white lines have been painted by Somerset Traffic Management adjacent to the kerbs in Station Road at the junction with the A371 Ansford Hill, to discourage motorists from parking on the bend of the road, which had been causing dangerous situations due to poor sight lines for motorists turning into Station Road.

Speed Indicator Device
In order to increase the efficiency of recording data produced by the equipment, we have agreed that the unit should be returned to the factory for a technical upgrade, and which will also make it safer for the contractor to download the data, especially as the unit is situated so close to the roadways. When this work has been completed, the SID will be installed at a new location and then moved to other sites on a regular basis.

Ansford & Castle Cary - in - Bloom event
Having entered this year's RHS South West Britain in Bloom competition for the first time, Ansford councillors chose the Railway Station as our official entry, making use of the dozen permanent plant troughs on the platforms. All of the displays were carefully tended, with several additional plants filling the troughs to capacity. We also took the decision to replant two existing GWR flower beds that were in dire need of "re-vamping", and thanks to a parishioner's keen planting skills, we managed to complete the work a few days before the judging panel arrived in early July.
We are now awaiting the results of the judge's assessment, to be announced at an award ceremony taking place in October.

Railway Station
If you haven't been to the station recently, you may be pleased to hear that the "temporary" scaffold footbridge has been removed at the beginning of August. This has resulted in a few more car parking spaces, including a designated taxi rank area next to the exit/entrance to Platform 1.
Following the painting of the yellow road marking lines on the A371, they have at least stopped vehicles being parked inconsiderately by the station entrance. Nevertheless, construction of a new dry- stone wall at the Creamery building site is causing some traffic delays due to the use of temporary traffic lights. However, it is very disappointing that the link road to the new car park has had to be closed due to the installation of some new sewer pipes.

With best wishes
Ansford Parish Council

Enjoying Family Time Out in Cary

Below you will see a Billboard of Town Events offered to all this autumn and winter, plus interesting seasonal highlights. For listings from individual clubs please see the relevant article.

AUTUMN EVENTS

16TH SEPT	PLAYFEST CARYFORD HALL
7TH OCT	CHILDREN`S CARNIVAL
14TH OCT	ILLUMINATED EVENING CARNIVAL
29TH OCT	APPLE DAY (TBC) THE MARKET HOUSE
7TH DEC	CARY`S CHRISTMAS CRACKER

For a full list of events happening in the town, please look out for dates throughout the newsletter and visit our website www.castle-cary.co.uk/events/. Please do post your event on the town website. Simply register an account and create your event. Please email Catrin - markethouse.bookings@castle-cary.co.uk if you have any queries.

Coffee Mornings are held at The Market House every Saturday morning from 9.30am - 12noon run by a variety of local charities and community groups. Please show your support if you can (they do make delicious cakes!)

Local Business Farewell to Heather's Flowers

In February of this year, we thanked Heather Burch for her incredible service to our community and wished her a very happy retirement as she closed Heather's Flowers, her business on the High Street in Castle Cary for 16 years. However, we are delighted that the shop continues as a florist, taken over by the lovely Tracey as Flowers and Home Somerset. Tracey worked closely with Heather before her retirement, so was the perfect person to hand it over to.

Catrin our Marketing and Communications administrator had a wonderful chat recently with Heather as she kindly shared her life story and journey into the floristry industry.

Welcome Heather, please tell us a bit about yourself and your life in Castle Cary?
I was born in No 16 at Ancastle Terrace and have lived most of my life in Castle Cary ever since.

I left school at 14 and met Jig (Gerald) when I was 15 in the White Hart pub, he was playing skittles and we have been together ever since. We got married in 1971 when I was 19 years old, so have now been married for 52 years. We wanted to celebrate with a big party with family and friends from our carnival community, but due to Covid lockdowns sadly we couldn't.

We lived at the top of Churchfield Drive where we raised our family for 40 years. We have many happy memories there, and then when the children all left home we decided we didn't need all that space so bought a bungalow in Tuckers Lane, where we have been now for nearly 8 years. We love it there and that will be our home now.

Carnival
Carnival has been a big part of our lives. We were part of Britannia Carnival Club where the Horsepond Inn was for many years. Jig joined at 15 years old, with Cow & Gate in Wincanton. I still do a bit of county judging and Jig joined Mendip Vale, so does the Bridgwater circuit now. I've retired from the Castle Cary Carnival Society, but we both supported and helped to run it for many years. Castle Cary loves Carnival but to see it continue, it needs more volunteers to help, not necessarily to join a committee but just to offer their help to run it would make a huge difference.

Where did your working life begin?
I left school at 14 and trained as a tailoress in Yeovil, making clothes and selling fabrics. However, I gave that up and went on to Clarks in Bridgwater on the sewing machines, simply to earn more money. I wanted to get married and have my own property with Jig. I then moved from Bridgwater to the factory in Castle Cary, Strode Components. I did 10 years in that factory until my eldest child was born when I was 25. I then went onto have 2 more children and didn't work for 10 years whilst bringing the children up. I then did a bit of cleaning here and there and then went on to become a dinner lady at Ansford School. That's initially where I got the idea to go to college to train to become a florist. My passion for flowers came from doing the pedestal at Ansford Church. I have always been a crafty person, from my tailoress training to creating floral displays. I started training at Cannington college, then went to Yeovil. I studied for 3 years at college, so have been a florist for 28 years.

Life as a Florist
On completing college, I started working for Hazel Merryfield in her small floristry shop in Castle Cary, (the old toilet block on Lower Woodcock Street) part-time, 2 days a week. Reed and Russell Florists then opened in Wincanton, and I worked there for 12 years, managing their shop. This was a big step up but created new opportunities and experiences. I'd get sent to London to do big events and create displays for hotels, which was wonderful. They also gave me the opportunity to go to Holland for 3 weeks to work in a shop and meet other shop owners and go to a Dutch Flower Auction, which was a fantastic experience.>>

Following this, an opportunity came up to rent the shop in Castle Cary, I started out small and cautiously but thankfully the business grew and grew, and I was in the shop for 16 years. People got to know me in the town, and now stop me in the street to say hello and see how I am which is lovely.

I had 16 wonderful years in my shop and I'm so proud of providing flowers for the Royal family, including several visits by Princess Anne and flowers for Her Majesty the Queen, supplying 10 Downing Street and creating displays for big events, weddings and funerals. It may sound odd, but my talent was funerals. I created such a variety of special 3D arrangements which were significant to each individual family. I also loved creating displays in churches, arches and big pedestals.

What did you enjoy most about running your shop?
I love flowers and I liked the people. I loved chatting to everyone, and I'm pleased to say I never had a bad experience with a customer. I always tried to cater for every budget too. I enjoyed the people, and I had such wonderful customers. I was so touched by the vast number of cards and presents I received, it was incredible and I'm so grateful.

Why did you choose to retire?
Whilst I am well enough and able there was still a few things I wanted to do with my life, and I love to travel. My kids were delighted, they said I know you are well mum, and I know you are young, but they wanted me to have a rest. Floristry is wonderful, but before flower deliveries to the shop, I'd get up at 2am and drive to the other side of Bristol to collect my flowers and then work in the shop all day and finish at 5pm, that's a lot of hours on your feet all day. Although I loved my job and going to work every day, it was never a chore, but it was now time to enjoy a slower pace of life. I feel very lucky to have had such a wonderful life and career.

What are you enjoying most about retirement?
I'm beginning to ease into, at first it was difficult to adjust to not working every day. However, I'm getting used to it, and it's a nice feeling not to have to go to work on a Monday morning and having the flexibility to do things at the last minute. I have a few trips planned and am off to Spain in September with my daughter and some friends, a girls' holiday and Tenerife in February.

What do you miss?
I miss the people of Cary and chatting to customers. Castle Cary is a wonderful community to be a part of. I now enjoy my regular Tuesday mornings working in the shop for Tracey when I get to catch up with my regulars. I will also help Tracey during busy periods so that will keep me ticking along, which is great.

