

Castle Cary & Ansford Community

SUMMER 2024 NEWSLETTER



Newsletter Sponsored By

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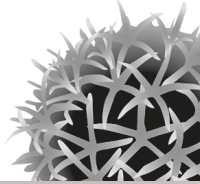


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Autumn Edition - email: Catrin
markethouse.bookings@castle-cary.co.uk



Castle Cary Town Council

Summer seems to have brought incredible growth with it and in this newsletter you will see two appeals to residents to help keep the weeds down on your properties where they are on roads and another to help a new community group we are calling **Bramblers**.

We are keen to keep the town as tidy as we can. Where Somerset Council is unable to carry out their usual cutting back because of their cutbacks (!) we are taking it on board and paying to cut weeds down. This is of course double taxation which we would prefer to avoid, so we shall continue to ask Somerset Council to do it in the first instance. If you notice any public areas which need hedgerows cutting back please use this link to report it - www.somerset.gov.uk/roads-travel-and-parking/overgrown-verge-or-hedge-on-the-road/?district=South+Somerset

If you notice the patch of land on the corner of Catherine's Close is looking unkempt - there is a very good reason. This will be a site for a new seat, tree and eventually wildflowers to mark the late Queen Elizabeth II's last jubilee. It has taken a long time to identify a good space and after we discovered that the Council actually owns the area, we feel this is the one! Watch this space for exciting developments.

The hanging baskets have conversely been slow to develop, but they are getting there! We thank the High Street businesses which have generously contributed to the cost of them this year. Elsewhere in this newsletter you will read of the plans for Cary in Bloom in 2025.

We are keeping Councillors busy (well one in particular!) and are discretely making holes in the Cobblestones to enable three sun parasols to be used on Fridays and Saturday coffee mornings. We shall put out a limited number of tables and chairs for residents and visitors to enjoy the fine weather. We will also replace the tatty bench. We would like to thank John Batt for undertaking a tricky repair job on the bench by the Millbrook car park. It is a lovely job and is well used.

The Youth Connect SW organisation has been talking to young people on the streets of our town about what they would like to do and when they would like to do it. The consensus is that they want to meet from 4pm-6pm on a Tuesday on the DP field. We are opening the Pavilion for them to use. We are delighted to welcome the newly appointed senior youth worker Penny, and her assistant Carly, who will be guided and managed by the experienced Rob. Part of their brief is to work with Ansford Academy and to join up the provision with Bruton and Wincanton. They have also made contact with a Castle Cary based business No More Parachutes, a creative studio which is generously offering a free week of daytime creative activities for young people aged 16+. They have put in an enormous amount of work and gained sponsorship to provide world class designers to work on an entrepreneurial project in The Market House 12th-16th August. Please make enquiries on applications in The Market House or look out for their Facebook posts.

Our town's Fairtrade status has been renewed again and the group running it has written a short article about it. These things are important features of Castle Cary and we celebrate everyone who volunteers to make Cary such an active, caring town.

Finally, you will notice that this newsletter is slightly different this time, and following a review, it will now be produced three times per year and delivered as usual to Castle Cary residents. It is available on our website for everyone to read. We have gained some generous regular sponsorship from businesses, and this has enabled us to keep the costs down. We would like to thank all the businesses for their support.

**Best wishes,
Judi Morison
Chair Town Council**



Castle Cary Town Council

Clerk: Lisa Davis

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

Deputy Clerk: Vacant

Email: deputy.town.clerk@castle-cary.co.uk
Tel: 01963 359631

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:

Judi Morison (Chair)	Andrew Lane
Frances Alden	Dave Gill
Linda Ball	Trevor Oats
Margaret Bebbington	Pek Peppin
Philippa Biddlecombe	Angela Piggott
Robert Brown	Tom Trouton
James Camm	

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

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.

Contact the Information Desk: 01963 351763

*(leave a message if we are not there)
Or email: tourism@castle-cary.co.uk
We will respond as soon as we can!*

TOWN EVENTS LISTING

A simple listing of events and activities open to the public in Ansford and Castle Cary

Go to www.castle-cary.co.uk/events/
Scroll down and click on the red 'HERE'
Updated at the start of each month.
Covers the whole year.

**Please email: tourism@castle-cary.co.uk
to add missing items or make corrections.**
*It's a new venture in communication
and we need your help!*

New Local Walks Booklet

The Tourist office has produced a new Local Walks Booklet. It can be purchased from The Market House and Bailey Hill Bookshop at a cost of £1.00.

The Tourist office also has lots of information and leaflets for fun days out for everyone. Why not pop in and have a look.

We are open from 9.30am – 12.30pm Monday to Friday and 9.30am – 12noon on Saturday.



Ansford Parish Council

Since the last newsletter, no further news on the impact of the financial crisis at Somerset Council has been received. It is clear, by the number of redundancies at Somerset Council and response to issues, that we are experiencing the fallout. This means we are paying for services that are not our responsibility; as our income is limited (approximately one fifth of CCTC), difficult choices on spending must be made. This council has prioritised the health and safety of our residents.

Somerset has double the national average of road fatalities and we are regularly contacted by residents reporting safety issues with the A371. In response we have formed a group to investigate and lobby for safety improvements on this road. Anyone wishing to contribute to this, please contact our clerk. A representative from CCTC will also be invited.

An urgent concern is poor lighting, signage and broken lights on the crossing outside Ansford School. An upgrade of this is required, but it will cost several thousand pounds and Somerset Highways state no funds are available. Councillors have witnessed near misses, particularly at the end of the school day. We are considering commissioning these works from Somerset, at our cost. A new crossing at Station Road was part of a S106 agreement with developers. Currently, the developers have not been held to this agreement by Somerset Council and we are lobbying our district representatives that this obligation be fulfilled.

Overgrown footpaths and pavements continue to cause problems; pedestrians are struggling to use the pavements along Station Road and the A371. We have undertaken a cutback of all main routes, including the station footpath. These will be regularly managed by APC, with other footpaths, throughout the growing season. This should be the responsibility of Somerset Highways.

We have approached Somerset Council to take over the ownership of the football pitch beside Caryford Hall. With the closure of the gym and the unavailability of the tennis courts, we hope to develop some facilities beside the football pitch for residents of Ansford and Castle Cary.

