

# Welcome,

Welcome to your August edition of the Somerton Viaduct. During July 2024 the Memorial Park was re-barked and the area now looks fantastic. Re-barking the borders ensures the site is tidy, safe for children who wish to play, whilst also acting to deter weeds and retain the ground moisture necessary for plant health. The Memorial Park can be enjoyed for all ages, and we encourage our

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community to enjoy the summer weather, get some fresh air, and visit the site.







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All articles for inclusion in the September edition must be received by 10th August 2024 by emailing viaduct@somertontowncouncil.gov.uk

Council Meetings	Date	Time
Planning if required at 18:30	13th August 2024	18:30
Planning if required at 18:30	27th August 2024	18:30

#### All Council Meetings are held at Edgar Hall

You can find detail of the work the Council are undertaking in the minutes of the Town Council meetings on the Council's website. somertontowncouncil.gov.uk /agendas-and-minutes.

During August the Somerton Gardeners Club will hosting their annual Flower and Craft Show and present awards for the Best Gardens in Somerton, to be hosted on Saturday 17th August at Edgar Hall.

You are invited to come along to view the entries at 2pm (entrance fee £1 per person), or join the event at 4pm, during which time the awards will be presented to the Best Garden Competition Winners, for their hard work towards creating beautiful gardens which brighten up our Town.

#### Message from a Concerned Resident

A resident has expressed concern over vehicle speeds between the fire station along Etsome Terrace and the King Ina C of E Academy, especially during the school drop off and pick up times. She politely requests that people stop and think about the impact of speeding and acknowledge the danger to life.

#### King Ina Coronation Book

Last year, Somerton Town Council made the decision to publish a "Coronation Book" in conjunction with pupils of the King Ina Academy. Children at the school will be presented with a copy as a keepsake of the Coronation. Although it was not possible to include work from every child, the book contains a flavour of their contributions with a chapter dedicated for each class.

We would like to acknowledge all the lovely contributions from each and every pupil, as well as the teachers and of CORONATION OF KING CHARLES III

course the Head Teacher. Additionally, we express our gratitude towards Mr Best at Somerton Printery, who has worked conscientiously to collate and produce the special commemorative books for members of the community to cherish.

#### D-DAY Commemorative weekend: SSAFA Donation

We are thrilled to announce that the donation being made to Soldiers', Sailors' & Airmen's Families Association (SSAFA) the armed forces charity, will be £1,000. Contributions were made from residents of Somerton and local businesses raised through the D-DAY 80th commemoration events and the Town Council topped up the donation to £1,000. We thank everyone for their kind donations. SSAFA supports personnel, veterans and families during times of need.

#### Digital Noticeboards

Somerton Town Council maintains two digital noticeboards in the Town to share awareness of upcoming events and publicise important news to the community. Located directly outside the Parish Rooms, and next to the car park public toilets (near the library). You can also access the digital noticeboard online by visiting www. noticeboards.somertontowncouncil.gov.uk

If you are interested in advertising your event for September, please contact viaduct@somertontowncouncil.gov.uk by no later than 23rd August.

#### **Somerton Cemetery**

We are pleased to announce that the new dual recycling bin is being well used by visitors to the cemetery. Green waste, including flowers, plants and leaves, will be placed in the compost bins within the cemetery.

Thank you for helping us to reduce the amount of waste which goes to landfill. By continuing to work together we can make our cemetery more environmentally friendly.

#### Paddock House Long-Stay Car Park

Somerton Town Council has been in communication with Somerset Council's parking department to ascertain whether they are continuing to enforce charges in Paddock House Long-Stay car park

Somerset Council have now removed signage relating to parking charges which previously raised some confusion amongst visitors, and the long-stay parking fees within this car park have been suspended to allow visitors to stay and enjoy everything Somerton has to offer.

#### Somerton Cinema Society

Monthly film screenings from the Cinema Society will be recommencing from Saturday 14th September in the Parish Rooms. The film choice and time of screenings will be announced closer to the time. Keep an eye on the next issue of the Viaduct, and the Town Council's media platforms for further news.