I thoroughly enjoyed chatting to Heather and wish her a long and happy retirement and as Heather told me, "Life is for living", which I feel is a motto we should all live by.

Arts Society Mid Somerset Programme October and November 2023

We meet at Caryford Community Hall.
Maggs Lane, Ansford, Castle Cary. BA7 7JJ
Our next lectures are on:

Tuesday October 17th 2023
Legend and Lustre: Jim Thompson and Thai Silk: By Denise Heywood

This lecture tells the story of his achievements, showing the intricate process of silk production and its illustrious heritage, including royal robes and temple murals. It touches on films featuring his silks, reveals his house and its art and reflects on a life that ended with his mysterious disappearance.

Tuesday November 21st 2023
Pleasure, Sin and Men with Fish Heads: The Fantastical Works of Hieronymus Bosch. By Stella Lyons

Was Bosch hallucinating from too much ergot-infected wheat when he created his works over 500 years ago? Monsters and morals, pleasure and sin, heaven and hell; the strange works of Hieronymus Bosch are considered an anomaly in the history of art. They are filled with grotesque images of fantastical creatures surrendering to lust, desire, fantasy and angst. His most famous work, the triptych 'The Garden of Earthly Delights', illustrates the danger of giving in to temptation. It includes a highly inventive hell scene that is still regularly censored today! This talk looks at arguably the most enigmatic figure in art history, and the fantastical and strange works he created.

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 11.00 a.m. and are preceded by coffee at 10.30a.m.

The Arts Society Mid Somerset
midsomerset@theartssociety.org

Saturday Stitch Craft Group

For autumn/winter we are planning in house workshops. Zipped pouch/bag making with Angie, Dru will demonstrate card making using scraps of fabric, and Catherine is showing Bargello, the art of sewing strips of fabric together to create the appearance of movement. Along with UFO's and WIP's, there is ample to keep us busy!
Further information please contact Sally Yeoman 07929097374 sallyyeoman@btinternet.com
We continue to look for craft tutors/demonstrators/exhibitors within the locality. Please get in touch, we would love to hear from you.

Saturday Stitch -
where you discover and nurture your talents

Writers' Circle

A small group of us has been meeting for some time on a Wednesday evening, usually in the Shambles at The Market House, to share ideas and to write. We hope to continue but could do with boosting our numbers with one or two new faces. Therefore, we are looking for like-minded people to join the group.
We'll start again on Wednesday 20th September, 7pm - 9pm. The usual pattern of our evenings is to start by looking at short excerpts from what one or two of the group have been writing (provided they want to share in this way) then we move on to quiet writing. There is no tutor but we find the support we give each other is very useful. There are six of us in the group currently, and we'd like to increase our numbers up to but not beyond, 10 people. We already have a very varied group in terms of experience (some of us are beginners) and styles of writing.
I propose to have a short introductory meeting on Wednesday 6th September at 7pm, just for half an hour with a cup of coffee. If you are interested in joining do come along then to find out more and by all means please get in touch with me for a chat if you wish.

Laura Tilling
tillinglaura@gmail.com

Christian Aid

By 11th July £2.3million had been raised as part of the national Christian Aid Week collection. Here in Castle Cary and Ansford we collected £1,549.83. £207.50 was given at the church service, £42.75 was collected at the Tuesday Market, and £301.86 was raised at the Coffee Morning. The remainder was donations in the envelopes which were returned via the eight drop off points and at the Coffee Morning. There were also a number of online donations made direct to Christian Aid centrally but locally we don't know how much those were.
Thank you to everyone who gave, whether it was through the envelope scheme, in a collecting box, supporting the Coffee Morning, or online. And thank you to everyone who helped raise that money during the Week. It benefits a large number of people who appreciate the help they receive.
In its development work Christian Aid is involved with some of the world's most vulnerable communities in twenty nine countries in Africa, Asia, the Middle East, Latin America, and the Caribbean. In those situations, Christian Aid works with local partners so the money is used well for what the local people need.
Christian Aid also collaborates with other organisations in relief work in many parts of the world, saving lives and offering continuing support when the immediate crisis has left the headlines but people are struggling to rebuild.
You can find out more at www.christianaid.org.uk/our-work.

David Osborne

Macmillan

We hope you have enjoyed the summer and made the most of the pockets of good weather! We would like to pass on a HUGE thank you to everyone who made cakes for the Coleford House Open Garden Day in June. We raised a staggering £2000 and since we provided approximately 40 cakes for the event that amounts to a donation of £50 per cake. We are so grateful for your support and the Garden Hosts also pass on their thanks for the 'truly magnificent cakes' provided by the bakers of Castle Cary!
Our next event is the Macmillan Big Coffee Morning in September. We will have a cake stall, refreshments and a book stall at the Market House, Castle Cary on Saturday 30th. As always, we will be grateful for donations of cakes and goodies for sale, and any books that you no longer have space for. Bring them along on the day or check our Facebook page for information about other drop off points. Please join us for the morning – we look forward to seeing you there.
Then, our final event of the year is Cary's Christmas Cracker on the 7th December. More info on that on our Facebook page!
We are a very small committee and rely on volunteers. If you would like to help with fundraising or if you would like us to help with refreshments at any events you are planning please email castlecarymacmillan@gmail.com or phone Janet Loe on 01963 351112 to see how we can help.

Millbrook Hub, Community Larder and Food Bank

The larder continues to remain open Tuesdays and Thursdays 8.30 - 10am and 3 - 4pm, Saturdays 9.30 - 11am, and we continue with our twin-track approach of; supporting those in the community who need it and sharing surplus food with the wider community to help reduce food waste. If you haven't checked our outdoor table of fresh produce and other surplus food, please come along.
At this time of year, we are grateful for all the donations of fresh produce that we can re-distribute, as well as those of dried and tinned goods for the larder. 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.
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!

Royal British Legion and Poppy Appeal

There remains very little British Legion activity in our community. If you are aware of anyone who might need help, please get in touch with us at the email below. We cannot directly help but will signpost to those who can. Equally if you need more information about the activities of the RBL in the wider community or are interested in volunteering, again please get in touch.
Looking ahead to this year's Poppy Appeal.
This will start on 26 October until Saturday 11 November. Remembrance Sunday is 12 November. But on Armistice Day on 11 November there will be a gathering at the War Memorial for a two-minute silence.
Eco friendly poppies. The RBL have developed a plastic free poppy. A limited number will be available this year but stocks of those made from plastic will be on offer until all are used up.
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.

Toybox Pre-School

The Toybox Pre-School has had a good year.
Our operating finances are in the black and our fundraising is moving forward to enable us to take over the lease on the Swainson building. We have taken on a new apprentice and will be further recruiting for another apprentice later in the year.
In September we will be offering 8am sessions for parents who require an early start for their own employment. The AGM will be taking place in October – November and we will be looking for more parent trustees to enable the preschool to continue as a charity. When the lease is finalised, we will be looking to achieve a greener preschool. We will be starting by putting solar panels, both electrical and hot water on the roof and a big battery inside. This will lower our overheads and we will be able to import cheaper electricity in the winter from offshore wind farms between midnight and 6am. Beyond that we will be building a new outside play area which will be connected to the preschool so that the children can play in and out at will.
I would like to thank all of you in the community who have helped us raise money in the past 18 months. We will be continuing to fund raise to enable the preschool to grow and develop.

Henry Hobhouse
Chair

CARY'S CHRISTMAS CRACKER

Would your charity like to raise some money?

We are looking for charity stall holders for the event on the 7th December.