There has been discussion after we proposed stopping home delivery of the newsletter to CCTC. We have received emails in support and opposition,

and APC continue to support hard copies being available in town, as well as for reading online. For all the reasons outlined, this was to save on costs, afford vital works and keep increases in the precept to you, to a minimum. With a cost-of-living crisis, we felt it was unfair on households to do otherwise. What was proposed was typical of other parishes where home delivery is by subscription only (e.g. Bruton). Further consultation is required, and we ask you to contact our clerk by email or telephone (with your full name and address) if you wish to maintain the existing arrangements.

Finally, we welcome our new councillor Michelle Maxted who is a resident of one of the new developments in Station Road and who will bring that representation to our council.

Enjoy your summer! **Ansford Parish Council**

Ansford Parish Council

Mr C. Edwards, Mrs D. Pinnions, Mrs M. Maxted
Mrs B. Williams, Mr R. Leary, Mrs D. Henderson,
Mrs F. Houlton

Ansford Parish Clerk: Mrs Ruby Coombes

Little Benham, Knole, Langport
Somerset TA10 9JF. Tel. 07891 161756
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.org.uk

CASTLE CARY TOWN CRIER

Would you like to receive snippets of information about events and issues in our town?

To sign up - email:

carytowncrier@castle-cary.co.uk and ask to be put on the mailing list.



LOST PROPERTY

Lost items are 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 & Community Info Desk

CALLING ALL RESIDENTS...

Join the Bramblers!

Would you like to be part of a team of Councillors and residents who are prepared to cut back weeds and brambles in public places to keep our pathways clear in Castle Cary?

CCTC will provide equipment and kit to do the job, but if you have a favourite pair of gloves and/or secateurs please bring them with you.

We will be starting on Ansford Road.

Join us on Sunday 11th August at 10am outside The Market House.

Footpaths and Hedgerows

Castle Cary and Ansford's bushes and hedgerows are green and flourishing following our typical British Spring 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.

Arts & History



Castle Cary Museum



To mark the Museum's 50th Anniversary, there is a special event now on... with highlighted items selected by local people, plus a chance to vote for your favourite.

'I find this tiny doll in a purse fascinating. It's beautifully detailed – make sure you don't miss the delicately rendered features of the doll's face – and extraordinarily poignant. Who was this child who gathered flowers and preserved them alongside a treasure? And how did they come to mislay the purse in a hayloft?' (Sarah Dyke MP)

Additionally, you can make your own choice of object, for an online show this winter.

First Floor, The Market House, Castle Cary BA7 7AH.

Opening hours:

Monday – Friday: 10.30am – 2.30pm

Saturday: 10.30 – 12.30pm

Admission free. Donations welcome.

castlecarymuseum@hotmail.co.uk

www.castleacarymuseum.org.uk

Follow us on Facebook and Instagram - @castle_cary_museum





Mid Somerset Arts Society Programme

Caryford Hall

10.15 coffee • 11.00 lecture

Tuesday 15th October

***From Posset Pots to Pew Groups:
The Fashion for Collecting Early English
Pottery - Jane Gardiner***

This lecture looks at the vitality and diversity of early English pottery from the first English delftware of the early 17th century to the development of Staffordshire white salt-glazed stoneware of the middle years of the 18th century. English pottery of this date can be naïve and clumsy, downright ugly and extremely funny! It is fascinating in terms of material and technique, gives us a marvellous insight into English social history and is extraordinarily desirable to modern collectors – often fetching far higher prices than the finest porcelain.

Tuesday 19th November

***King and Collector: Henry VIII and the Art of
Kingship - Siobhan Clarke***

No English king is as well-known as Henry VIII. Famous for six marriages, breaking with the Pope, dissolving the monasteries and creating the Church of England; ruthless elimination of those who stood in his way. But - also an enthusiastic patron of the arts whose palaces, tapestries and paintings enriched the Tudor court and began the Royal Collection. The forces that influenced Henry's life can be seen in the works he commissioned e.g. Pietro Torrigiano and Hans Holbein. They tell us much about his kingship and (unintentionally) his insecurities.

Contact: midsomerset@theartsociety.org



Castle Cary's Castle - Archaeological Finds

Are you wondering what was found at the archaeological dig which took place at the site of our Castle in 2023?

South West Heritage Trust Archaeologist Steve Membrey will be giving a talk this summer/autumn about what was found at our Castle site, and he will include discoveries at other local sites. At the time of going to press the date has not been finalised.

If you are on the CHS mailing list you will be notified about time, place etc. Not yet on the list? Contact: caryhistsoc@gmail.com
It will also be announced on the Cary Town Crier – to be added to this list contact: carytowncrier@castle-cary.co.uk

Halloween Talk by Colin Wiggins

Blackcats and Broomsticks - A lively illustrated talk about witchcraft in art from the past.

Sunday 3 November at 3pm

Caryford Hall BA7 7JJ

Appropriate refreshments will be available.

Tickets from Bailey Hill Bookshop – from early October.

***This talk is supported by the Cary History
Society and the proceeds will go towards
the Market House Project.***

Writers' Circle

Wednesdays - 7pm - 9pm

If you enjoy creative writing and need time and peace to write in, join our small group.

We meet weekly
at the Market House.

**For details email:
Laura Tilling -
tillinglaura@gmail.com**





Millbrook Hub, Community Larder & Food Bank

The larder, run by Cary Cares volunteers in conjunction with the Town Council, continues to open five times a week. We opened in June 2021 so have just celebrated our third birthday! The number of households registered continues to grow and the larder has become very much a focus of the community with an abundance of friendliness and camaraderie from all our visitors and volunteers. As well as providing valuable support to households in need, we have been very successful in helping to reduce food waste – do check the table outside the larder in case there is something that you can make good use of to prevent it being thrown away.

We are always grateful for the generous donations that we receive from local residents and businesses. In recent weeks donations of fresh produce from the supermarkets and tinned and packaged goods from Gillingham Foodbank have reduced, meaning that Cary Cares is spending more of its money to keep the shelves stocked.

If you haven't yet been to visit the larder, do call in to say hello. It is open to all residents of Cary and Ansford. You will receive a warm welcome from our volunteers, who will answer any questions you have, explain how we work, and what's required for you to register to use the larder.

The Cary Cares Team

If you would like to help contact: carycares1@gmail.com

www.carycares.org.uk or 01963 602013

Leave a message and we will be in touch!

(Registered Charity 1196363)



Royal British Legion & Poppy Appeal

On 6th June, the RBL held a short service at the War Memorial in Castle Cary to lay a wreath in commemoration of the 80th Anniversary of the D-Day Landings in Normandy.