#### A message from your Councillor Louise Evans

Louise arrived in Somerton in 2006, the move primarily for the benefit of her daughter to continue her schooling. Somerton offered the best schools in the area, bar Wedmore. As a single parent, she worked full time in Somerton fitting her working hours around the school. Working fulltime she had very little spare time to engage locally. Fortunately, her current job allows her to work from home and provide capacity to care for an elderly parent. Despite her busy life and now that her daughter is an adult, she has some additional time to spare. When she saw a comment on Facebook this drew her to the challenge of joining the Town Council as she wanted to effect change in the community. She completed the co-option form and submitted to the Town Council; the rest is history!

Whilst she has much to learn, she is both willing and able to give this opportunity her very best and has already completed some training on local council governance. She will be undertaking further training shortly to broaden her knowledge on how best to support our Town.

"Somerton is such a wonderful vibrant Market Town, offering fantastic shops and free parking with accessible facilities. What better way to support the community than becoming a councillor".

Her aim is to give something back to the Town that has given her such a wonderful home and environment in which to raise her daughter. "My particular interests lie within ensuring the Town is a clean and safe space, enjoyable to visitors as well as parishioners. Although I have joined the Services and Infrastructure committee to support these endeavours, I am also willing to get involved and pitch in with the other committees where necessary. Whether starting new projects, or consolidating completed works, I am grateful for the opportunity to be a part of a dedicated, knowledgeable team, and I hope my input will be of value to the community".

### We are here to support our residents

If residents have any comments or questions regarding anything within the magazine, or questions in general, please direct them to your editor by emailing viaduct@somertontowncouncil.gov.uk. Or by contacting your Clerk's office by calling 01458 272236, by emailing office@somertontowncouncil.gov.uk or deputy.clerk@somertontowncouncil.gov.uk.

Please note that the office staff work part time hours, and the office opening times are **09:00 to 12.00 on Monday, Tuesday, Thursday, and Friday.** We endeavour to respond as promptly as possible.

### Somerton Cary Community Shed

Grant funds from Somerset Association of Local Councils (SALC) have been received and the committee are currently working on a plan for the purchase of new assets for the shed. We









are looking forward to reporting back to the Somerset Association of Local Councils in the coming months on how the funds have been used to support the well-being of our community.

More donations have been coming into the shed in support of community wellbeing and we are pleased to report that we are now the proud owners of a thicknesser and planer. We are also building on the crafts area of the shed and patchworking and jewellery making are now underway.

Please come along and see what is going on. We are open Mondays and Wednesdays 10:00 to 13:00 and some Saturdays too. Please contact Mo Fletcher 07718 920198, Gary Maughan 07734 705995 or Bill Murray 07717 626568 for further information. We look forward to welcoming and meeting you soon!

# Somerton Library

The theme for the 2024 Summer Reading Challenge is "Marvellous Makers" for children aged 4 to 11. Participants earn rewards for every book they read and receive a medal and certificate if they complete the challenge. This year, children will join the Marvellous Makers who are busy getting creative for a big festival... but the objects they need have mysteriously disappeared. Sign up for the Summer Reading Challenge in the Library (ends 07/09/2024) or sign up online www.

summerreadingchallenge.org.uk



# **August at ACEarts**

The current exhibition 'Evolver Prize 2024' runs until 10th August. Artists, photographers and designers compete annually for a cash prize of £1,000 and their work to be published on the front cover of the July/August edition of Evolver, the Wessex arts and culture guide. The exhibition features the winner and 49 runners-up.

Opening on 17th August we are delighted to welcome back local textile artist Angela Knapp, joined by Kara Chambers in the exhibition Hanging by a Thread. The exhibition gallery, shop and café are open Tuesday 11am -5pm and Wednesday – Saturday 10am -5pm. Please visit: acearts.co.uk for more information.

# Hello from Judith Swan of St Michael's

Busy settling into the vicarage, Judith Swan is the new reverand of St Michael's. Licensed as the Priest in charge for Somerton, The Charltons, Kingsdon, Long Sutton with Long Load and Pitney.