For more information email deputy.town.clerk@castle-cary.co.uk or call 01963 359631

From the Anglican Church

Rain drove this year's Grand Summer Fete into All Saints', but it was a wonderful event, much enjoyed by everyone. Thank you for your support! We are now getting the new season's programme of concerts in place, starting with a Folk Concert featuring lots of local talent at 4pm on Sunday 29 October; tickets will be available from Bailey Hill Bookshop, The Market House, and online. More to follow!

If you haven't tried Messy Church yet, do give it a go. It takes place at All Saints', starting at 3:30pm on the fourth Saturday of the month. It is designed primarily, but not exclusively, for young children and includes fun craft activity, short worship, delicious food, and singing. Everyone is 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 (castlecaryallsaints.org.uk) for up-to-date information on these, and other services, including a Memorial Service for John Drewett (6 September at 11:30 at All Saints'), and Remembrance Sunday (12 November).

Sadly, thanks to continuing antisocial behaviour, 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 about weddings, baptisms, or other services.

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

Catholic Church

July saw the annual Glastonbury Pilgrimage for the Diocese. Over 500 people attended the day culminating in Mass celebrated by Bishop Decan Lang. The welcome was given by Father Dominic Findley-Wilson, parish priest of Shepton Mallet/ Glastonbury and Dean for Wincanton and area. The day was one of devotion and prayer to Our Lady Queen of Peace.

Update on The Synod

The experiences and voice of the local churches across the world have now been collated and incorporated into a sixty-page working document called Instrumentum laboris. The general Assembly of the Synod on Synodality begins in the Vatican in October 2023 and concludes with a second Assembly one year later. The Diocese are planning to explore the same material through a series of webinars and materials for parish groups to discuss. Dates for webinars and a resource pack will be released nearer the time. If you are interested in joining a group, please contact Father on email:
Francis.Eyo@cliftondiocese.com

Did you know?

There is now an active and popular Youth Hub which meets 12-2.30pm every 4th Sunday of the month at St Luke and St Teresa, Wincanton. Lunch is provided. For further details and contact see parish newsletter.

October: Month of the Holy Rosary.

Churches Together in Castle Cary and Ansford

Our A.G.M. needed to be changed to Wednesday 30th August, a speaker from Cary Cares will have discussed the work of the Committee, and volunteers at Millbrook Hub. Information relating to officers for Churches Together and planned joint events will be relayed to our Churches.
The monthly lunch club continues on the second Monday of each month, we thank the volunteer helpers.
Many of us shared in The Loving Earth, textile exhibition on display at The Methodist Church in Castle Cary. Some banners from an existing collection of over 400, initiated by Quaker Arts Network were displayed with text in the Church. Our thanks to Revd. David Osborne and Judith Cole for arranging the display, helping us to understand more environmental concerns.

Castle Cary Methodist Church

We meet to worship at 10:30am on Sunday mornings both in our building and on Zoom. All are welcome and there is Sunday school most weeks during this time. Evening Services are held at 6:30pm on the 2nd and 4th Sundays of the month.
In August we had our Holiday Club for primary age children with much fun had by all who joined in as we journeyed to Nineveh, Bethlehem and Jericho.
After a summer break, Coffee for All will be back in September every Wednesday morning between 10-12. Come along for a cuppa and chat.
Toddlers@theMethodist meet on Tuesdays 10-12 in term time. Do come along with your pre-school children – Elaine would love to see you and your family.
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.
Our Harvest Festival service will be on October 1st and we will share a BBQ afterwards. Why not join us? This autumn we will also be running confirmation classes.
Did you know you can hire our school room or our church? It's £10 an hour for the schoolroom and £12 an hour for the church. Contact Patricia Fuller to book 01963 351635

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

Quakers

In July we held a successful exhibition of the Loving Earth textile panels designed to help us to engage creatively with the climate crisis.
There will be a climate vigil for one hour at 11am on Saturday 16th September outside the library in Wincanton. We are hoping the samba band will be able to join us.

Pat Coleman
on behalf of Wincanton Quakers

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: Hilary Dunford	359346
Churchwarden: Gillian Sinclair	350725
Churchwarden: Sarah Stringer	351080
Pastoral Visits Co-ordinator & Reader: Sue Kellagher	351992
Parish Safeguarding Person: David Goodenough	350634
Email: safeguarding.standrews.allsaints@gmail.com	

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 numbers	370908 and 359652
Email: patcoleman888@gmail.com	

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
September to November 2023

	Church of England All Saints', Castle Cary & St Andrew's, Ansford		Methodist Church Upper High Street, Castle Cary	
Sunday 3rd[h] **September**	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Holy Communion: Rev Collin Moore
Sunday 10th September	8.30am 10.00am	Holy Communion: All Saints Parish Communion: St. Andrew's	10.30am 6.30pm	Morning Worship: Anna Schiffer Evening Service: Rev Collin Moore
Sunday 17th September	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am 6.30pm	All Age Worship: Rev Tina Swire
Sunday 24th September	8.30am 10.00am	Holy Communion: All Saints' Parish Communion: St Andrew's	10.30am 6.30pm	Morning Worship: Claire Laudicina Evening Service: Rev Meg Slingo
Sunday 1st **October**	8.30am 10.00am	Holy Communion: St Andrew's Parish Communion: All Saints'	10.30am 6.30pm	Harvest Festival: Rev Collin Moore
Sunday 8th October	8.30am 10.00am	Holy Communion: All Saints Parish Communion: St. Andrew's	10.30am 6.30pm	Morning Worship Evening Service: Rev Andrew Prout
Sunday 15th October	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am 6.00pm	All Age Worship: Barry Speddings Circuit service at Glastonbury
Sunday 22nd October	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 29th October	8.30am 10.00am	Holy Communion: St. Andrew's Morning Worship: All Saints	10.30am	Morning Worship: Rev Collin Moore
Thursday 2nd **November**	7.00pm	All Souls' Service: St Andrew's		
Sunday 5th November	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	Holy Communion: Rev Robert Channon
Sunday 12th November	8.30am 10.00am	Holy Communion: St Andrew's Remembrance Sunday: All Saints'	10.00am 6.30pm	United Remembrance Service Evening Service: Jacqui Cobb
Sunday 19th November	8.30am 10.00am	Holy Communion: St. Andrew's Parish Communion: All Saints	10.30am	All Age Worship: Rev Alistair Bolt
Sunday 26th November	8.30am 10.00am	Holy Communion: All Saints Parish Communion: St. Andrew's	10.30am 6.30pm	Morning Worship: Rev Andrew Prout Evening Service: Rev Collin Moore
Thursday 30th November	7.00pm	St Andrew's Day Eucharist: St Andrew's		

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

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

Autonomy Care Group

We are Autonomy Care Group and are proud to announce news of our exciting new project in Castle Cary, Somerset.
Formerly known as The Hollies on Florida Street, we bought the property in October 2022 to add to our existing adult residential care services. Previously run as a 17 bedded elderly care home, we are making extensive renovation works to turn the home into a modern, fit-for-purpose six bedded residential service with an adjoining two bedded respite service. Both services will care for adults with learning disabilities and complex needs. The renovation work will be to the highest specification to meet the needs of the people we support, whilst still preserving some of the historical features of the building. We have renamed the property Weavers Lodge in recognition of the local area's rich history of weaving.

We expect Weavers Lodge to be opened in Spring 2024, when we look forward to becoming an integral part of your community. As we will soon be a local employer, we hope that you will follow progress on our project for employment opportunities in the near future. The care industry and particularly the more specialist areas of social care are an incredibly rewarding and fulfilling career and we aim to make everyone involved with this new service, proud of what we do.

