

Castle Cary & Ansford Community

WINTER 2024 NEWSLETTER



Newsletter
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Castle Cary Newsletter Advertising Opportunity!

See your business details included in the next Newsletter delivered to 1,250 households in Castle Cary and also available online.

Limited Space is Available for the
Spring Edition - email: Catrin.markethouse.bookings@castle-cary.co.uk



Castle Cary Town Council

As November 11th approaches, we think of our armed forces serving all over the world in troubled times. **The Royal British Legion** helps members of the Royal Navy, British Army and Royal Air Force veterans and their families. They support serving and ex-serving personnel all year round, every day of the week. Their support starts after one day of service and continues through life, long after service is over. Castle Cary has a branch which can support individuals and is well supported by our generous community. Each year they raise in the region of £6,000. We are very grateful to the collectors and the branch members for their hard work. Thanks also to Laura Leaver for sprucing up our historic Telephone Box, affectionately known as 'Delilah', and to the children who created such beautiful pictures and poppies to decorate her for Remembrance Day.

Following the terrible scenes in Valencia, our **Community Resilience Plan** seems much more pertinent. It really makes us think the unthinkable and the group is very close to finishing an emergency plan for flooding and possible disasters. When we made an appeal for volunteers, we had no idea just how much expertise and experience there is in our community. Volunteers are currently mapping blocked street drains to arrange for them to be cleared by Somerset Council. If they are not able to do it, the Town Council will consider commissioning services which will be paid for by our Council. We are working with Highways and will ensure we get value for money by sharing commissioned services with other areas.

Planning is again at the top of the list and our planning committee chair, Trevor Oats, is working tirelessly with Care4Cary and CPRE to make a very good case against further housing developments. We currently have permission granted for another 500 houses and more developments feel unnecessary.

Apple Day went very well and the glorious weather really helped the buzz for apple pressing, apple games, apple drinks and all kinds of foods with apples and pork. A huge thank you to councillors and volunteers for running it so successfully.

Recently staff and councillors have been running **activities for children** with refreshments provided for parents and children during half terms

and school holidays on Tuesday mornings. These events, which are suitably themed, have been very popular and we are always pleased to welcome new residents to these fun activities with their children or often grandchildren. The next session will be in February Half Term.

Our Assembly Room on the top floor of the Market House was transformed by the **Somerset Art Weeks** group of artists who displayed their wonderful work in our sunny setting. Over 500 people managed to climb the stairs to enjoy a range of sculpture, painting and printmaking, including the most fantastic greetings cards. We are looking forward to welcoming the artists back next year.

While negotiating the stairs up to the top floor, many people stopped off at the **Museum**. They have had a busy, successful summer and plan to open on Saturdays until Christmas. Do pop in to visit if you haven't been recently. They are also planning a Victorian Christmas experience on the evening of Cary's Christmas – don't miss it!

This year **Cary's Christmas** is on Thursday 12th December. For any new residents who are unfamiliar with the event, it's late-night shopping with food stalls, a raffle and other fun stalls with great entertainment for our children and young people, including Morris Men, music, majorettes and carol singers. See the cards in your delivered newsletter for more details of all things Christmas in Castle Cary. By then, the High Street will have Christmas trees shining brightly and of course the Market House will be a spectacle throughout December. We look forward to welcoming you and your families and Father Christmas at 6.45pm on the 12th and have our fingers crossed for fine weather.

Our shops will be even more inviting than usual throughout December, full of festive sparkle and we hope that you will be shopping locally to support our wonderful High Street.

With very best wishes for the forthcoming season,

Judi Morison
Chair Town Council



Castle Cary Town Council

Clerk: Lisa Davis

Email: town.clerk@castle-cary.co.uk

Tel: 07780 635013

Deputy Clerk: Terena Isaacs

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)

Frances Alden

Linda Ball

Margaret Bebbington

Philippa Biddlecombe

Robert Brown

Dave Gill

Andrew Lane

Trevor Oats

Pek Peppin

Angela Piggott

Tom Trouton

1 vacancy

**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

Castle Cary and Ansford Newsletter Deadlines

The Newsletter invites reports on events and activities from local groups and organisations.

Please keep below 200 words

If you include notice of future events, do give full dates and times.

Spring Newsletter copy deadline:

9.00am on Wednesday 5th March 2025

Distribution from: Friday 21st March 2025

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 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.

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
EVENTS LISTING button*

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.***



Christmas Closing Times



Town Council & Tourist Information Offices

The **Tourist Information Office** will close at 12.30pm on Monday 23 December and re-open at 9.30am on Thursday 2 January.

The **Town Council office** will close to the public at 12.30pm on Tuesday 24 December and re-open at 9.30am on Thursday 2 January.



Ansford Parish Council

We recently attended a consultation meeting with Wyke Ltd and their consultants for Station Green. Whilst many of us are dismayed to see this greenfield being built on, we must now engage to ensure the mitigation of its impact on Ansford is spent appropriately.

We have raised several concerns to both the developer and Somerset Council, including, water storage, disbursement and drainage with the risk of flooding to homes and the Station. We have learnt through enquiries that the original condition imposed by planning officers, to provide a formal zebra crossing over the busy A371, was removed by the planning inspector. We will pressure developers to address this. We are also concerned by the lack of pavement on the development side leading to Ansford Academy.

Ansford Parish Council commissioned a Highways expert to examine the speed, volume and type of traffic on the A371. Among its conclusions was that a zebra crossing was urgently required (no surprises there). This has been shared with Somerset Highways, the police and the developer.

Similarly, through enquiry we have established that the Station Road developments were never provided with a zebra crossing, through developer contribution. Developers were only asked to provide two informal crossing arrangements. Residents tell us that crossing this road can be dangerous and we are investigating how to raise funds to place a zebra crossing here. Highways have informed us that a basic zebra crossing costs £100,000! We hope to apply for grants as well as use monies in reserve.