The committee recently donated a small sum of money to the Cary Scouts in support of their visit by a group of Scouts to France - while there they had a very educational visit to the D-Day Museum at Bayeux.

The Poppy Appeal this year will be 24th October - 9th November. Remembrance Sunday will be 10th November with a church service followed by wreath laying at the War Memorial. Also this year, we are planning to hold a fundraising quiz, The Poppy Quiz, on Saturday 26th October at Caryford Hall.

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

Contact: Simon Bebbington

07587 180639

1simonbebbington@gmail.com

Tools for Self-Reliance

As well as our tool sales at The Market House, the Cary Tools for Self-Reliance supporters' group always has a large presence at the annual Oak Fair at Stock Gaylard – a great family day out over the August Bank Holiday weekend. The charity sponsors self-help projects in African countries, and funds raised in this way go towards shipping the tools and other equipment to Africa, and training for their use once they arrive.

During term time we meet in the D&T workshop at Ansford Academy on Tuesday evenings (6pm to 8pm). There we sort, clean and repair a wide variety of useful tools, and some volunteers take items away for refurbishment at home. If you're interested in joining us, even with no prior experience of such work, please feel free to visit on a Tuesday evening.

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

Contact: Amon on 07968 054731





Macmillan Cancer Support

The Macmillan Fundraising Committee has been busy over the past few months and thank you all so much for your support. The annual quiz was a brilliant night with a great set of questions and a curry included. We raised an amazing £1300! Please do sign up for next year's quiz and chilli night when the date is announced.

We were delighted to support Somerscience in May by providing refreshments at The Market House and raised £460 and finally we held a Spring clothes swap later in May which was really well supported and raised £320.

Our next events will be supporting an open garden event, the Big Coffee Morning in September and hopefully another Autumn clothes swap in October. Our on-going fundraising with the collection tins in town is also very successful so thank you to everyone who donates their spare change!

We have an amazing group of volunteer bakers who support us with refreshments so if you would like Macmillan to help with one of your fundraising events, please give us a call. Or if you would like to be involved as a baker or have ideas you want to share, please email us, we'd love to hear from you

castlecarymacmillan@gmail.com

Churches



Churches Together in Castle Cary & Ansford

We have received a letter of thanks from Rupert Farthing, Chief Executive, at Carymoor, thanking Churches Together for the Lent Appeal Donations. We were able to send over £720 to help the trust, some gift aided amounts will be added, thank you for supporting Carymoor.

The AGM was hosted by The Anglican Church, at All Saints'. At the meeting, conversations took place, to share life in our churches.

Officers elected for 2024/2025 are,
Chairperson: Judith Cole, the Methodist Church;
Secretary: David Osborne, the Anglican Church,
Treasurer: Nick Niven-Jenkins, the Roman Catholic Church.

Save the Children Charity Shop – Volunteers Needed!

'Save the Children.' Three simple words. Every day, I know that our charity is making a difference to young peoples' lives, at home and abroad.

Cary is such a warm and friendly town, with strong community bonds; it's hard to imagine life in, say, Gaza, where UNICEF estimates there are now 17,000 unaccompanied children.

Save the Children is one of the leading charities fighting to bring aid and support on the ground in Gaza. Cary's Save the Children charity shop on Fore Street, which I manage with the help of a fantastic team of volunteers, is playing a small part in that effort, and in the fight to end child poverty in the UK. It is a role I am dedicated to and love. We rely on your kind donations, so please keep them coming.

But I am making a plea too, for more volunteers to join us. Shifts are just four hours, once a week, either from 9.30am until 1pm, or 1pm until 4.30pm. Could you spare four hours? I can promise tea and cake and besides, research has shown that those who volunteer are 42% happier than those who don't!

***Jilly Parton, Manager,
Castle Cary Save the Children Shop
07980 560199***



Save The Date!

Festival of Light
At All Saints' Church
12 – 15 December 2024

***Further Details: Penny Steiner
penny@castlecary.net***





CHURCH IN CASTLE CARY AND ANSFORD

You will be welcome at any of our churches.

There are three churches in the town, and others nearby. Their websites give basic information. If you would like to find out more about a church whether it is to get an idea of what the services are like, check times and details, or find out what else the church does, do please phone or e-mail one of the contacts for that church.

Or contact the Secretary of Churches Together:

David Osborne

01963 351275

drosborne2@btinternet.com

Churches Together in Castle Cary and Ansford

The churches of the town collaborate and often hold services together. Churches Together helps this to happen and enables the members of the different churches get to know each other better.

Chair of Churches Together: Judith Cole

01963 350570

Catholic Church: Ss Luke and Teresa, South Street, Wincanton, BA9 9DH

Castle Cary and Ansford are part of the Roman Catholic Parish of Wincanton. There are other parish mass hubs at Bruton and Mere, and will soon be one in Castle Cary. Mass times are on the Parish website.

Parish Priest: Father Francis Eyo MSP: Francis.Eyo@cliftondiocese.com

Parish Office: hope.stlukeswincanton@outlook.com 01963 34408

Safeguarding: Angela Froud: contact Parish Office

Contact for Castle Cary: Nick Niven-Jenkins 01963 351398

Church of England: All Saints', Castle Cary, BA7 7EJ and St Andrew's, Ansford, BA7 7LD

Two churches in one parish, or one Church with two buildings. Services are held each Sunday: at 8.30am using the Book of Common Prayer, and at 10.00am with modern Common Worship and coffee afterwards.

On the first, third and fifth Sundays of each month the 8.30am service is at St Andrew's in Ansford, and the 10.00am service is at All Saints' in Castle Cary: the church with the spire.

On the second and fourth Sundays of each month the 8.30am service is at All Saints', Castle Cary, and the 10.00am service at St Andrew's, Ansford.

There is also Messy Church, especially for families, at All Saints', Castle Cary, on the fourth Saturday of each month at 3.30pm. There will be no Messy church in July or August.

All Saints' is also a venue for concerts, exhibitions, and other events.

Please check the website, e-mail or phone us if you want to check times and venues, or find out more about our services, particularly at festivals.

Website: www.castlecaryallsaints.org.uk

E-mail: standrews.allsaints@gmail.com

Vicar: Revd Dr Elisabeth Isted 01963 350394

Administrator: Katya Duncan 07483 866400

Pastoral Visits Co-ordinator & Reader: Sue Kellagher 01963 351992

Safeguarding: David Goodenough safeguarding.standrews.allsaints@gmail.com





Methodist Church, Upper High Street, Castle Cary, BA7 7AT

Services each Sunday at 10.30am take a variety of forms: All Age Worship, Holy Communion, or traditional Methodist worship, followed by coffee in the School Room. There is Sunday School, a Youth Group, and several home groups.