For any further information on Weavers Lodge, please contact the future Registered Manager for this new service Nick Rickwood, who will be delighted to assist on E: nick@autonomygroup.net T:07925133323

Brue Valley Rotary

The past six weeks have been busy, with a new president appointed by way of a handover on 29th June. Members supported the hugely successful Classics and Super Cars Event at Sherborne Castle on 15th July. An evening on Thursday 20th we visited the beautiful gardens of Lytes Cary. On Thursday 27th July groups discussed future development of the club website, recruitment and other publicity material. A coffee morning was organised on Saturday 29th July which raised over £300 for local charities.
On the 3rd August there was an eventful Business Meeting, when Products Sales Lead Eddy Hale decided to encourage further orders by getting members to model Rotary outfits. Members found their hidden Kate Moss and Naomi Campbell strutting around The George Dining Room which suddenly became a catwalk worthy of Milan or Paris. Lastly, The Glastonbury Town Crier David Greenway gave a lively presentation at The George on the 10th August.
Progress continues towards the upcoming event of the Charity District Rotary Golf Competition for Childrens Hospice South West at Wheathill Golf Club on Thursday 14th September.
The club continues to debase the myths of Rotary being formal, stuffy and just for older men. It is a fun welcoming environment for all genders and ages with a variety of stimulating activities making a difference to the local community. Why not come along? We meet usually at 7.30pm on a Thursday with our base at The George Hotel. For more information, please contact Liz Stokes 01963 351906.

John Holt
Club President

Castle Cary 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.

Care4Cary

It's not all over - far from it
Will 200 homes be built on the green field next to Castle Cary Station? Not necessarily.
On 17 May 2022 the planning inspector ignoring the local community's valid objections decided in favour of the applicants' appeal against South Somerset District Council's refusal of their application for the 200 house development. SSDC subsequently failed to persuade a judge that there should be a judicial review of her decision.
BUT - and it's an important but - the application was in OUTLINE with only access to the site to be determined at that stage. Whoever wishes to develop the site must make a separate 'reserved matters' application within three years, i.e., by 16 May 2025. A reserved matters application is planning speak for an application that covers details of the appearance, landscaping, layout and scale which must be approved by the Somerset Council planning authority.
There is still everything to fight for.
Do you wish to keep up to date on what is going on? Or be actively involved in fighting off a 200 house urban style development that will desecrate the local landscape, character and charming situation of the Station below Ansford Hill and beside the Brue Valley? If so, please email your contact details to care4cary@live.co.uk. We will add you to our 400 strong Care4Cary mailing list.

Cary Cares

Your local charity: funded by the community, for the community.
Cary Cares continues with its work within our community, offering grants and emergency support and running the Food Bank and Larder in the Millbrook Hub. In recent months we have made a grant providing seed funding for the wonderful Repair Café project being coordinated by Eat Cary. We have also provided funds to subsidise the 'Tuck Shop & Games Nights' being held at Pithers Bistro – an initiative to provide a safe place for 11 – 18 year olds to come together, socialise and enjoy delicious waffles & smoothies.
Our work is only made possible because of the amazing generosity of local individuals and organisations. We could not function without you. In particular, in addition to the many individuals who have recently donated to our charity we would like to thank The Battens Charitable Trust for their continued financial support.
Our next open 'surgery' is on Tuesday 12th September at The Shambles. Drop in and have a chat and learn more about Cary Cares. Do you, or a local group, require some funding? Have you been thinking about volunteering? Perhaps you have a couple of hours spare to do a shift at the Community Larder, or you would like to help promote the charity. Please come and meet us. We shall be there from 10-12.
For information on how to apply for a grant, or to give a donation, we encourage you to visit our website – www.carycares.org.uk. You can also reach us on carycares1@gmail.com or leave a message on 01963 602013.

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

Caryford Hall

The Town and Parish Councils have confirmed that they can now finance grants to the Hall for the extension. The final contribution towards the cost is now in place and we are pressing on with arranging a contract and timetable for the work which we hope will start in the Autumn. We will not close the hall during the construction works and plan to hold a briefing meeting for our regular hirers when we know the construction timetable and the limited impact of the work on the building and car park use. >>

As Cinema in Caryford we will screen the following films over the next months. Doors open at 7pm and the Bar is open before the show and during the interval:
Wednesday 27th September at 7.30pm AFTERSUN
Wednesday 25th October at 7.30pm THE UNLIKELY PILGRIMAGE OF HAROLD FRY
Wednesday 22nd November at 7.30pm OPPENHEIMER
Our Events and Fundraising Committee has also arranged a series of events up to Christmas. A Coffee morning will be held at The Market House on Saturday 23rd September. There will be a performance of the spectacular "Light Work" circus theatre show in the Hall on Saturday afternoon 30th September and a screening of Hitchcock's "The Lodger" on the afternoon of Sunday 19 November to live musical accompaniment from Minima, a four-piece band. The Christmas Craft Market is on Saturday 2nd December and on Saturday 16th December the Hall hosts Claude Bourbon on the classical guitar. See our website for more details.

Ian Bynoe
01963350655
ian@caryfordhall.co.uk
www.caryfordhall.co.uk

Cary's Christmas Cracker

The early birds among you will already have the date in the diary as you will know we have been working on Cary's Christmas event since January this year! Note the new name – No longer Big Christmas but Cary's Christmas Cracker.
Save the Date – Thursday 7 December
Cary's annual late-night shopping, music, dancing, entertainment, street food and drink and of course a visit from Father Christmas.
Things will start to move fast now as it is only just over 3 months to this amazing town event.
We are always looking for helpers, - run a stall and raise money for your charity/organisation, decorate the Market House, marshal traffic, plus many other jobs. Do join us – the current team has over 10 years' experience, but we need new younger blood to learn from us, if this event is to continue. Now is your chance to make sure Cary always has a cracking Christmas! If you are interested please contact Katie Armstrong, Deputy Town Clerk: - deputy.town.clerk@castle-cary.co.uk

Castle Cary Fire Station

What an interesting summer we've had. Despite being the warmest July on record, we've not experienced all the wild fires that we did in 2022. Great for us, but not so great for everyone's summer holidays. Despite this, I hope you all managed to have a good break at some point over the summer.
In terms of incidents, we're currently hovering around the 130 mark (as of mid-August). If it continues like this, we'll hit over 200 calls this year, which will be the highest we've received in years. Unfortunately we've seen a rise in deliberate fires recently, which is a real shame. Once we're committed to one of these incidents it prevents us from being mobilised to a genuine call by someone that really needs our help. If ever you witness arson, please call 999, ask for fire and also report to the police so we can reduce these unwanted calls.
Castle Cary Fire Station will be receiving a brand new Volvo fire engine towards the end of September this year, which we're all very excited about. Our new truck will have many new additions, such as dedicated edraulic cutting and spreading equipment, high pressure airbags for lifting loads of over 20 tonnes and a more advanced foam system for dealing with different types of fires.
As always, if you require anything from us then please pop down and see us on a Wednesday evening between 7-9pm, we're always happy to help.
All the best.
Watch Manager John Wenglorz

THE CARY HISTORY SOCIETY PRESENTS:

Living with the Boss by Margaret Adams
A live performance
Sunday 8 October at 6 p.m. (doors open 5.30 p.m.)
The Market House, Shambles, BA7 7AH
Tickets £5 available from Bailey Hill Bookshop
Book sales/signing. Refreshments
Castle Cary's very own farmer's wife Margaret Adams entertains with her amusing ditties about farming life. Now in book form, they are not only a humorous read, but also a record of farming life in the second half of the 20th century.

A very special Candlelight Concert
In the Medieval Hall at Cockhill. Castle Cary BA7 7NZ
Sunday 5 November @ 4.30 and 6.30 p.m.
"Music for a While"
Starring Sofia Pedro (soprano) & Bill Badly (Lute)
Lute songs & solos from a Golden Age of English music.
Elizabethan airs of love, loss and mischief by Dowland & Campion.
Sofia Pedro is a rising star in the world of early music and her interpretation of these songs is magical. Bill Badley's lute playing is appreciated the world over – including Castle Cary in 2019
Tickets £20 from Bailey Hill Bookshop or email: Caryhistsoc@gmail.com
Only 20 seats at each performance. Refreshments included.