Furthermore given the safety concerns of speeding traffic along Station Road expressed by residents, it is disappointing that the speed indication device (SID) we placed there was regularly vandalised.

We are in regular contact with Highways on 'the curious incident of the sinkhole'. We are told that an investigation is ongoing to establish the original cause, and that work to fix it permanently is to start in April. There is no plan to shut Station Road, however we are told that it is under constant review.

Thank you to everyone who has contacted us on the safety improvement and improved visibility to the crossing outside Ansford Academy. This was

fully funded by Ansford Parish Council. We have recently been contacted by residents of Elms Lane. They have been reporting problems of Bank Slip to Highways since 2014. We have ensured Highways now take this seriously. Work starts on 11th November to start to stabilise the bank.

Finally, after consultation with 700 households in Ansford, the newsletter will be available online with some hard copies available at The Library and Caryford Hall. Please contact our clerk if you wish to pay for an annual subscription for the newsletter to be posted to you. If you are registered disabled and unable to access it online or pick up a copy, we will deliver it. Please let us know.

Keep warm!

Ansford Parish Council

Ansford Parish Council

Mr C. Edwards, Mrs D. Henderson,
Mrs F. Houlton Mr R. Leary, Mrs M. Maxted,
Mrs A. Parker, Mrs D. Pinnions.

Ansford Parish Clerk:

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

NEWSLETTER EMAIL LIST

Sign up to be notified by email when the latest edition of the Castle Cary & Ansford Newsletter has been published.



**You can do this by scanning the QR code
Or via the link - <http://eepurl.com/i1jpPs>
Or email: ansford_news@outlook.com**





We are thrilled to have received notification of approval from Somerset Council of our successful planning application for the new Pavilion Project on the Donald Pither Memorial Field for the benefit of our joint communities. **Castle Cary Town Council**

Footpaths and Hedgerows

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.

Speedwatch Volunteers Required

The Speedwatch Team now have two new approved sites from Somerset and Avon Police Authority. One on North Street and the other on South Street.

We are looking for a few more volunteers to support us once a week / fortnight at busy times of the day.

If you are interested, a short training session is provided and then we can be out on the street for short sessions at a time.

**Contact: Philippa Biddlecombe
07889 311445**

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 midday 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!

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 & Community
Information Desk**





Mid Somerset Arts Society

Caryford Hall - 10.15 coffee • 11.00 lecture
Lectures- free for members; £7 for visitors.

Tuesday 10th December

Norman Rockwell's Christmas Wish
by Charles Harris

Norman Rockwell was the best-loved American illustrator of the 20th Century. This lecture will look at how he idealised Christmas in his illustrations and explore these images and examine their roots in other traditions such as the writings of Charles Dickens and the English Yuletide traditions.

Tuesday 21st January

The Two Gustavs: Mahler and Klimt
by Gavin Plumley

Gustav Klimt broke away from the Imperially endorsed art institutions of Vienna in 1897 and founded the Secession Movement. In the same year, Gustav Mahler arrived to take charge of the Vienna Opera House. This lecture places Klimt and Mahler in context, asking what fundamentally links and divides them.

Tuesday 18th February

Inspired by Stonehenge by Julian Richards

Why should we see Stonehenge as just being architectural in its layout? This lecture will explore the origins of Stonehenge, before considering how it inspired painters, poets, and sculptors such as JMW Turner, William Blake and Henry Moore.

Contact: theartsocietymidsomerset.org.uk
07807 009768

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.

Contact: Laura Tilling -
tillinglaura@gmail.com

Castle Cary Museum

The 2024 season significantly increased our 2023 visitor numbers, largely thanks to our wonderful dedicated group of stewards, without whom we would be unable to function. Huge thanks too to our out-going chair Ann Brittain who has been elevated to the position of President.

This year's event focused on 50 years since opening. We invited our visitors to choose their favourite item in the show – and overwhelmingly it was this.

A tiny purse containing a miniature doll and some dried flowers. It was 'found in a hayloft'. If anyone knows who found it and where, please do get in touch.

2025's event is to be 'Found in Cary' featuring a variety of interesting objects from our town. We expect a one-day visit of precious items normally held in Taunton, plus a Finds Officer who can identify things you have found locally.

We are looking for more volunteers with a few hours to give, and who share an interest in history, antiques and ephemera relating to our town. To apply please contact us via our website www.castlecarymuseum.org.uk or drop off a note at the Market House.

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

Admission free, Donations welcome.

Follow us on [www.facebook.com/](https://www.facebook.com/CastleCaryMuseum)

CastleCaryMuseum

Instagram - [@castle_cary_museum/](https://www.instagram.com/castle_cary_museum/)



Book Launch: Still Living with the Boss

Farmer's wife Margaret Adams has just published a second booklet of her ditties called Still Living with the Boss. The book launch will be held in the Shambles at The Market House on Sunday 1st December; doors open at 6pm for a 6.30pm start. Refreshments available and profits from the evening will go to The Market House Project.

Tickets £5 from Bailey Hill Bookshop. Margaret will read her ditties and be on hand to sign copies of the book, which will be available for sale for £5.





Millbrook Hub, Community Larder & Food Bank

Run by Cary Cares volunteers, in conjunction with the Town Council, we continue to open five times a week, although we will be closed on the 26th of December. The number of households registered continues to grow and the larder has become a community focus due to the friendliness and camaraderie shared by 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. Our thanks to Eat Cary and everyone who contributed the abundance of fresh vegetables and fruit we have received this summer and autumn.

If you haven't yet visited the larder, do call in to say hello. It is open to all residents of Castle 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

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.

At the time of writing, this year's Poppy Appeal is in full swing and is being fully supported by the local community. I will report in the Spring newsletter how much was collected in support of this very worthy cause.