Judith welcomes you stopping her to say hello if you see her out and about. She is looking forward to getting to know the local area and you! Her family are quickly becoming familiar with the area and walk the local paths and streets taking their springer spaniel Moth, for a walk. In one instance, her younger son and herself made the mistake of daring to trust the forecast (really not wise it seems recently - but in July temperatures it's too warm for a coat if you don't need it!) and returned in sodden shorts and jumpers sometime later. Not only had it poured with rain but thundered too. However, whilst walking, once she had given up any hope of staying dry, it was revolutionary - the sound of rain on the crops and the feeling of cool rain on her skin was refreshing, it made her feel re-energised and very much alive!

I'm reflecting that this is my hope as we come to this beautiful area, to join in with community life here, whether it is pouring with rain or bright sunshine - and in whatever we are going through in life at the current time.

Go well. Rev Judith

#### Parish Rooms

The Chair of Trustees at the Lady Smith Memorial Institute (LSMI) was alerted by Avon & Somerset Police one morning at 6am that the external doors to the parish rooms were open. Fortunately, there had not been a break-in or any damage, the automatic door mechanism had been inadvertently switched off.

Thank you to whoever reported this to the police.

# Somerton Good Neighbours Memory Cafe

Thinking of volunteering?

Somerton Good Neighbours is a thriving, enthusiastic group, and is looking for new volunteers to help with driving residents to medical appointments, and also befriending housebound people in their homes.

To help with transportation requests you will need a clean driving licence and an ID check. A



petrol allowance of 50p per mile is paid. Destinations may include local GP surgeries, vaccination centres or Yeovil and Taunton District Hospitals.

Befriending requires a weekly commitment to visit a person in their own home to have a coffee and a chat. Training will be given and a DBS check carried out.

To find out more about being a volunteer please contact Annette Sparks on 01458 258947 or email annettes2853@gmail.com

#### Laburnum Drive Committee

The Committee meets on the first Monday of month. Any suggestions can be given to our new members Wendy, Pat Turner, and Pat Acreman. We are very happy to have their support and look forward to the up and coming events;

Tuesday 6th August - Bacon Butties.

10th August 3-5pm - Annual BBQ with Musical Entertainment. £7.

20th August- Coach Trip to Sidmouth. £11.

Thursdays at 2pm - Fun Bingo

### Sir Edward Hext 1545 - 1624

Edward Hext was born in Devon, but spent most of his life in Somerset. Amongst other things, he was MP for Taunton, designed Wadham College, Oxford, built the Old Town Hall, the Hext Almshouses in Somerton and the "Church in the Field" at Low Ham, where he is buried.

A very interesting exhibition commemorating his life is being held at his church in Low Ham daily 10am - 5pm until August 31st.

The church is usually locked, but the key is hanging on the post of the white gate in front of Netherham Farmhouse adjacent to the church.

# Somer Singers - Save the Dates

Your own four-part vocal harmony group from the Somerton, Langport and Ilminster areas, who sing unaccompanied arrangements of pop songs from the 60's through to the noughties, pop classics to mighty ballads, along with a smattering of blues, gospel and show tunes in 'a cappella' style, are pleased to announce a few of their up-and-coming performances for your diaries.

Sat 20th July 2024 - Picnic in the Park, East Coker Pavillion - 2:30pm-5:30pm Sat 7th Sept 2024 - South Petherton Hospital Summer Fayre - 11pm-3pm Fri 27th Sept 2024 - Ilminster Arts Centre, Concert with Somer Singers and Blackdown Acapella - 7:30pm start. Tickets available from the Arts Centre or online W: ilminsterartscentre.com

Sat 26th Oct 2024 - An evening with Somer Singers and Friends, The Seed Factory, Aller, Langport - Time TBC

Keep an eye out for other dates coming up, to include the 'best ever' Somerton Xmas Lights Switching on, which will be on Sun 1st Dec 2024, singing in The Parish Rooms, Somerton - Time TBC

Please email singers369@gmail.com or visit facebook.com/groups/somersingers for further details.

#### Somerton Music & Arts Festival 2024

Another successful Festival for chairman, Cliff Bassett, and the hard-working committee! Thank you to suppliers, supporters, helpers, sponsors, advertisers and to you our audiences! The weather for Somerstock stayed (just about) dry and it will soon be time to start planning for Festival 2025.

Watch this space because we are investigating a tribute band in St Michael's Church in the autumn.