Villa Ventorum: A Roman Villa re-imagined.
An illustrated talk in Caryford Hall by Ric Weeks,
(Visitor Attraction Exhibitions Manager at The Newt in Somerset)
Wednesday 15 November at 6 p.m.
Caryford Hall, Maggs Lane, Somerset BA7 7JJ
Tickets £5 from Bailey Hill Bookshop and on the door.
Doors open at 5.30. Refreshments available.

The above events are in aid of the Castle Cary Market House Project.
To join the Cary History Society mailing list: contact caryhistsoc@gmail.com

FOOTPATHS AND HEDGEROWS

Castle Cary and Ansford's bushes and hedgerows are green and flourishing following our typical British Summer of sunshine and showers!
Please could we kindly ask that if you have a hedge or greenery overhanging which is causing a path to be impassable, please trim it back yourself. It is officially your responsibility as it is bordering a public highway even if it is out of the season.
This is particularly important on footpaths along the main roads (Station Road, North Street and the top of the A371) to ensure the safety of everyone in our community as families are currently having to walk out into the road with children and buggies.
We hope you will support us in keeping our town tidy and safe.

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

INFORMATION POINT

NEW LIFE, NEW INTERESTS,
NEW FRIENDS

Just moved to Castle Cary or Ansford?

Pop into The Market House any weekday or Saturday morning from 9.30 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.

Castle Cary Community Library

Your community library may be small, but it has a lot to offer! Membership is free and you can access a vast array of books from the regional Libraries West service as well as a range of online materials.
The **Summer Reading Challenge** was well supported, and certificates and medals are in the process of being awarded.
A new **'fast track'** system will be starting soon, whereby we purchase popular books, and they remain in our library for 12 months and are available for loan to our members only. Drop in ask for more details.
Storytime for the under 5s will be starting again on Thursday mornings during term-time – 9.30am in the library.

The **Annual General Meeting** of the Friends of Castle Cary Community Library is at 7.30pm on Tuesday 17th October in the Market House. All are most welcome to attend and, if you are interested in becoming a Friend of the library, we would love to see you!
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. 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

Monthly Community Litter Pick - Litterati

Come and join our monthly community litter pick which takes place on the first Sunday of each month. We meet at 11.00am at The Market House in the centre of Castle Cary and spend about 45 minutes to one hour wandering the streets, parks and by-ways picking up dropped litter.
The group has been running since April 2022 collecting litter around Ansford and Castle Cary on a monthly basis. We are a group of 25 individuals ranging from 7 to 80 years of age that hate to see our lovely town marred by litter.
If you're able to join us, we have litter pickers (child size also) and hoops that are available for you to borrow.
Come rain or shine, we try to make a small difference to our community.
Next dates: -
Sunday 3rd September
Sunday 1st October
Sunday 5th November
Sunday 3rd December
Meeting Point: The Market House, Castle Cary at 11.00 a.m.

Living With Pain Is A Pain!

Do you live with a long-term persistent pain condition? Does it affect your emotional wellbeing and get you down? Does it stop you sleeping well? Does it restrict your daily activities and stop you doing the things you want to do?
The Rural Practice Network (a group of 5 local GP surgeries covering Castle Cary, Bruton, Wincanton, Queen Camel & Milborne Port), is developing a new, non-medical pain management programme called Live Well with Pain – the Ten Footsteps – which will be available to people registered with any of these 5 surgeries.
The programme covers understanding pain & the brain, acceptance, pacing, goal setting, relaxation & mindfulness, sleep, communication, managing moods, medication and nutrition and managing setbacks.
New 12-week groups will be starting in the area over the coming months, as well as Live Well with Pain cafes for people to come together to share experiences and discuss ways of managing and living well with pain.
A new online Live Well with Pain café will be starting by the end of July – if you are interested in hearing more, please email sue.crisfield1@nhs.net or call 07749418850 or send a message through the Rural Practice Network Facebook page.
Read more about the Ten Footsteps here – www.livewellwithpain.co.uk

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.

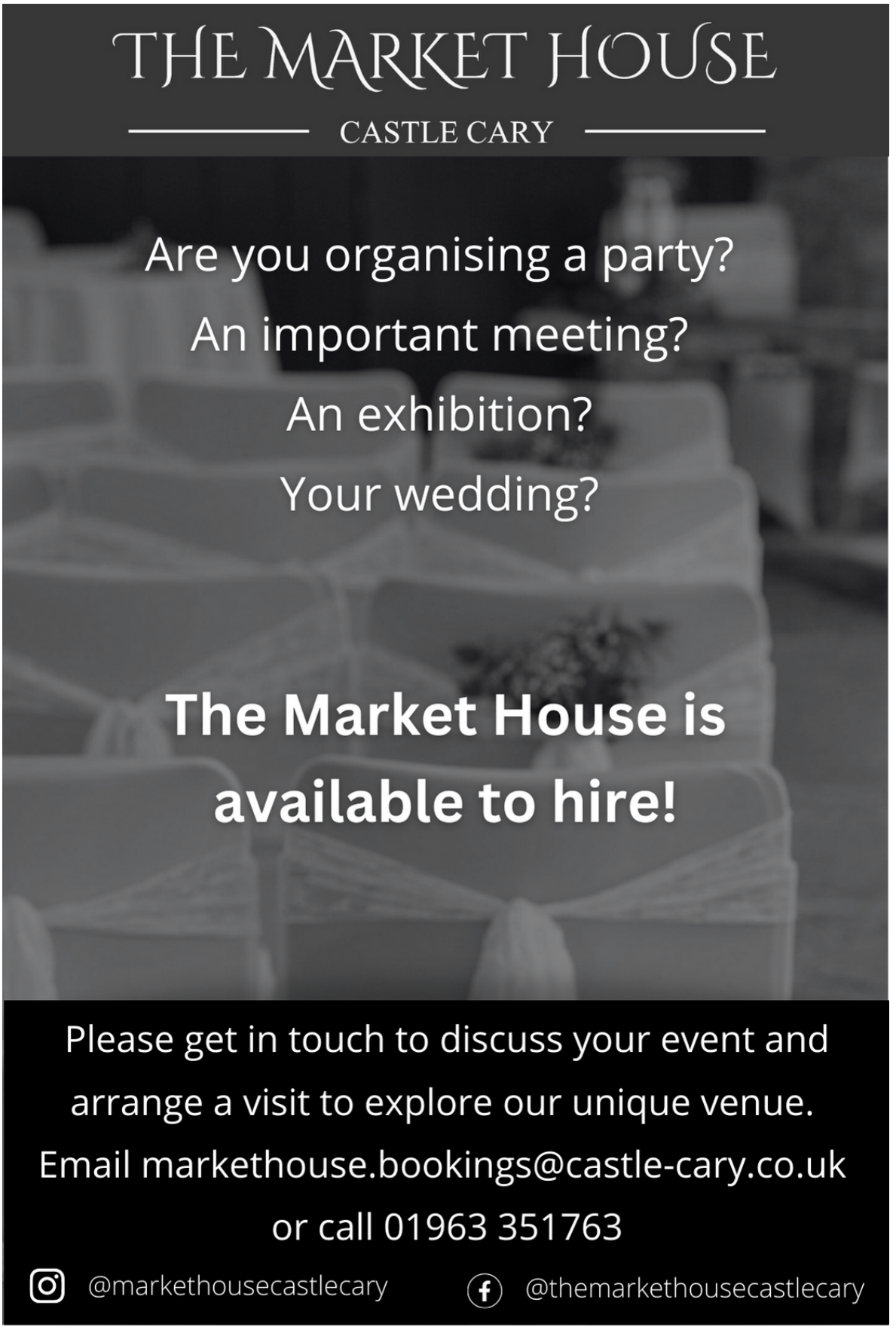
Castle Cary Tourist and Community Information Desk

THE MOAT GARDEN

A little EXTRA growing space useful to you?
RAISED BEDS available.
Approx. 2.5 x 1.5m (8x5ft) - the size is manageable even with busy lives, but big enough to give a useful crop, and variety.