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

Contact: Simon Bebbington

1simonbebbington@gmail.com



Cary Cares Needs Your Support This Winter!

Cary Cares provides support to the local community through the Community Larder and food bank at the Millbrook Hub. The Larder includes food bank support for registered individuals and families, and we promote reducing food waste by encouraging collection of excess produce across our community.

We have always been proud to be supported locally and are hugely thankful to those businesses and individuals whose donations have allowed us to continue providing this support this year.

This season, however, our Christmas Appeal is a little different. To continue to run the Larder will cost over £12,000 in 2025 - so we need to ask you again for your support in one of two ways:

1) By providing donations of Christmas food items which we will distribute to people we have supported this year.

2) By providing cash donations to support the continuing work of the larder this winter and throughout 2025.

Watch out for more details via social media (Facebook: Cary Cares) and on our appeal posters throughout November and early December. The need for this support has never been greater - please consider what you can give to support your community this Christmas and in 2025.





Tools for Self-Reliance

Tools for Self-Reliance is a charity sponsoring self-help projects in African countries. The Castle Cary supporters' group meets in the D & T workshop at Ansford Academy on Tuesday evenings (6 to 8 pm) during term time, in order to sort, clean and repair a wide variety of useful tools and equipment. Even if you have no prior experience of such work, why not pay us a visit on a Tuesday evening to see what we do?

We welcome donations including hand sewing-machines, carpentry, metalworking, blacksmithing, bicycle and mechanical repair tools, all of which can be refurbished where necessary. We also redistribute or sell miscellaneous items, DIY and garden tools etc. So when clearing out, do set aside anything suitable and we can decide how to put it to good use.

This year we held three successful tool sales at The Market House and had a large presence at the annual Oak Fair at Stock Gaylard, helping to raise several thousand pounds for the charity, funds which pay for shipping the tools and other equipment to Africa, and training their users.

Look out for our next sales early in 2025.

Contact: Amon on 07968 054731

Castle Cary & Ansford Christian Aid Group

The money we raised as a town for the charity Christian Aid supports its work 365 days a year. Right now, the charity is working with some of the world's most vulnerable communities in 29 countries in Africa, Asia, the Middle East, Europe, Latin America and the Caribbean. Alongside responding to emergencies, the charity works to support the communities in the long term. Nearer to home Christian Aid is working with other charities to put pressure on the government to address the climate issues that are facing the planet and will impact all nations.

You can continue to support their work through their website www.christianaid.org.uk or this Christmas, maybe consider giving a charity gift as an alternative to material presents.

Christian Aid Week 2025 will be May 11-17, 2025. We look forward to your support at our Coffee Morning!

Brue Valley Rotary Club

It might be a cliché, but time really does fly when you are having fun and the club has certainly had a fun-filled, active few months raising money for charity and enjoying speaker meetings and outings.

Our griddle has been in action at Alhampton Open Gardens Day, Playfest, Mufulira Community Partnership 30th Anniversary Party and the Friends of Wincanton Hospital Fête. It will also be in action in December at Bruton's Christmas Evening on the 5th and Cary's Christmas Evening on the 12th when our renowned 'The Works' will be on offer with a stall selling jigsaws.

The Annual Sherborne Classics and Supercars Show which our Club helps run, raised an impressive £65,000 which has been distributed to charities within a 30-mile radius of Sherborne. Our Annual Charity Golf Day at Wheathill Golf Club raised £5,400 for Children's Hospice South West. Dates for these events next year are 20th July and 11th September respectively.

A New Year date for your diaries is our Wassail Evening at The Catash in North Cadbury on Saturday 11th January at 6pm.

Contact: Nicky Creed 07967 685997
www.bruevalleyrotary.wordpress.com

Community

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



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





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.

At **Christmas** we will be once again erecting a crib in the Market House and have carols and coffee there on Saturday 21st December at 11.00am. We will also hold one united Carol Service for the whole town at the Methodist Church on Sunday on Sunday 22nd at 5.00pm. The times of the main Christmas services of the separate churches are on the Christmas card we will be circulating as well as on their individual websites.

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 December.

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 generally 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. Evening Services are usually held on the 2nd and 4th Sundays of the month. Bible study groups meet at various times in the week.

Coffee for All happens every Wednesday mornings between 10-12

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

Lunch Club meets on the second Monday of the month – Book with Judith Cole (01963 350570) for a low-cost meal and fellowship.

Here are some of the things we have planned during December – come along and join us!

Sunday 8th December at 6.30pm Advent Memorial Service

Sunday 15th December at 5pm Christingle Service

On Thursday 19th December, join us in The George for 'Cider and Carols' to celebrate the Christmas season with a good sing!

On Sunday 22nd December, our morning worship will be a Nativity service and then at 5pm we will host the United Carol Service.

On Christmas Eve at 11.30pm, we will hold a Midnight Communion service, led by Collin.

On Christmas Day we will worship at 10.30am

Minister: Rev Collin Moore - 07895 892740

castlecarymethodist@gmail.com

www.facebook.com/castlecarymethodist

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

To hire our schoolroom contact: Patricia Fuller: 01963 351635





Catholic Church

The Synod of Synodality, which started in 2021 came to a close in October 2024. Cardinals, bishops, priests and laity have all taken part. Local input, including Wincanton parishioners, regional and continental meetings all culminated in the month-long meetings in Rome.

In Rome on December 7th 2024, Pope Francis will elevate to the rank of Cardinal the Dominican priest, Father Timothy Radcliffe. He will be the fourth cardinal for England and Wales. Father Timothy held the position as the Master of the Order of preachers for many years and is a renowned theologian.

A Jubilee Year 2025 with the title Pilgrim of Hope starts on Christmas Eve. Jubilees take place every 25 years and have been happening since the early Church.

Here in Wincanton, we have held a Vigil for World Peace and Our Catholic school held their Harvest Festival. Mass is now celebrated every week in Somerton at 10am on Wednesdays and once a month at St Mary the Virgin, Bruton.