Sunday evening services are held on the second and fourth Sundays each month.

The School Room is available for meetings and other events.

Please check the website, e-mail or phone for more information or to check times.

Website:	www.somersetmendipmethodists.com	
Email:	castlecarymethodist@gmail.com	
Minister:	Revd Collin Moore	01963 351598
Church Secretary:	Hannah Knight	01963 359663
Pastoral and Community Lay worker:	Leanne Hibberd	07949 216497
School Room Bookings:	Patricia Fuller	01963 351635
Sunday school and holiday club:	Anna Baker	01963 351659
Safeguarding:	Christine Davidson	01963 548016

Quaker Meeting at 30/32 High Street, Wincanton, BA9 9JF

A Meeting for Worship is held each Sunday at 10.30am followed by coffee.

Local Contact numbers 01963 370908 and 01963 359652
E-mail: patcoleman888@gmail.com



Castle Cary Methodist Church

We meet for worship at 10:30am on Sunday mornings both in our building and on Zoom. All are welcome to join us. Most weeks we have Sunday school (although not in August!) Evening Services are usually held at 6:30pm on the 2nd and 4th Sundays of the month.

Ready! Steady! Go! Holiday Club for primary age children will take place Wed 14th – Fri 16th August 2024 from 9am-12noon each day. There will be bible stories, songs, craft and refreshments. £1 donation per child per day.

Cream Tea Songs of Praise service at The Market House on Sunday 11th August at 3:30pm – do come and join us.

Every Wednesday mornings between 10-12 you are welcome to come along to our downstairs schoolroom for Coffee for All.

Toddlers@theMethodist continue 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 (01963 350570) for a low-cost meal and fellowship.

To hire our schoolroom contact: Patricia Fuller: 01963 351635

Minister: Rev Collin Moore - 07895 892740

collin.moore@methodist.org.uk castlecarymethodist@gmail.com

www.facebook.com/castlecarymethodist

www.somersetmendipmethodists.com/castle-cary-methodist-church





Anglican Church

Please see the website (castle Caryallsaints.org.uk) for details of our services; all are welcome.

The big event of the summer will be the Fête, which takes place at 2pm on Saturday 10th August in the Vicarage Garden. We've got lots of stalls and games lined up, as well as a display from the Majorettes, and plenty of food and drink. If the weather is bad, it will be inside All Saints'. We look forward to welcoming you to an afternoon of fun!

Messy Church returns on 28th September at 3.30pm at All Saints'. 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 Saturday 17th October, a wide range of local musicians will give a concert at All Saints'. Tickets will be available from Bailey Hill Bookshop, The Market House, and on the door; please look out for posters and on social media and our website.

Please contact us if you would like to receive the weekly email service and newsletter, or receive a visit or further information about weddings, baptisms, or other services.

Rev'd Elisabeth Isted

01963 350394

vicarcaryansford@gmail.com



Save the Date!

Cary's Christmas

Thursday 12th December 2024

from 5.30pm



Route 1 Advocacy & Independent Visitors Service

Want to be part of an Outstanding Volunteer Service? Then Route1 is looking for you! Route1 Advocacy and Independent Visitors service supports children and young people who are in care or have a social worker. They do this by matching volunteers with young people as either short term Advocates, or longer-term Independent Visitors.

The service recently had an independent internal review and was graded as Outstanding and was shortlisted to the final 3 in the Frontline National Award 2024 'Team of the Year'

Route1 helps children have happy childhood memories, and ensures their views are listened to and acted upon.

- **Independent Visitors:** These volunteers make a long term commitment to one child in care. They visit the child once or twice each month to build a trusting, supportive relationship and friendship that can sometimes last many years. This can bring life-changing experiences and opportunities to a child or young person – and their Independent Visitor!

- **Advocates:** volunteers work alongside individual children to ensure their voices are heard, and their wishes and feelings are taken into account when decisions are being made which affect them. Each child's support is usually short term and there is no expectation of a long-term commitment to any particular child.

A recent trainee volunteer said, "I started out thinking 'what on earth can require 5 days of training?' I now know why and think you have it just right." Your life experience will be highly valued and you will be trained and supported in developing key skills. Your volunteering can be arranged to suit your availability.

Contact: route1advocacy@somerset.gov.uk

01749 822801

www.route1advocacy.co.uk

Follow us on social media!





Toybox Pre-School

The Pre-School is coming to the end of another year and is saying goodbye and good luck to all the older children going on to Primary School while looking forward to welcoming the new starters ready for September.

If you want your child to start in the Autumn term, please get in touch to have a look round and discuss options with Lin. The most important news of the term was the visit by Ofsted. It went really well, and the final grade was Good. Well done to all the staff, trustees and parents who were involved in the visit – this is a brilliant result. We would also like to thank all the parents, trustees and local businesses who have supported the fundraising during the term. We rely so much on this for the extras we can provide for the children. The next big project is upgrading to a new outside play area offering a free flow facility for children to play inside or outside as they wish. Please contact us if you are interested in becoming a Parent Trustee to help or would like to find out more about the running of the Pre-School.

Contact: 01963 359600 or email toyboxcastlecary@gmail.com



Caryford Hall

By the time you read this, our hall extension will have been formally opened on 20th July. We hope that many residents on that day will have been able to see the extra facilities which Caryford can now offer.

There are now two brand new spaces available to hire which can be used for a wide range of activities, separately or in combination. The new Small Hall will either seat up to 60 people or can be configured with tables and chairs or used as an open space. It is fitted with audio-visual equipment, including a ceiling mounted projector, screen, speakers, mood lighting and hearing loop. Easily connected to the Main Hall by a linking lobby, these two spaces can be used together for the larger events.

A smaller meeting room – the Churchouse Room – can accommodate up to 12 people seated around a central table. This room has a large wall-mounted television which can be used with a laptop for presentations or video conferencing.

We thank our many supporters and those who provided grants for this work, particularly Castle Cary Town Council and Ansford Parish Council. Without you we could not have achieved this.

We have a busy diary of fundraising events and live music planned going forward into 2025 - follow us on Facebook and Instagram for details, or visit caryfordhall.co.uk/latest-news-events

Ian Bynoe
01963 350655
ian@caryfordhall.co.uk

Health Walks

There are so many physical and mental health benefits to getting outside and walking – increased cardiovascular, heart and lung fitness, reduced risk of heart disease and stroke, improved management of conditions like high blood pressure, high cholesterol, joint and muscular pain and stiffness, and diabetes. Walking regularly contributes to stronger bones and will improve your balance.