The garden's microclimate really seems to help with vegetable growing – and still time to sow / plant some vegetables for yourself.

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


THE MARKET HOUSE
CASTLE CARY
Are you organising a party?
An important meeting?
An exhibition?
Your wedding?
The Market House is available to hire!
Please get in touch to discuss your event and arrange a visit to explore our unique venue.
Email markethouse.bookings@castle-cary.co.uk
or call 01963 351763
@markethousecastlecary
@themarkethousecastlecary

Castle Cary Tuesday Market

It's always good to see our regular customers and, of course, our loyal Traders, who provide a great variety of products and turn-up without fail every Tuesday.
Our Market will be 10 years old next year, please show your support and shop local on a Tuesday to ensure it continues for another 10 years!

Shop local and support small businesses at Castle Cary's Tuesday Market!

The Market House, Market Place
Castle Cary, BA7 7AH

Cary Repair Cafe

Thanks to all the volunteers front of house and fixey people who made the first Cary Repair Cafe possible in July. Lawnmowers, toasters, clothing repairs, and vacuum cleaners were some of the items brought in for repair, most left fixed. Many social and technical conversations were had over a cup of tea and homemade cake!
The Cary Repair Cafe is held on the 4th Saturday of the Month 10am till 12noon.
At each repair cafe volunteers will help you repair electrical, mechanical, wooden items and items of clothing. Learn how to save money mending stuff, and it's a free service.
The next cafes will be on:
Saturday 23rd September in the Methodist Chapel
Saturday 28th October in The Market House Undercroft
We look forward to meeting you!
Contact Caryrepaircafe@googlemail.com for more information
Cary repair cafe is part of the Eat Cary not-for-profit charity group

Castle Cary and Ansford Twinning Association

At the end of May we welcomed about thirty guests who travelled from Remalard to stay with their hosts in and around Castle Cary. After an overnight crossing they arrived on the Saturday morning and spent the day exploring the area at a leisurely pace. The evening was spent at Caryford Hall where we had an enjoyable social gathering with our guests and provided them an opportunity to try some of our local farmhouse cider. The Sunday was spent at The Newt exploring the lovely gardens and visiting the Roman Villa. An experience enjoyed by everyone and some great memories to take back to Remalard when they returned on the Monday morning.
In July a small group of our members visited Remalard and had a wonderful time. Unfortunately due to a short timeframe and other logistical issues not all members who wanted to go to Remalard were able to and we are planning now for our next trip to ensure that this scenario does not happen again.

Provisional plans are already being drawn up for our next visit as next year we will celebrate forty years of twinning with Remalard. Would you like to be involved and join us with our celebrations where a good time will be guaranteed. If you are interested or would like to know more about us please feel free to contact me on the number below.
Meilleurs voeux

Roy Higgins Chair
Castle Cary and Ansford Twinning Association
01963 351025

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.

Zambia link 30th Anniversary Celebrations

In 2024 we will be celebrating the 30th anniversary of the start of our links with Mufulira in Zambia. The Cary Mufulira Community Partnership Trust hopes to contact everyone who has been involved since the very beginning including students who went on exchanges and their families as well as teachers, church members and people from local organisations who have travelled to Mufulira or hosted Zambian visitors here.
Do please get in touch with me to make sure we know where you are so that we can invite you to our celebrations.
Email me, Laura Tilling,on tillinglaura@gmail.com or ring 01963 351461

Castle Cary & Ansford Carnival Society

CHILDREN'S CARNIVAL – Saturday 7 October, 3pm – 5pm. Our fabulous Children's Carnival kicks off with a Coffee Morning at The Market House from 10.00am. We will have Cakes, Bacon Butties, Face painting and stalls. The procession will leave the Primary School at 3pm, parading around the town and ending back at The Market House for more drinks and a circus skills workshop from Flotsam the Fool.
Once again, we have themed our Children's Carnival. Disney are celebrating 100 years, so we thought we would join in the celebration with our Carnival and encourage people to dress up as something Disney inspired, or maybe you would prefer to be a Superhero for the day.
Enter online at
www.ccacs.org.uk/childrens-entry-form/
EVENING ILLUMINATED CARNIVAL – Saturday 14 October. The procession leaves Ansford School at 7pm, comes down North Street, through the town, finishing just after the Torbay Road junction.
We are so happy to once again be bringing Carnival spirit back to Castle Cary & Ansford. With the wonderful lights, music and fun of the big carts, creativity and entertainment of the masqueraders and the twirling and dancing of our very own and visiting Majorrette troupes. We will have some amazing entertainment before and after the procession at The Market House for you all to enjoy starting from 6pm. It looks like it will be another memorable night out – that also raises money for our community!!
Details are on our web site:www.ccacs.org.uk, and Facebook
www.facebook.com/CaryCarnivalSociety

CATS

The Wizard of Oz!! This is our next show (in February). It is such a good family show, with plenty of opportunities for younger cast members. Some dates for your diaries:
August 31st Oz workshop #1, 7:30pm
at Ansford Academy
September 5th Oz workshop #2, 7:30pm
at Ansford Academy
September 9th Oz audition day, 10am to 4pm
at Ansford Academy
Rehearsals start soon after audition day, on Tuesdays and Thursdays.
CATS is always looking for new blood, either for acting or working behind the scenes in some capacity. There has been a lot of interest in Oz, which is very encouraging.
CATS also puts on Murder Mystery evenings – always a very popular night out. Please put North Cadbury Village Hall in your diaries on Saturday November 18th. Last year's event was a huge success. Tickets will be going on sale in September.
Saturday July 1st saw us providing the refreshments at the Vintage Market - always an enjoyable morning, and a great way of making new acquaintances.
As you will have gathered, the society is active all year round, so please support us in any way possible – we love to entertain you all!!
For further information on any of the above, please contact us on castlecarycats@gmail.com

Mark Tromans
Chair, CATS.

Singing for Fun

WEDNESDAY SEPTEMBER 13TH 2.30PM- 4PM THIS IS THE DATE FOR YOUR DIARY!
Singing for fun is back again. The 2nd and 4th Wednesday of every month in The Shambles at The Market House Castle Cary.
Come and feel the benefits singing fills you with. Not only is it fun but it is good for all types of anxiety, supporting your memory, helps with breathing, fills you with endorphins, serotonin, and dopamine (in other words happiness) it increases lung capacity, it helps beat stress and gives pain relief as well as improved confidence and a sense of community.
This is for everyone! It is VERY relaxed and even though none of us think we can sing, it really doesn't matter because, guess what, you can!!!!
Come and have afternoon tea and coffee (and cake) and we start singing at 3pm. If you don't like it, we will refund you the £1.50 fee.
For any further information please phone Philippa on 07889311445
LOOKING FORWARD TO SEEING YOU THERE!

Somerset Film Screening

Castle Cary artist Luminara Florescu will be inviting audiences to rest in nature, through her new artwork to be projected this September as part of the countywide Somerset Open Studios event. Luminara's film projection will be shown at the Market House in Castle Cary on Saturday 16th and Sunday 17th September from 8pm - 9.30pm and will be free to view. This new work titled 'Social Gardening (The Mind at Rest)' has been produced as part of her role as artist in residence for Somerset Film, a charity based in Bridgwater, which is dedicated to empowering individuals and communities through film and digital technology. Luminara has spent the summer capturing scenes of local nature to create the work, which includes the beautiful Lavender Fields local to Castle Cary. The final work will also include a special soundscape. Through the use of digital technology, visitors to her work will be able to select from different soundtracks and experience the impact on their ability to rest.