Wishing you all a very Blessed Christmas.



Churches Together in Castle Cary & Ansford

Churches Together plans to send their Christmas Card to all households in Castle Cary and Ansford, giving details of services at Christmas time.

On Saturday 21st December at The Market House, at 11.00am., the Crib Scene will be presented, and there will be some Carol Singing. On Sunday 22nd December, we will share a Churches Together Carol Service, at the Methodist Church, at 5.00pm.

In the New Year 2025, The Epiphany Service will be at All Saints' on Sunday 5th January, at 10.00am. The Covenant Service will be shared at The Methodist Church on Sunday 12th January, at 10.30am. On Saturday 18th January, we plan a coffee and bacon butties morning, at The Methodist Schoolroom, when it would be good to discuss the start of The Week of Prayer for Christian Unity.

Anglican Church

Please see the website (castlecaryallsaints.org.uk) and our Facebook page for information on our regular services, as well as special Advent and Christmas services and other events. All are welcome!

If you haven't tried Messy Church yet, do give it a go. The next one takes place at All Saints' at 3.30pm on 30th November. It is designed primarily, but not exclusively, for young children and includes fun craft activity, short worship, delicious food, and singing.

Sadly, the Festival of Light planned for early December has been cancelled. We simply do not have the resources to manage the event this year. A number of people have worked very hard for several years to run events at All Saints' to raise funds, and many thanks are owed to them for all they have done. If you, or anyone you know, would be interested in helping with organising fund-raising events at All Saints' church, please contact me.

We continue to email a weekly newsletter and service; please let us know 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

01963 350394

vicarcaryansford@gmail.com

Community



Cary's Christmas

Thursday 12th December

From 5.30pm

Castle Cary Town Centre



Late Night Shopping

Festive Food & Drink

Visit from Father Christmas

Street Entertainment for all ages



Please note there will be a road closure in place from 4pm throughout the town





Castle Cary Tuesday Market

We are coming to the end of our 10th year, which we celebrated in March. If you would like a celebratory cotton shopping bag (£4 each) there are limited numbers left for sale at the Market House.

Stalls have come and gone, giving variety to our Tuesday Market, but as ever we would like to thank our loyal traders who pitch up come rain or shine offering you additional and complementary products to our High Street shops.

Thanks too, to our local customers who on a weekly basis take advantage of the stalls and their goods. Visitors to the town have also said they were pleasantly surprised to find such a comprehensive array of stalls, in our market town. How lucky are we!

There are new stalls about to start and current stalls are ramping up with Christmas bargains.

Claire's popular plant stall will be back in March; regular shoppers will know this is her seasonal break.

In addition to Pop's Thai food, Marco's Pizza van has joined us and as well as lunch takeaways he can offer partially cooked pizza for re-heating at home – delicious!

Finally, our last market of this year will be on Christmas Eve – Tuesday 24th December. We will then return on Tuesday 7th January 2025.

Happy Christmas!



Caryford Hall

Since June we have been settling into the new extension, discovering how having two extra spaces affects our operations: more management time and effort needed, but also a better and more interesting offer for our hirers.

New regular groups have started and the Small Hall and the Churchouse Rooms have been used for smaller scale activities and meetings when the Main Hall has been booked. Further redevelopment work is now paused until additional funds have been raised. A significant contribution may arise from the Torbay Road housing estate planned to be built.

As the Festive Season approaches, remember two important events taking place at Caryford.

On Saturday 30th November the **Christmas Craft Market** will be held from 10am - 2pm. Locally handmade, good quality items for sale. Café open, serving soup and bacon butties. Free entry.

Then on Saturday 11th January 2025 at 2.30pm there will be a pantomime for children (and the adult(s) coming with them!) - **Jack and the Beanstalk**. This professional performance is sponsored by MWI Animal Health, a local Cary business and employer. Tickets only available from Bailey Hill Bookshop. Adults £5. Children Free (of school age and accompanied by a responsible adult) but must hold a ticket.

Ian Bynoe

ian@caryfordhall.co.uk

The Newt in the Community

A New CEO at the Helm

It is with joy and immense pride that I have been appointed CEO of Hospitality at The Newt in Somerset. In assuming the role of CEO, I recognise the significant responsibility I have been entrusted with – to our staff, our members and, of course, the community. Although this is the start of my leadership, this year we have supported more community and charity projects than ever before and made significant strides in improving communication locally. I look forward to being at the helm of this continued journey.

The George, Castle Cary

Following on from the acquisition of this much-loved community landmark, our plans for early 2026 will see the estate embark on restoring the building and its interiors to safeguard its future. As the renovation draws closer, we will endeavour to keep our community updated over project timelines; getting the pub back open for locals is the priority! Until then, we wish the current team the best with their ongoing, excellent service.

Lodge Hill Update

Final work by SSEN, fully funded by us, is now complete. We hope you'll agree that this has only added to the beauty of this vantage point over Castle Cary.

**Andrew Foulkes, CEO of Hospitality,
The Newt in Somerset**





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

Camelot Area u3a

A lot has been going on in our u3a since the last newsletter. We have a new website up and running which is far easier to use and more appealing. If you wish to find out about our many activities/events, wish to join, or just contact us, please follow the simple on-line instructions.

A point to note, our website address has changed to – www.camelot-area.u3asite.uk

You will only be automatically redirected, if using the old address, until 7th January 2025.

We have a new look newsletter, copies available in the Market House, where you will find details of our upcoming monthly talks and planned events.

So, what could be better on a bright, crisp autumnal day than accompanying one of our walking groups, punctuated by a lunch in a welcoming hostelry?

Or how about creating winter images in our Art and digital photography groups, play and listen to music, read and discuss a good book, the list goes on. All greatly appealing in the present season, not to mention, the warmth of the wine appreciation society. We look forward to meeting you.