The Castle Cary health walk is designed for people who are not used to walking and would like to get fitter, and for those who can't walk far, maybe due to long-term pain or other conditions. You are welcome to join us and bring along whatever walking aids you usually use.

We meet at 2pm every Monday (except bank holidays) at Catherine's Close Community Lounge (BA7 7HP) for a short walk, as flat as we can make it and walking at a slow pace. It's a very social walk - come and meet new people and have a cuppa afterwards in the lounge.

The health walk is free with just a small donation towards the refreshments at the end.

We look forward to welcoming and getting to know you!

Contact: Laura Tilling - 01963 351461
tillinglaura@gmail.com

Part of County Wide Somerset Health Walks by SASP see www.sasp.co.uk/health-walks.

Interested in leading a walk?

You can also become a volunteer health walk leader - email: walks@sasp.co.uk





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

Castle Cary Tuesday Market

**Every week from
8.30am - 1.30pm**

Cheese Fish Homemade Cakes
& Baked Goods
Jewellery Bread Local Cider Fresh Fruit
Meat & Veg
and much more...

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

Live Well With Pain

Do you live with a long-term persistent pain condition? Does it affect your emotional well-being 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), has developed a non-medical pain management programme called Live Well with Pain – the Ten Footsteps – which is available to people registered with any of the five surgeries.

The programme helps people to learn skills to self-manage their pain and covers understanding of pain & the brain, acceptance, pacing, goal setting & getting active, relaxation & mindfulness, sleep, communication, managing moods, medication and nutrition and managing setbacks.

Twice a year we run 12-week groups, as well as monthly in-person and online Live Well with Pain cafés for people to come together to share experiences and discuss ways of managing and living well with pain.

In Castle Cary the café meets on the 4th Thursday of the month from 11.00am to 12 noon at the communal lounge at Catherines Close. (BA7 7HP)

**Contact: sue.crisfield1@nhs.net
07749418850.**

www.livewellwithpain.co.uk/ten-footsteps-programme/



Castle Cary Community Library

Our next book sale will be on Saturday 19th October at the Market House in Castle Cary. Thanks to all who supported our last book sale, we raised £700, a great boost to the library's finances. The AGM of the Friends of Castle Cary Community Library will be held at 7pm on Thursday 24th October.

For younger readers, this year's Summer Reading Challenge has already started and is based round the theme of 'Marvellous Makers' and getting CREATIVE! Music, junk-modelling, photography, dancing, story-writing ... the possibilities are endless! Discover fantastic new books, unlock rewards along the way and achieve something amazing this summer. Join at the library or through school. Full details at www.summerreadingchallenge.org.uk

A new Library Management System is now in use throughout Libraries West and, following initial teething problems, is a great improvement. Visit www.librarieswest.org.uk for full details.

If you are not already a member, do pop in to see just how much is available through the library. We also have a photocopying service.

Contact: 07579 049109.

www.castlecarylibrary.org.uk





CATBus

Here at CATBus, we continue to be so busy this year, with the past three months being the busiest on record. The Social Cars have also been very busy through the summer months, with over 350 journeys in recent months. We will shortly be launching a bi-weekly shopping trip to various destinations, including Bath and Dorchester, along with trips to Lyme Regis and Weymouth. If you want to register your interest, just call the office.

Anyone can join the CATBus, it's £15 a year, then you just pay your fare. We pick you up from your front door, take you to your destination and return you home at a pre agreed time.

We are still awaiting the delivery of two new buses to our fleet, which will enable us to work with Castle Cary Town Council, providing transport to the weekly market and possible weekend visits to Wincanton Leisure Centre.

If you run a Group or Club, we can provide a bus and driver (up to 16 seats) for organised trips. Just call the office above and we can give you a very competitive price.

We are here to connect you to essential services, if you haven't used us before, give us a try, you won't be disappointed.

Contact: The CATBus team - 01963 33864


ringandride
 Transport For All



Camelot Area u3a

Our 25 interest groups continue to thrive; there really is something for everyone! The Travel Group took a full coach to Kew Gardens on 11 April and enjoyed a miraculously non-rainy day. The Travel Group also went west on 14 June visiting Exeter via the Exeter Canal. The Wednesday Walking Group continue to be active with a full walking programme which has included a good weather walk at Cadbury Castle. This year's Nature Walk was once more to Sparkford Woods to discover bluebells. Our Art Monday Group had a lovely Pastels Workshop and worked hard to prepare exhibits for the u3a Open day. So, much is going on within Camelot u3a.

On Friday 27th September we hold our AGM at 2pm at Caryford Hall followed by a talk from Richard Hutley on "Pirates the origin and truth." Please come along - members are free - non-members pay £2. Tea and biscuits are provided!

Membership for 2024 -25 is now open. It costs a bargain £17 to become a member. Membership information can be found on the u3a website.

Roger Weldhen

<https://u3asites.org.uk/camelot-area/home>



Castle Cary - Fair Trade Town

We have recently worked hard and successfully to renew the town's Fair Trade status, and now have a new certificate displayed in the Market House. Two Town Councillors, Frances Alden and Linda Ball, have offered their support, and the Fair Trade logo will now appear on many of the Town Council's communications.

We continue to strongly encourage users of the Market House, particularly those running coffee mornings, to provide Fair Trade tea and coffee to their customers.

We are promoting Fair Trade at the Cary Cracker Coffee Morning on 20 July and we have many other strategies in place for increasing awareness of the meaning and purpose of the fair trade mark locally.

We were concerned that Fair Trade coffee disappeared recently from our local Co-op's shelves. As a result of our queries about this we have now been assured that it will reappear in September. We have every hope that when the new larger co-op opens in town, they will be able to enlarge their range of Fair Trade products.

Gill Bagnall and Laura Tilling





Castle Cary Fire Station

Castle Cary Fire Station is now training up two more drivers ready for their 'blue light' exams in November & December. They've already completed their LGV Cat C licenses and once they've passed the blue light course, they will be ready for their first incidents as driver/pump operators.

We're also putting another firefighter through their incident command qualification in September, and if successful, they too will have the chance of overseeing incidents of up to five fire engines.

The rest of our crew continue to do an amazing job of keeping our fire appliance available and ensuring we're always here to support the community when in need. I'd like to thank their employers for releasing them for fire calls. Without these community-minded employers, we'd struggle to provide fire cover to the area and people would have to wait a lot longer for a fire engine to arrive.