For further information:
www.somersetfilm.com/community
Deb Richardson deborah@somersetfilm.com
Instagram: @ignitesomerset @luminara_florescu

Carymarsh Nature Reserve

Following a dry and hot spell in early summer, the wet weather of the past month or so has left Carymarsh Nature Reserve lush and verdant. Many of the breeding birds have now dispersed, but invertebrates like dragonflies, damselflies, moths and butterflies, along with crickets and grasshoppers (not to mention the spectacular wasp spiders) should remain in abundance until the cooler autumn weather arrives. The late summer flowers like knapweed, fleabane and purple loosestrife will also brighten up the reserve.
This 10 hectare private nature reserve is just 2 miles from the centre of Cary between Cockhill and Dimmer (near Carymoor Environmental Centre). Footpaths wind through the woodland and along one side of the wetland; these are kindly maintained by volunteers, allowing easy access for visitors.
The reserve is grazed by Exmoor ponies and is home to various mammals like deer and foxes, as well as numerous birds. In order to avoid disturbing them and trampling the wildflowers, we ask that people stay on the footpaths. Dogs should never be allowed near the ponds or reedbeds and must always be kept under very close control.
Call Dave or Helen Boyer (07903 276315) for more information.

EatCary

We were thrilled to win 12 prizes at the Gardening Association Annual Show, plus the Ansford Cup awarded to runners-up in the Vegetable and Fruit section, and a £25 "Newcomer" voucher.
So all our hard work and experimentation has paid off!
We will celebrate further at our **Autumn Feast on Saturday 21st October at 3pm** outside our polytunnel (or in it if it is raining!). Everyone welcome – friends, family, plus anyone interested in what we do. You may get a hoe thrust into your hands or a wheelbarrow to push, but only for a few minutes. The emphasis is on food to eat, made largely from our own produce. Children are welcome (and we have small-scale gardening tools they can use). Do come!
We'd love to see the parents of the little Beavers and the even smaller Squirrels who share our growing space – the Squirrels grew the most enormous sunflower you ever saw (yes, we grow flowers too, for the bees and other pollinators) while the Beavers plot is a wonderful jumble of tomatoes, potatoes, beans, leeks, sunflowers, and weeds.
We grow organically, make our own compost, and in general use a "no-dig" approach. If you have had our produce from the Millbrook Hub, do come and see where it's grown.
To find us turn off the A371 onto Maggs Lane. Go up the little path on the left before Ansford Academy's driveway. If you'd like to help, come up either 3pm-ish any Saturday or 12 noon Wednesday.

Castle Cary Gardening Association

As usual gardeners like to discuss the weather and this year, even more so. By the end of August last year, a drought was declared in Somerset, which seems hard to believe after this soggy summer. However, it did mean that the produce entries for our Show at the beginning of August were plump and beautiful. As a result, the number of entries and entrants were also up, so thank-you everyone. It was a fantastic show and the judges were full of praise, and delicious cake. Its 'Open to All' so take a look for next year… there is genuinely something for everyone.
Our next meeting is on **September 6th - 'What to do with an Overgrown Garden'** from Castle gardens, who always deliver a good talk. I suspect the subject will apply to us all this year – so much bindweed!!!
On **October 4th** the talk is **'Autumn and Winter Colour'** from Martin Young who is a retired nursery owner and a very well informed and engaging speaker.
November 1st is our **AGM** followed, we hope, by a floral demonstration by our lovely committee member, Joy Payne.
We meet at **7pm for 7.30pm at Caryford Hall**, Maggs Lane, starting with **free refreshments**. Talks last around an hour. We also have a raffle, and each meeting a 'Flower of the Month' which members pick from their gardens and then we all vote for. At the AGM the winner is awarded the annual Jubilee Shield.

See www.castlecarygardening.com for more information.

Volunteering at Carymoor Environmental Trust

We are always looking for people to help with the conservation of our beautiful 40ha nature reserve and our gardens and we have volunteer days on Mondays 10am-1pm, Tuesdays 10am-4pm and the last Saturday of every month 10am-3pm.
We provide the tools and gloves, and all the tasks are supervised by experienced staff and you don't need any previous experience. Hot drinks and biscuits are provided, people generally bring a packed lunch if they are staying all day. It's a very friendly and relaxed atmosphere at Carymoor and people can choose what tasks they do and work at their own pace.
This autumn and winter we'll be scything and raking some of the wildflower meadows, coppicing willow, hedge laying, collecting wildflower seeds, and surveying for harvest mice as well as many other ad hoc jobs.
It's a lovely place to volunteer, lots of wildlife to see, a chance to learn new skills and make new friends. If you are interested in helping, please contact volunteer@carymoor.org.uk or call 01963 351350

Castle Cary Bowls Club

We continue to have mixed success with our League and Friendly games though we are doing well in the Wednesday night Mens Mid Somerset League. Some games have been rearranged due to the weather and one or two have been cancelled because one or other team has been unable to provide enough players. Our Ladies did well in both the Fear and Southey Cup County competitions, only being knocked out in the Quarter Finals, losing to Yeovil and Ilminster respectively. The men reached the Semi Final of the Wedmore Plate, a County competition, against Weston St Andrews on Sunday 20 August at South Petherton, the best of luck to them. The season is fast drawing to a close but you will still be welcome to come along and have a go on a Tuesday evening from 6pm.
Further information can be found on our website or by contacting the secretary, Dave Lee, at castlecarybowlsclub@outlook.com

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

Foot Martial Arts

New classes start this Autumn. Tuesday night's starting on Tuesday 5th September with junior kickboxing at 6pm, senior kickboxing at 7pm followed by our new self-defense class at 8pm. New members are always welcome contact us on - nick@footmartialarts.com

Castle Cary Cricket Club

As I write this our town Cricket Club is having an excellent season. Our 1st team are currently 2nd in their league and have reached the semi-final of the Somerset cup. If we win we will play the final at the County ground. Our 2nd team are also 2nd in their respective league with just 3 games to play. Ironically, if the British weather was on their side, we would easily be top of the league. Having 5 games cancelled or abandoned because of bad weather did not help our situation. Hopefully by the beginning of September we will know our fate. We are hoping both teams will get promotion in their respective leagues.
We are always looking out for new players, young and old, to join us. Please feel free to look at our Facebook and Twitter pages to get details. We usually start training in March/April (Indoor) to get ready for the new season. Our Captains Jamie Elsworth and Steve Wadman will only be too pleased to help.
Now if you are just a cricket lover, then please feel free to come up to the Donald Pither Memorial field to watch. We are there every Saturday we have plenty of seats and a bar. 2024 looks to be a good season, with our first match usually at the beginning of May. You are also very welcome to join our 60's draw club with monthly prizes throughout the year.
To all our supporters throughout our 2023 season we thank you for being there with us. Thank you to our Club Sponsors, Robert Frith, Phillips Tyres, Umpires are Us, Max Foote Associates and PSP insurance group. We also would not manage without our marvellous volunteer tea ladies, scorers, groundsmen, helpers and committee members. Without your help we would not be here.

For more information, please feel free to contact me on email: tonywilcox51@gmail.com or castlecary.play-cricket.com

New Beginner Health Walk Starting in Castle Cary!