Stella Fairbairn – Vice Chair
<https://camelot-area.u3asite.uk>



Castle Cary Community Library

Our recent book sale raised an excellent £650, a great boost to the library's finances; thanks to all who supported it. Our book sales for 2025 will be on Saturday 22nd March and Saturday 25th October at the Market House in Castle Cary.

The library is staffed entirely by volunteers and has been praised by Somerset Council's Library Services team for how well it is run. We are currently looking for two additional volunteers to help with the running of the library and someone to help with publicity – if you are interested, please drop in during opening hours for a chat.

The new Library Management System is now fully up and running - visit www.librarieswest.org.uk for full details and to see the vast range of books and materials that can be accessed.

Opening Hours: Tuesday, Wednesday and Friday 10am – 12.30pm and 2pm – 4.30pm

Saturday 10am – 12.30pm.

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

2024 has been one of the busiest years for CATBus. We have increased our weekly trips to different destinations and have seen a sharp rise in the use of our Ring & Ride service.

This year we have celebrated 21 years of providing community transport to South Somerset, and in October we invited all our past and present drivers, social drivers and past support staff to a celebration in the Balsam Centre, an event that was enjoyed by all and highlighted how essential our service is to our local community.

We continue to provide Social Cars for medical appointments, taking passengers to hospital for timed appointments. This service has proved invaluable to those who do not have access to their own transport. It just requires an annual membership of £15 to join the CATBus and then you pay the driver an agreed mileage fee. Your membership also gives you access to use the bus Ring & Ride scheme.

We continue to look for Social Car drivers, so if you can volunteer, we would appreciate hearing from you. The role is rewarding and enjoyable.

Our Ring & Ride service is frequently in Castle Cary, so if you need to go somewhere, such as shopping, doctors or a social event, call the office to see if we can help you.

CATBus Booking Number - 01963 33864



Castle Cary Fire Station

For the second year running, our fire engine was called away to an incident during the carnival. Luckily this time we were coming to the end of the procession and managed to see most of the route. We responded to a chimney fire in a nearby village.

In other news, one of our firefighters has just passed their Incident Command Qualification, so we now have four of us who can go in charge of the appliance and therefore improve the availability of the station. We also have two others doing their Blue Light course at the end of November and early December, which again will help to ensure we have the right skills to keep us available for operational calls.

On top of this, we have another new starter on their Breathing Apparatus initial course, so that brings us up to 14 personnel.

We are now recruiting as well. If you're available during the day and at weekends, then please apply on our website and/or pop in the station to see us on a Wednesday evening between 19:00 - 21:00.

Watch Manager John Wenglorz



Saturday Stitch Craft Group

We're totally pleased with our new meeting venue at Caryford Hall. The Small Hall and facilities are just perfect for our needs. We're there on the first and third Saturdays.

Regular in-house workshops enable us to learn new skills, anything from wet felting to invisible zips, there is always someone on hand to provide guidance.

As a group, we have started making a collective quilt using a star block pattern. Most of the time though, we are working on our own individual projects along with the usual friendly chatter.

Stitch by stitch there is no better place to stock up and revel in creative craft.

Contact: Sally Yeoman, Group Organiser
07929 097374
mail@sallyyeoman.me





Castle Cary Litterati

Castle Cary & Ansford Community Litter Picking Group

We are a group of local residents from Castle Cary and Ansford that meet at The Market House in Castle Cary at 11.00 am on the first Sunday of each month. Our mission is to keep our lovely town as litter free as possible. No experience or equipment is required as we can supply litter pick sticks and hoops for you to borrow. If you have children, we also have child sized sticks available.

We start out at the Market House but then radiate out to all the main arteries of town clearing the local parks and main thoroughfares. Our sessions last for about 45 minutes, finishing back at the Market House.

If you're available to join us we would love to welcome you to our group.

Upcoming Dates:

December 01/12/2024

January 05/01/2025

February 02/02/2025

March 02/03/2025

April 06/04/2025

Meeting Point:

The Market House, Castle Cary at 11.00 am

Rowan Rhodes



Cary in Bloom 2025

Lots of ideas, lots of projects and lots of people, but we need more! Cary in Bloom Working Group has been planning since March this year. We are aiming for all gold medals in 2025, so be aware of how you can take part. Help us to have beautiful plant displays and prove we are a sustainable community.

- Could you help by planting hanging baskets, tubs or window boxes outside your homes and businesses?
- Could you help design the 'Living Wall' which will be created in town?
- Would you like to learn about composting or how to garden without plastic?
- Could you make a scarecrow for the scarecrow festival?
- Could you help the Primary School with their Cary in Bloom projects and gardening club?

The Primary School, The Gardening Association, The Allotment Group, The Moat Garden, Carymoor Environmental Centre and individuals are already working with us but let's make sure all our community, in both Castle Cary and Ansford work together to bring gold home to Cary in Britain in Bloom 2025.

Contact: Penny Steiner - penny@castlecary.net

Castle Cary Repair Café

After 16 months, the Repair Café is now well established; 300 items have been received, over 80% have been repaired, and more than half a ton of material has been saved from landfill. We now have a permanent home in the Methodist School Room, and a regular opening time; 10am -12 noon on the fourth Saturday of every month.

Within the last month, William Teddy has undergone major surgery to restore his voice and jaw movement; electric secateurs have been given a new rechargeable battery pack; three pairs of jeans were patched; and pieces of a vacuum cleaner were put back together.

The team is growing in skills and confidence and is no longer dependent on the founders. A new member of the Welcome Team, having watched one of the Repairs at work, went home with the confidence to repair a hat clip.

That is the magic of the Repair Café – over coffee and cakes, items are restored to life and new skills passed on.