In the meantime, please do contact us for anything you need. We're always here to give advice and guidance should you need it.

We drill on Wednesday evenings 19:00 - 21:00.

**All the best & stay safe,
Watch Manager John Wenglorz**



Castle Cary Cemetery Chapel

Welcomes Everyone

The perfect place to hold a small friendly service to commemorate and celebrate the life of a loved one.



Seats 40 people

Car Parking

15 minutes walk from the centre
of Castle Cary

To view inside, the Chapel is
Open Weekends & Bank Holidays
10am-4pm

Enquiries:

Castle Cary Town Council
01963 359631



Cary in Bloom 2025

Castle Cary won one gold and two silver guilt medals in Britain in Bloom last year. We are now working on an entry for 2025 and need your help. We want 3 Gold medals!!!!

The award is not just about flowers, though making our town look good helps a lot. We need to consider sustainability, the environment and the community.

We have a small working group. The Primary School, Garden Association, Moat Garden and Allotments are all on board, but we need our whole community to support the project.

We start work in July 2024 and get judged in July 2025. We want houses and businesses to make hanging baskets/window boxes or tubs to bring colour to all our streets. We want to hear about your 'green' projects and find out how our town is becoming more sustainable.

If you are interested in learning more and becoming involved in this project,

Contact: Penny Steiner - penny@castlecary.net





Saturday Stitch Craft Group

For creative ideas and motivation look no further than your local community. Saturday Stitch offers all the inspiration you could ever dream of. We get together sharing skills, workshops and demonstrations, designed to encourage and inspire creativity and knowledge.

We started the year with a fun challenge, the theme was to create a mini collage/quilt using the word HOME. Individual interpretations were varied, with so many clever ideas. These were on display at our coffee morning in The Market House at the end of May, where we also held our annual Stash Buster Stall.

In-house sewing machine servicing was carried out in February. At workshops so far this year, we have been taught Needle Felting and Bargello Quilting, also how to make Zipped bags and Pouches. Some are still perfecting Knitted Socks, knitting in the round and Magic Loop technique. Wet Felting and Slow Stitch Embroidery is planned for the autumn. Stitch by stitch, there is no better place to stock up and revel in creative craft.

Contact: Sally Yeoman
07929 097374
mail@sallyyeoman.me



Castle Cary Litterati

Castle Cary & Ansford Community Litter Picking Group

If you're fed up with the amount of litter you have noticed in our parks and hedgerows, why not come and join our friendly group for our monthly litter pick?

We meet at 11.00am on the first Sunday of the month at The Market House, Castle Cary. Our litter picks last for approximately one hour and cover the main thoroughfares of Castle Cary and Ansford. I have litter picker sticks (also child sized ones) and hoops for you to borrow on the day.

We look forward to meeting you.

Our upcoming dates are: -

Sunday 4th August 2024
 Sunday 1st September 2024
 Sunday 6th October 2024
 Sunday 3rd November 2024
 Sunday 1st December 2024

Rowan Rhodes



The Moat Garden

We are so pleased the primary school children are gardening again at their after-school club. Are there any small trowels etc. in the back of your shed? They could put them to good use.

The cordless equipment is enormously helpful with grass/hedge maintenance, being easy and light to use. With another helper or two, we could plan new planting to juggle with the more dominant ones.

Please join us – for your own venture in the garden or to improve little bits of the bigger picture. Wildlife/wildflowers; bugs, birds, or buttercups - you choose!

OR – to help produce a new flyer, and sheets to help with bug hunting/what to see for younger children, and others naming wild flowers.

Meadow areas have self-seeded with yellow rattle, bedstraw (scent is superb - we need lots more!) and birdsfoot trefoil, but they are still needing care to survive the grass thugs. We counted over 7 different kinds of grass which make up a vase themselves – you can pick the grass heads! – but please leave the flower heads to seed.

If you have any barrels suitable for water catching – these are also much needed, please.

Contact: Ida West - 01963 350899 / 07919803610
Or: annejelliffe@gmail.com





The Newt in the Community

The Creamery at Castle Cary Railway Station serves as a community hub welcoming residents and visitors from afar with grab & go and sit-in breakfast and lunch options plus dinner. Not only can you watch the skill in crafting a selection of soft cheeses and yoghurts using fresh milk from our herd of water buffalo, but you can also sample the wares too.

The work on Lodge Hill continues but the end is in sight. The agricultural track is now in place, linking up the pastures with Castle Farm, with the final topsoil layers being added now. Some additional work is being undertaken in improving the footpath from the farm down to The Park. The ambitious power cable project has so far been successful; all the cables are now buried, and we await SSEN to start their works. Thank you for your patience as we complete our improvement works. In the meantime, the top of Lodge Hill continues to offer a spectacular vantage point over Castle Cary.

The Newt in Somerset



Carymoor Environmental Centre

Summer is a really busy time at Carymoor, we have been fully booked this term with over 30 schools and 1,200 children visiting our site for environmental education.

Regular volunteer groups have been working hard, sowing wildflower seeds and nurturing plug plants to plant out across the reserve, as well as the usual seasonal jobs. If you would like to join our friendly volunteers please do get in touch with us, we have a variety of jobs including indoor ones helping the education team prepare for school visits.

We are still on the lookout for a reasonably priced second-hand tractor following our fundraising campaign. Thank you to everyone who supported this appeal, and we hope we can find ourselves a replacement soon.

We have some wonderful experiences planned including, crafting willow flowers, creating willow shopping baskets and a week-long sustainable arts course for children aged 7-12 will see us running different nature-themed arts and crafts each day and our popular pottery club returns in the Autumn.

Do look at our website or follow us on our social media channels to find out more about our forthcoming events and to see some of our wonderful wildlife photos.

www.carymoor.org.uk

Castle Cary Gardening Association

Our next event is our Annual Show on Saturday August 3rd in Caryford Hall at 2pm. The schedules, with how and what to enter, are available on the website and from Schimmel Hardware. Open to all. It's not just the best beans and top tomatoes, most fabulous dahlias and show-stopper cakes. There is something for everyone: limericks, artwork, photography, crafts, and specific entries for children who also qualify for cash prizes. So come along between 2pm and 4.15pm and enjoy home-made cakes and tea. Entry on the afternoon is only £1; children free.

Our talk on September 4th is 'What's in a Name?' with a speaker from Castle Gardens. Have you ever wondered why some plants have such complicated names? Come and find out.