Did you know that walking regularly helps you to feel good, increasing levels of energy, aiding sleep, and managing weight?
There's been a regular health walk around Castle Cary for many years, led by Laura Tilling. Walkers meet at The Market House on the first and the third Thursday of each month, with a prompt start at 2pm. We return to The Market House at around 3pm for a cup of tea and a biscuit.
This level of walk is suitable for people who are new to walking or living with pain or health conditions that impact fitness or mobility or recovering from recent surgery and want to get more mobile and active. It is under 1 mile, with flat and even ground, no stiles, with a gentle pace and frequent stops. No special equipment needed – just wear comfortable shoes and bring a raincoat if it looks like rain!
Why not give it a try? And bring a friend? We're having a preliminary meeting (without the walk but with the cup of tea!) at The Market House on Thursday 7 September at 2pm so that you can find out more. The first actual walk will be on Thursday 21 September, then 5th and 19th October etc. The walk leaders look forward to welcoming you!
More information call Laura Tilling (01963 351461) or email tillinglaura@gmail.com or Sue Crisfield (07749 418850)

Castle Cary Rugby Football Club

Welcome to a new season! Our senior side starts off with a home game against Hornets 3rd on Saturday 2nd of September, so why not come down with the whole family and see what we are all about. Plenty of green space for the kids to run about and a very well-priced bar for the adults.
The minis and juniors start off the season the next day with registration from 9.30am. So if you think your child would like to give Rugby a go come on down to meet our friendly coaching staff.
We hope to see you at our welcoming club soon.

Chris Watts,
Club President
CCRFC

Cary Runners

Cary Runners is a small group of local runners who meet every Monday at 18h30 for a gentle jog of between 5 and 10 km (3 to 6 miles) along the country roads and lanes around Cary.
We meet at Orchard Farm, Cockhill, until the clocks change at the end of October, then we gather opposite The George Hotel in the centre of Cary during the winter months.
Whether you are a seasoned runner or a beginner, and regardless of your level of fitness, you'll find running much easier when you have others to encourage you. We have runners of all abilities – we make sure that everyone fits in. If you are able to run 5 km in about 35 minutes or so, then give us a try.
If you would like to join us either turn up at 18h30 on a Monday evening or call Dave Boyer (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

Tai Chi and Qigong Classes

What is tai chi and what is its purpose?
Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation.
What is qigong and how does it work?
Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.
How is qigong different from tai chi?
Tai Chi focuses on developing a sense of energy through the study of forms. By focusing on improving posture and movement, you can naturally develop more of a feeling for the flow of energy. Qigong may focus less on learning a sequence of forms, and more on the feeling of each motion. Qigong is often one single move repeated over and over, and sometimes does not involve movement at all, but will focus only on breathing.

Classes in Castle Cary Wednesday 2-3pm at Caryford Hall
Friday 10-11am The Scout Hut and 11.30-12.30 – Caryford Hall
£5 per session. Contact jo.webb@mbzonline.net for more details 07730397396

A week in the life of CATBus SS22 CAT

Hello, I am the newest member of the CATBus team having joined last summer. In the year, I have covered over 20,000 miles, carried hundreds of passengers in all weathers, been cleaned, polished and looked after by our wonderful service team and our brilliant drivers.
It's Monday and I'm off to Evercreech to collect a passenger who needs to use our tail lift for her wheelchair, they really are such a lifeline for passengers who have mobility issues or who use a wheelchair.
It's Tuesday and I am off collecting passengers for lunch at the memorial hall, along with trips to Bruton and Castle Cary for passengers to visit Morrisons and Lidl in Wincanton. I am a little jealous today as my colleague CAT 14 is off to Lyme Regis for the day. Today, I have carried nearly 30 passengers, all from home to their destination and back home.
Wednesday morning came and the sun was shining, but how could I manage to collect 10 people on an 8-seater minibus asked my driver looking at her paperwork. Simple said the office, pick up four, drop them off and then go and get the other six. My driver was a little perplexed, but we picked them all up and dropped them all off and everyone was happy.
Thursday and I am off to Castle Cary. If you want to know where all the temporary traffic lights are in Somerset, just drive the road between Wincanton and Cary: 5 sets in 5 miles but, not to worry I'm off to Bruton later but no, they had dug the High Street up and that is closed now, so not to be beaten it's a trip round the country lanes, which actually was great fun, although my driver had other thoughts - something about Range Rovers!
It's Friday, its not raining and I am off around many of the villages and towns today. Everything went well, the sun came out the passengers were happy, and my driver had his shorts back on.
It's days like these I realise how much fun being a CATBus can be, how important we are to our passengers and although there are always going to be technical issues, traffic lights and road closures in the end it's what we do, and I really feel appreciated by our passengers.

Call us on: 01963 33864

CATbus ringandride
Transport For All

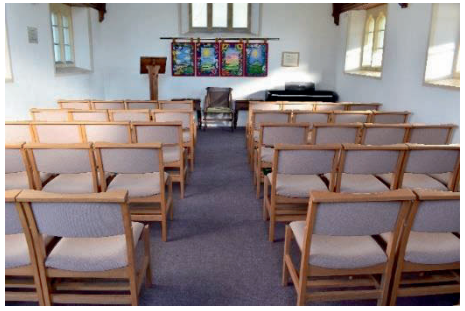
CCA28 Traffic and Transport Working Group

In response to the escalating traffic concerns in our community, Castle Cary and Ansford councils have collaboratively established the CCA28 Traffic and Transport Working Group. This dedicated council group, with members from both areas and engaged residents, aims to address and devise effective solutions for our town's traffic, transport, parking, and highways infrastructure.
"CCA28" represents the unity between Castle Cary and Ansford and our objective to resolve these challenges by 2028, coinciding with the expiration of our current neighbourhood plan.
Since forming, we've made significant progress. We've alleviated parking issues at the station, added traffic lines to the A371 and Station Road, and conducted in-depth surveys of key areas. We've also obtained a GWR grant to study enhancing pedestrian access to the station and are in the process of applying to Somerset Highways for a traffic speed study. Our efforts have further supported the Community SpeedWatch initiative and the introduction of SIDs (speed indicator devices) in both towns.
Our priorities for the upcoming months include presenting detailed recommendations to both councils, addressing speeding, traffic volume, and road structure. We're keen on enhancing public transport and ensuring pedestrians' safety, emphasising Castle Cary Station as a central transport hub.
We're driven by our residents' concerns and value your feedback. Your insights shape our actions, and we encourage your active participation. Connect with us on [facebook.com/cca28] or join our regular council meetings. Together, we can make our community safer and more accessible.

Please recycle after use.

CASTLE CARY CEMETERY CHAPEL

The perfect venue for small and intimate services and life celebrations



Castle Cary's Cemetery Chapel is the perfect place to hold a small friendly service to commemorate and celebrate the life of a loved one. The chapel and the cemetery are owned by the Town Council and open to all no matter what their belief so everyone is welcome. It is on the edge of the town and accommodates up to 40 people with flexible seating or standing arrangements.

Whether you are planning a funeral, burial, interment of ashes, memorial, installation of a grave stone or a remembrance gathering, you can organise and plan your service yourself or find a friend, celebrant or priest to help you.

You can make your remembrance:

- ✓ As formal or informal as you wish
- ✓ As unique and special as you want it to be
- ✓ Along traditional lines or more to your taste
- ✓ A standalone event or a part of a series of events
- ✓ With or without the need to use the cemetery

The chapel is an interesting and attractive venue both inside and out. Whilst built in 1897, it has been brought up to modern standards. There are brightly coloured tapestries of Glastonbury Tor through the seasons stitched by local residents hanging where there used to be an altar cloth.

You will have available to you:

- ✓ Seating for up to 40 people
- ✓ Flexibility to arrange chairs as you choose
- ✓ Small kitchenette
- ✓ Calor gas room heaters
- ✓ Electronic keyboard
- ✓ Lectern
- ✓ Toilet
- ✓ Car parking

The chapel's credentials are green, electricity is provided by solar panels and a wind turbine.

Location – 15 minutes' walk from the centre of town, at the far end of South Street, and there is pavement all the way. This beautiful, tranquil and uplifting location has panoramic views across the Somerset Levels to Glastonbury Tor.

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

To discuss further, or for bookings of the chapel for this or any other purposes, please call the Town Council on 01963 351763. Call Charles Simon (Friends of the Cemetery Chapel) on 01963 350276 for information about the chapel facilities.

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 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 – 07977 754109
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 351025
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
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