Come and join in the fun – November 23rd & January 25th (No session in December)

**Contact: Stephen Rymer
caryrepaircafe@gmail.com**





Carymarsh Nature Reserve

Winter is a surprisingly busy time in the reserve for animals and people alike. Many seasonal visitors have arrived like snipe, various ducks, murmuring starlings and of course the winter thrushes and reed buntings.

Much of the annual management is done while the trees and hedges are dormant; hedges are laid, trees are pollarded or coppiced, overgrown meadow areas are cut, and some of the reedbeds are cut back.

This small nature reserve is just two miles from the centre of Cary between Cockhill and Dimmer. The reserve is grazed by Exmoor ponies and is home to various mammals like deer and foxes. We even had a beaver this summer, although only briefly. Dogs must always be kept under very close control and should never be allowed near the ponds or reedbeds. We ask that people stay on the footpaths and in particular avoid walking on the grass banks of the drove leading to the reserve. This is where primroses and cowslips will bloom in spring and trampling will destroy them. The lanes and footpaths are wet and muddy at this time of year, so remember to wear suitable footwear.

**Contact: Dave or Helen Boyer
(07903 276315)**



Carymoor Environmental Centre

Educating children, families and adults about our wonderful natural world, and encouraging care for our environment are some of our key aims.

Our monthly Mini Explorer sessions for toddlers and pre-school children is a perfect example of this. With seasonal activities based in and around our lovely woodland setting, we aim to inspire a love of nature from a very young age.

We have recently partnered with Magdalen Environmental Trust near Chard to deliver activity days for families with a child or young person aged 25 and under who has a learning or physical difficulty. The first two events have been really well received, with families saying they enjoyed the variety of activities and the relaxing and inclusive environment.

There are a wide variety of courses on offer to Somerset residents through Somerset Skills and Learning. We have a lovely three-day Green Workout course suitable for anyone who wants to spend more time outdoors, learning some rural skills while spending time in a relaxing environment. There are also willow weaving courses and a Spring Wild Tots course coming up later in the year.

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.

Contact: www.carymoor.org.uk



Castle Cary Gardening Association

The Garden Club is a friendly group of gardeners with a wide range of knowledge and enthusiasm. Members are not 'experts' and those who are particularly knowledgeable are very generous about sharing it with those who want to know more. Everyone is welcome.

Annual membership is available from December through to December 2025 for £10, providing local discretionary discounts, nine talks, a trip and a sociable network. Guest fees per meeting are only £2, so you can give us a try. We meet at Caryford Hall on the first Wednesday of each month, except January and August, at 7pm for 7.30pm. Each talk has free refreshments, an hour-long garden related talk, a raffle and the Flower of the Month competition. 2025 talks range through Dahlias, via a local cut-flower nursery to weeds.

Dates for your diary for winter into spring:

December 4th – Climate Change Garden by author Sally Morgan

January – Members' New Year Lunch

February 5th – Plants Grown for Year-Round Fragrance – Felicity Downs,
HTV presenter and former owner of Cleeve Nursery

March 5th – Planting a Garden for Wildlife – Lindsay Lister of Blooming Wild Nursery

Visit: www.castlecarygardening.com - for full details of all our 2025 talks and events.





Castle Cary & Ansford Carnival Society

The crowds were phenomenal again this year! Once again, our little town was full of creativity from our wonderful Children's Carnival entrants. They all did a wonderful job at fulfilling our 'Friends of the Forest' theme. A huge thank you to everyone that was involved we truly appreciate it; you all made it an absolutely amazing day.

The following week, an enthusiastic crowd gathered in Castle Cary to celebrate our Illuminated Carnival. After a very short shower, spirits were lifted, as always, with the big carts that lit up the narrow streets. We got to see incredibly creative walkers, top twirling majorettes, tip-top bands and the lovely chugging tractors.

The Carnival Society would like to say a huge thank you to everyone that make our carnivals happen. Without you, we simply would not be able to bring these two wonderful celebrations to the town.

DONATIONS – thanks to your generosity on the streets, we are able to give donations from the collection to local charitable organisations. To apply please see our website www.ccacs.org.uk.

If you would like to join our lovely team, then please do contact us on our website or through our Facebook page.

www.ccacs.org.uk,
www.facebook.com/CaryCarnivalSociety/

Carnivals In Somerset Promotion Project

CISPP not only provides carnivals with a loudspeaker van to inform with its mobile exhibition, but also goes into schools to educate children about Somerset's carnival history, originating from the Gunpowder Plot of 1605. Castle Cary's Carnival originated in 1919/20 to celebrate the return of 'The Tommies' (soldiers) from WW1.

In 1977 it was resurrected again to celebrate the Queen's Silver Jubilee and in 1986, Gordon Stockman (Castle Cary) and Keith Berry (Frome) created the Wessex Grand Prix circuit of carnival towns. This circuit grew, with each town helping one another with judges and marshals. CISPP was created in 2009, and with the help of Moving Art TV, filmed all the Wessex carnivals once or twice. CISPP has developed a programme for primary schools so that children may learn of their local heritage and enjoy a carnival experience with dressing up in costumes.

CISPP has also produced a 12.5 hour USB, formatted into sections, showing the development of our carnivals over the last 40 plus years. This records the filming of all 94 carnival clubs that have sadly folded since the 1980s, including the once-great Britannia Carnival Club of Castle Cary. CISPP has now produced a Halloween themed DVD and Christmas DVD for £5 each. CISPP exists to promote our unique carnival and its history.

Gordon Stockman

Cary Comedians Carnival Club

Cary Comedians were the first club to use LED lights to help their green agenda. It has taken them two years to fundraise to purchase a smaller generator and dispense with their older one, to power the LED lighting, amplifiers and speakers on their cart.

This year's entry into the Wessex Carnivals has seen them win many first prizes in the Comic Class in many towns. They won Spectators' Choice in Castle Cary and Best Costume in other carnivals. Thanks to the hard work and talent of club members they have produced one of their best carts ever this year. The club now has three HGV drivers, having helped club members through the HGV driving test which is now a requirement on carnival circuits.