On October 2nd, Greg Morter will be giving his talk called 'A Short History of Food Growing'. He will be explaining why we grow and eat what we grow and eat, and how recently certain foods we cannot imagine living without came into our diet.

We meet on the first Wednesday of each month (except August and January) for 7.30pm at Caryford Hall. Annual membership: £10, guests: £2. See the website for full details.

www.castlecarygardening.com





Castle Cary & Ansford Carnival Society

FUNDAY – 18th August at Castle Cary Rugby Club from 12-5pm. Classic cars, car boot, craft and charity stalls, musical entertainment and so much more.

CHILDREN'S CARNIVAL – Saturday 5th October 3 – 5pm. We kick the day off with a Coffee Morning at The Market House from 10.00am. Come and grab a cake or Bacon Butty to start your day, with Face painting and stalls for all. The procession leaves the Primary School at 3pm. After the procession we will have a Circus Skills Workshop from Flotsam the Fool.

Our theme is 'Friends of the Forest'. We look forward to seeing what you create.

EVENING CARNIVAL – Saturday 12th October. The procession leaves Ansford School at 7pm.

Once again, we will be bringing Carnival spirit back to Castle Cary & Ansford and we couldn't be happier. We hope to see you out enjoying the wonderful creativity of the big carts and masqueraders and the amazing Majorettes. We have entertainment before and after the procession at The Market House starting from 6pm. It's going to be fantastic. Please remember to give generously; it raises much needed money for our community!!

Details and entry forms:

www.ccacs.org.uk,

www.facebook.com/CaryCarnivalSociety/



Carnivals In Somerset Promotion Project

In 2007 Dr Andy Tallon, Gordon & Sue Stockman (of Cary Comedians and Cary Carnival Society) collaborated with Moving Art TV to produce a 30th anniversary archive DVD for Castle Cary Carnival.

In 2009 CISPP was created when Andy, Gordon & Sue with a few other carnivalites were encouraged to develop a carnival archive and to promote, preserve and educate with an exhibition van. To share with the population the significant importance of our unique illuminated carnivals and of the many thousands of pounds collected each year at carnivals to support local charities and voluntary organisations.

The exhibition van attends shows, fêtes and the majority of carnivals, and most importantly, has made over 100 school visits to educate the children about both the history of and safety in carnival.

CISPP celebrates a project which was intended to last a decade but is now in its 15th year and hopes to complete two decades at least and the origins of which were founded in Castle Cary.

Gordon Stockman MBE

Cary Comedians Carnival Club

Cary Comedians entry this year will be celebrating the lives of Maureen Higgins (President and co-founder) and of Becky Chivers, who leaves behind her husband Chris and their 2 year-old daughter, after a sad illness brought her life to an end at the age of 31. Therefore, please applaud their entry and give generously to the carnival collection. The club remains one of the few top five comic feature entries in Somerset and is always looking for new members. The club is based at Orchard Farm (thanks to the Boyer family) and its HQ is at The Brookhouse Inn. The club once again stewarded at Glastonbury Festival to help raise funds to build an entertaining entry for this year. Remember that carnival is an outdoor theatre performance which is not only entertainment for all ages, but also raises much needed collections for local charities.

Gordon Stockman MBE





Sing For Fun

It's official.... singing is great for your health and not just for fun! If you need convincing to come and join us, then these are the reasons why....

Enhance your mood, manage your stress, strengthen your lungs, help your memory and concentration, improve your sleep, increase your tolerance to pain and enjoy the social side and meet our community.

We meet in the Market House on the 2nd and 4th Wednesday afternoons each month from 2.15 - 4pm. Serving afternoon tea and homemade cake from 2.30-3pm then singing from 3-4pm.

EVERYONE IS WELCOME - JUST COME ALONG

Contact: Philippa - 07889 311445



CATS

Our show in February – The Wizard of Oz – was a great success with both audience and cast alike. I'm sure that many a household rang to the music of Over the Rainbow and We're off to see the Wizard for weeks afterwards!! Our newest and youngest members – the Munchkins – had a great time, and as a result we have been able to relaunch 'CATS Junior', with our talented sisters Elishia and Charmayne Hooper in command. They meet every Saturday morning from 9 - 12 at the Scout Hut. If your child would like to 'have a go' please feel free to bring them along for a trial session. Email catsjunior19@gmail.com for further details.

Plans are already under way for our next show, 'My Fair Lady'. Auditions will be held at the start of September, with two audition workshops beforehand. More detailed information will hopefully be in circulation by the time you read this.

As ever, we are always looking for new members. CATS is a thriving society, and we love to see enthusiastic new members, whether on stage or helping behind the scenes in some way.

Mark Tromans, Chair, CATS
castlecarycats@gmail.com

Castle Cary Choir

Castle Cary Choir are currently on their well-deserved summer break. This season we have performed concerts in Wincanton, Ditchat, Queen Camel, and Evercreech churches for their funds. We also held our Christmas concert and end of season summer concert in Castle Cary Methodist Church, (our 'home').

What a wonderful evening summer concert we have just had! We tried a new venture and performed Gilbert & Sullivan Trial by Jury to great applause. Thank you to all who have supported us.

The choir was founded in 1965 which means that next year is our 60th Anniversary! We intend to celebrate with concerts here and elsewhere in the district. To that end we could do with boosting our membership numbers. We are a community choir. We don't hold auditions, and you don't have to be able to read music. We sing mostly four-part harmony music ranging from Sacred, Traditional, to more modern show and film music. We start again in September and rehearse from 7.30pm – 9.30pm every Monday at The Methodist Church, Castle Cary. Why not give us a go?

Susie Higgins, Secretary
01963 351025

THE MARKET HOUSE

CASTLE CARY

THE MARKET HOUSE IS AVAILABLE TO HIRE!

For weddings, parties, meetings, exhibitions and much more.

To view our facilities and discuss your requirements

Email: markethouse.bookings@castle-cary.co.uk

Call 01963 351763





Castle Cary Cricket Club

The season so far has been really good for both teams. The 1st team are holding their own and doing well, especially considering this is the first time they have competed at Premier League level.

The 2nd team are currently second in their division and doing incredibly well. We play every Saturday at the Playing Fields. Feel free to join us, watch some good cricket and have a drink from our club bar.

This year we started Youth Cricket Coaching, and this has been a wonderful success. We have sessions on Wednesday evenings 8 - 11 year olds (5.30pm) and Saturday mornings for 11 - 15s (9.30am). Our coaches and volunteers are doing a great job. We still have plenty of room, so please come along and give it a try.