Thanks to the Boyer family in Cockhill, where our club is based, the future looks bright and with some new members recruited the club can continue to be a Top Three entrant in the Wessex Illuminated Carnivals, which not only have thousands of spectators, but also raise thousands of pounds for local charities and voluntary organisations. Hopefully the show will go on well into the future.

Gordon Stockman





Sing For Fun

Come and enjoy an hour of endorphin shaking, memory strengthening, breathing blasting and fun with a cuppa and a piece of homemade cake on the 2nd and 4th Wednesday afternoons of each month in the Shambles at The Market House, Castle Cary from 2.30pm - 4pm.

Whether the sun is shining, or the rain is hammering down we will be there to raise your spirits in the warm and dry. EVERYONE is welcome, bring a friend if you can but don't worry about walking in on your own because you will be greeted with a lovely warm welcome. Do not worry if you think you can't sing. We all think that but it's amazing the sound we can produce all together.

We charge £1.50. BUT if you don't enjoy it then you can have a refund!!

Contact: Philippa - 07889 311445

Cygnets Majorettes

The Cygnets will have completed their carnival season by the time you read this, and we were so lucky with the weather being kind at both our Children's and Evening carnival processions. This year we added a fun twist to our usual carnival setup and turned the Cygnets into Smurfettes! They were a hit and entertained the crowds and appeared on lots of social media as people's highlights of the carnivals. They even featured not once, but twice in the Mendip Times!

The girls are currently preparing for their Christmas shows, which start at the end of November and end with Cary's Christmas on Thursday 12th December.

Spaces for new members - (at time of print) there is currently just one place left for girls aged 6-8yrs, and a few for ages 8+. If anyone is interested in joining, or would like to make an event booking for next year, please get intouch.

Huge thanks to everyone for their support throughout the year and SEASONS GREETINGS from the Cygnets Majorettes.

Contact: cccygnets@gmail.com
www.castlecarymajorettes.org.uk.

Castle Cary Choir

Christmastime will soon be here!

Castle Cary Choir will be singing a Joyful Christmas Concert at St. Peter's Church in Evercreech on Friday 13th December and again at Castle Cary Methodist Church on Friday 20th December. Do come along and get into the Christmas spirit for an evening of light hearted songs, readings, and traditional carols.

2025 will be our choir's 60th Anniversary. As part of our celebrations, we will be participating in a joint concert with Wincanton Silver Band in April and we are planning a special Celebration Concert in June. More details to follow next time.

We are a community four-part harmony choir and welcome everyone. We don't hold auditions. We rehearse 19.30-21.30 every Monday evening at the Methodist Church, Castle Cary. Why not give us a go?

Contact: Susie - 01963 351025 castlecarycommunitychoir@gmail.com

CATS

November sees CATS well into rehearsals for our next show – the timeless classic My Fair Lady. Our talented team of directors are busy putting the cast through their paces, and I'm sure we will have another cracking show to present to you all at Ansford Academy from the 19th – 22nd February 2025.

I want to take this opportunity to remind you all what a valuable asset societies such as ours are to the community – as of course are all local societies, no matter what type. It is true to say that, despite the huge increase in the population in Castle Cary and Ansford, this has not really been reflected in either new members or audience sizes. I would therefore urge you all to come and support us in our excellent productions, and also consider joining the society, either to appear on stage or to help in some way with the production team. It is a huge undertaking to put on a musical, and our reward of course is seeing happy audiences!

So come on, support your local society! We hope to see lots of you at My Fair Lady.

Mark Tromans, Chair, CATS.
Contact: castlecarycats@gmail.com





Castle Cary Cricket Club

WE DID IT!! What another great season for the Cricket Club. The first team did extremely well, considering we have never played Cricket in the Somerset Premier League before. We finished 4th, a tremendous effort by one and all. Considering we just have local players and many of the other teams in our division have professional players, we did exceptionally well. There were several notable performances, from our Captain Jamie Elsworth with his best individual score of 125, he won Batsman of the year. Bowling, Mike King had the highest wicket tally of 31, Chris Leach with best bowling figures of 5 wickets for 16 runs and Dan Lake with best economy of 3.9 runs per over which meant he won the Bowler of the year award.

We also did well in the Somerset Intermediate cup losing out in the Semi-final to Bridgwater, who went on to win the trophy.

Our second team also did well. They finished 2nd in their respective division and will be promoted to a higher division next season. Notable performances from Callum Chainey who won Batsman of the year and Eben Latham best Individual Score of 130. Captain Steve Wadman had top Wicket Taker with 20 wickets and Jason Castle with Best Bowling figure of 6 for 21.

May 2025 is when it all starts again, with pre-season training starting around March April time. If you fancy playing Cricket. Why not give us a call, come along to some training sessions and join in.

Contact: Tony Wilcox - 07968 002569
tonywilcox51@gmail.com



New Local Walks Booklet

This booklet, produced by The Tourist Office, is available from The Market House or Bailey Hill Bookshop for £1.00.

The Tourist Office also has lots of information and leaflets for fun days out for everyone. We are open from 9.30am – 12.30pm Monday to Friday and 9.30am – 12noon on Saturday.

Castle Cary Youth Cricket Project

This has proved to be a tremendous success, with our coaches Steve, Neil and Will doing an excellent job with lots of help from Steve C, Paul, Steve W and Tony. Starting in late April through to the end of the summer. We managed to put together three separate sessions per week for different age groups. Wednesday evenings for 8–11 year-olds and Saturday morning sessions 11–14 and 15–18 year olds. When we started, we did not know what to expect, and soon found there is a great demand by youngsters wanting to play Cricket. All sessions were well attended. We also ran a couple of taster morning during the summer holidays which proved successful.