We are also this summer holding two additional coaching summer schools. Thursday 1st August age 8 - 11s and Thursday 8th August 11 - 16 year olds. These camps will include technical coaching, fun cricket activities, practice games, quiz, prizes and refreshments. The cost is £5. If there are any budding coaches or volunteers who would like to help us, please let me know.

Contact: Tony Wilcox - 07968 002569
For further information & sponsorship opportunities
tonywilcox51@gmail.com
or smaybury702@btinternet.com



Caryford Short Mat Bowls Club

We invite you to join us for a friendly game of indoor bowls. We meet every Tuesday afternoon at Caryford Hall from 2.15pm to 4.30pm

Your first two sessions are free, then it's £10 for three sessions including tea or coffee

We will help you learn and lend you bowls, just bring a pair of flat shoes.

Contact: Trevor Woods on 01963 441030
Or s33tjw@gmail.com

Castle Cary Bowls Club

Where were you? All right, I know the rain was lashing down on our open day, but you missed a great opportunity to check out your local bowls club. All is not lost! You can come along on any Tuesday evening at about 6pm and expect a warm welcome.

Don't fancy playing bowls? Well, it's not compulsory! For a lot of our members, the social side is what keeps them coming along. We're a friendly bunch and enjoy a regular program of events throughout the year, including quiz nights, horse racing, bingo and more. If you fancy a pint or a glass of wine, our modest bar prices will come as a welcome surprise.

Beginners are welcome and will be offered as much or as little tuition as they want. You are never too old, or too young to learn the game, and it's a great way to make new friends.

Still feeling shy? Give Charlie a call and he will be pleased to answer any questions and arrange to meet you at the club for an introduction. And don't forget, membership is half-price for new members.

Dave Lee, Treasurer
Contact: Charlie - 07977 754109
castlecarybowlsclub@outlook.com



Castle Cary Bridge Club

We are delighted to announce that Castle Cary Bridge Club has returned to Castle Cary.

We now play in the Small Hall at Caryford Hall. Sessions start at 6.45pm with play commencing around 7pm. We have a host system in place, so even if you do not have a partner you can always turn up and be guaranteed a game. The atmosphere is relaxed and enjoyable and there are experienced players and directors on hand to offer advice and opinions if you want them. Refreshments are also available.

To access please go to
www.bridgewebs.com/castlecary/

Contact: Barry Blight - 01963 440351
Margaret Bebbington - 07985 435412





Tai Chi

Looking for a gentle form of exercise that may provide a workout for the brain? Try tai chi. The slow, choreographed movements of tai chi, sometimes referred to as 'meditation in motion,' are easy to learn and can be done by just about anyone, and they may provide a cognitive boost for people with memory and thinking problems, according to a new report.

The study, published in JAMA Network Open, looked at 328 men and women 60 and older who had Type 2 diabetes and mild cognitive impairment, or MCI, a form of memory loss that can progress to full-blown dementia. Many people with Type 2 diabetes, a disorder of blood sugar metabolism, also have MCI, and diabetes is a known risk factor for Alzheimer's disease. None of the participants were regular exercisers, though none had serious medical problems that prevented them from doing exercise.

Those in the tai chi group showed the biggest improvements in cognitive skills, though those who had participated in the walking program also saw brain benefits. Those in the control group did not show improvements on cognitive tests.

Classes: Caryford Hall, on Wednesdays 2 -3pm, and Fridays 10 - 11am; The Scout Hut, Fridays 10 -11am. £5 per session.

Contact: Jo Webb - 07730 397396
jo.webb@mbzonline.net to book.

Castle Cary Rambling Group

Our informal group meet every alternate Wednesdays at Millbrook car park where we set off to pre-destined starting points (sharing cars whenever possible with mileage paid to our designated drivers) Unfortunately due to bad weather, we did have to cancel a few walks this year, but safety comes first. However, in-between bad weather and the good sunny days, we have enjoyed some beautiful walks.

Our summer picnic for the year is planned for the 24th July, weather permitting, and this is normally held at a venue which provides cover. We usually bring and share a plate. This will be followed by other walks throughout the year on alternate Wednesdays. We normally stop for a coffee break and again for our picnic lunch before returning to our cars, having taken in the beautiful country side and the great outdoors.

We usually plan in November for the following year. Our Christmas Walk will be on the 11th December 2024 followed by mulled wine and mince pies. This will be our last walk for the year, and we then look forward to our January walk.

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

Dayella Ruetsche

Castle Cary Football Club

The club is embarking on a new chapter following a tough season that saw the team relegated to Division 2 of the Somerset Premier League.

The past season tested our resilience, but it also highlighted the potential within our ranks, particularly among our young players. Their dedication and performance have been a bright spot, showcasing the future promise of CCFC.

To support our journey back to success, we are always on the lookout for new players to join the club, there is a place for all abilities in our team. This is a fantastic opportunity to be part of a community-oriented club with a rich history and an exciting future ahead.

Our youth section has been thriving, with most age groups represented and showing impressive development. However, due to limited changing facilities at our clubhouse, we currently only have boys' teams. We are eager to expand and are always looking for new coaches and willing parents to help us introduce new age groups. Your involvement could be instrumental in providing more opportunities for young football enthusiasts in Castle Cary.

Contact: castle Cary.seniors@gmail.com

To express your interest in playing or supporting the club.





CASTLE CARY & ANSFORD LOCAL ORGANISATIONS

- Alcoholics Anonymous** – 0800 917 7650
All Saints' & St Andrew's Churches – 07483 866400
Alzheimer's Society – 01458 251541
Ansford Parish Council – 07891 161756
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 Carers – 01963 359081
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 Bowls Club – 07977 754109
Castle Cary Bridge Club – 07985 435412
Castle Cary Choir – 01963 351025
Castle Cary Community Library – 07579 049109
Castle Cary Craft Chat and Cake – wistmansoak@icloud.com
Castle Cary Cricket Club – 07527 628956
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 Senior Football Club – 07733 321280
Castle Cary Town Museum – castlecarymuseum@hotmail.co.uk
Castle Cary Twinning Association – 01963 351025
Christian Aid – 07786 057137
Churches Together in Castle Cary and Ansford – 01963 351275
Cinema in Caryford – 07710 265509
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 – 07955 346637
Tiddlywinks – 07817 629004
Tools for Self Reliance – 07968 054731
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
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





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