The improvement of the youngsters was tremendous. So, congratulations to all who took part. Next year we are hoping to build on this project and are pleased to announce we will be training indoors at Ansford Academy starting on Thursday 16th January, running every other week from 5pm – 6.30pm and again similar sessions throughout the summer months.

But we really need more help for this Project to grow. We need sport coaches and volunteers to assist our team.

Contact: Steve Maybury
smaybury702@btinternet.com



Castle Cary Bridge Club

Castle Cary Bridge Club meets on a Thursday evening at Caryford Hall in the Small Hall on a Thursday evening. 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.

We would also like to advertise No Fear Bridge held at Galhampton Village Hall on Wednesdays at 2pm.

Contact:
Margaret Bebbington - 07985 435412 (Cary)
Barry Blight - 01963 440351 (Galhampton)





Tai Chi

Tai chi is often described as 'meditation in motion', but it might well be called 'medication in motion'. There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions - for example, 'white crane spreads its wings' - or martial arts moves, such as 'box both ears'. As you move, you breathe deeply and naturally, focusing your attention - as in some kinds of meditation - on your bodily sensations.

Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit, to people confined to wheelchairs or recovering from surgery

Classes: Caryford Hall - Wednesdays, 2 -3pm, and Fridays, 10.30am - 12.30;

The Scout Hut, Fridays, 10 -11am.

£5 per session.

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



Castle Cary Ramblers

The Ramblers had a lovely walk around South Cadbury in July followed by our annual picnic lunch which is a bring and share occasion. It was a good turnout and an enjoyable day with a nice 5-mile walk to enable us to return for lunch.

Following that, we had some longer walks of around eight miles throughout the year, but unfortunately sometimes we have had to cancel our walks due to bad weather.

Our walks are varied, covering different parts of Somerset, Wiltshire and Dorset, offering fabulous views. A combination of paths, bridal ways, lanes and road, some with steep ascents and equally descents.

We will soon be having our usual AGM to work out a calendar for 2025 whereby members offer their help to devise and recce a walk for the group.

We are now looking forward to our Christmas walk which will be followed by mince pies and mulled wine. Why not make contact and come along and see if you enjoy the group, the walks and the camaraderie? We are a friendly group who normally meet at Millbrook Car Park to share lifts where possible. It is such a great way of exploring the countryside in the company of like-minded friends.

Contact Dayella on 07866 173511
dayella_ruetsche@hotmail.com for more information.

Castle Cary Football Club

New Management, First Points, and Exciting Events!

Castle Cary Football Club is excited to share some great news! Our new first team management is already making a positive impact, with our young side securing their first points of the season. Things are looking promising and we're eager to keep building on this momentum. Our youth teams and Legends are also going from strength to strength, showing fantastic progress this year!

After several away games, the first team return home for a string of matches leading up to December. Now is the perfect time for supporters to come down, cheer on the team, and enjoy some great football. Your support is vital as we push for more success this season - and don't forget, the bar will be open before, during and after the match!

We've got two big events coming up. Our Christmas Bingo is coming soon - keep an eye out for details! On 21st December, we'll hold our Christmas Draw during our Christmas Celebration Night. Prizes include £100 cash, hampers and more. Everyone is welcome to join in!

For more info or to get involved -

Contact: castlecary.seniors@gmail.com





Castle Cary Bowls Club

Sorry about the noise. We were having such a good time that you could hear the laughter right across the green. The uproar was made at our quiz night which attracted a full house, as usual. Our quiz mistress put us through our paces with a wide variety of questions, and we tucked into a ploughman's supper at half time. The bar did a roaring trade. A good time was had by all, and we can't wait for the next one.

The season may be over, but the activities are definitely not! Our club secretary arranged an evening of indoor bowling at Clarrie Dunbar. This is a very different skill compared to bowling on grass, requiring a much gentler delivery of the bowls. It took a while, but most participants got the hang of it. This has become a monthly club activity which is gaining in popularity to the extent that we may need a third rink in future.

In addition, we still hold a club night on alternate Tuesday evenings when members meet up to play pub games, chat and have a beer or two. Perhaps you are tempted to join us? Come on then!

Dave Lee, Treasurer

Contact: Charlie - 07977 754109
castlecarybowlsclub@outlook.com

Cary Runners

Cary Runners is a small group of local runners who enjoy each other's company while jogging around our streets and local country lanes.

During the winter, we meet every Monday at 18h30, outside the George Hotel, for a relaxed social jog between 5 and 8km (3 - 5 miles) along country roads or around the streets of Cary and Ansford.

If you would like to join us, either turn up on a Monday evening, or call Dave Boyer for more information. Speed or level of fitness does not matter, as long as you can manage about 5km. A torch and something hi-viz is obligatory for all our winter runs.

So come along to one of our Monday evening runs and join up. Most of our day-to-day comms are via WhatsApp. We have over 150 followers on FB; to keep the WhatsApp chats manageable we only admit people who will be running with the group on a regular basis.

Contact: Dave Boyer - 07903 276315

www.facebook.com/groups/caryrunners/





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 – 07903 276315
Caryford Community Hall – 01963 548016
Caryford Short Mat Bowls – 01963 359069
Carymarsh Nature Reserve – 07903 276315
Carymoor Environmental Centre – 01963 350143
Castle Cary Allotment Association – 07539 022541
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





Our latest arrival

The Creamery at Castle Cary train station is now open!

The trackside restaurant and working dairy celebrates the golden age of the Great British railway.

Under a 10-minute drive from The Newt in Somerset, the historic building is a community hub, serving travellers boarding or alighting trains from London Paddington and the West Country. Visitors can expect hearty dishes, grab and go, and a range of traditional soft cheese and yoghurt using fresh milk from the estate's herd of water buffalo.

We hope to welcome you soon.



thenewtinsomerset.com/TheCreamery