# University of the Third Age - u3a

Have you considered joining the u3a? With over 400 members, 50 interest groups and a monthly coffee morning, Somerton u3a has something for everyone. Table tennis, short mat bowls or go on



an organised walk. Join the Sunday Roastie Group, or the Opera Appreciation Group, or Art for fun, to name just a few. There are endless opportunities, and you might even want to set up your own group. We are holding an Enrolment Morning on Friday 23rd August where our Group Leaders will be available to give you more information. Come and join us at the Edgar Hall from 10am for coffee and a chat and learn more about our thriving group. 9

#### Ukrainian Art and Crafts Exhibition and Sale

Route 54 are a local support group for guests from War torn Ukraine. From 12th to 17th August an exhibition and sale of Ukrainian arts and crafts created by our local Ukrainian guests will be on sale at Number One West Street Gallery.

To include a silent auction of Banksy in Ukraine: limited edition Art book and Stamp set professionally framed, commemorative stamp set with UV-filtering art glass. (Reserve of £100) Sponsored by: Somerton Tourism &



Heritage Partnership. For further information and to bid for the Banksy items please email: sherry.briggs@me.com.

### **Annual Flower Show**

Somerton Gardeners Club is holding it's Annual Flower Show on the 17th August in the Edgar Hall.

The classes are free to enter, and you do not have to be a member or live in Somerton. There are masses of classes to chose from including vegetables, flowers, cookery, handicrafts, wine making, and



photography. Entries may be staged on Friday 16th from 8pm or on Saturday 17th from 8.30am. Judging starts at 10am.

Everyone is welcome to come along to the Edgar Hall at 2pm on the 17th August to view the exhibits and enjoy a cup of tea and cake. Somerton Town Council will be presenting the awards for Best Front Gardens at 3.30pm, followed by presentation of the prizes for show entries by Somerton Gardeners Club. There will also be a tombola and raffle. Come along and support us! We had over 500 entries last year and the Edgar Hall was a colourful spectacle of flowers on display. Visit our website somertongc.com

# Somerton Art Exhibition - part of Somerton Music and Arts Festival

What an amazing Art Exhibition! Thank you to all who entered their amazing works of art, to those who visited the Somerton Art Exhibition 2024 and the Somerton Co-Op for their sponsorship of the event. Over 700 visitors come through the door and we had some really lovely comments. We encouraged people to vote for their favourite pieces and the winners this year were: 1st "Deer In Butleigh" by Judy Bugden 2nd "Alfie" by Judy Bugden 3rd "Sunset Stroll" by Neil Galton.

We really hope you enjoyed the exhibition as much as we did organising it, see you in 2025, Jackie, Sue and Alex

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# Have your say....

# Food Support for Families in Somerset

Financial assistance and play schemes are available to families and further information is available at www. somerset.gov.uk/children-families-and-education/school-life/food-support-for-families-in-somerset/

Happy Healthy Holidays places are now available for children aged 5-16 years who are eligible for benefit-related



Parents or carers need a unique booking code from their child's school or a referrer to book a summer activity. First time bookers will also need to set up a Playwaze account.

For further support, please contact Somerset Activity & Sports Partnership (SASP) using their helpline on 01823 653992 (Monday-Friday 9am–1pm) or email hhh@sasp.co.uk.

Feeding families can be challenging and child or adult hunger is a concern. We aim to work with families to support immediate food needs by working with those affected. Support for other family issues is possible; such as finances, housing, mental health and wellbeing, employment and skills. Working alongside Foodbanks, HIS Church, FareShare, Village agents and voluntary/community groups across Somerset, we provide food items and frozen meals to those in need. We also support the development of new community larders and pantries to help with longer more sustainable solutions. If you need support, please contact 0300 123 2224 for urgent food supplies.

When you contact us, Village Agents will also support you and have access to donated food from the community, frozen meals bought by us and emergency support funds if required.

The End Child Food Poverty website gives opportunities for groups and businesses to offer free food, whilst providing meal support to families. www.foodfoundation.org.uk/initiatives/endchildfoodpoverty-campaign

If you have a child under 4-years-old or are more than 10 weeks pregnant, you may be able to get help to buy healthy food and milk at www.healthystart.nhs.uk/

Please contact the Community Council for Somerset if you would like to make a financial donation used to buy fresh local produce, providing direct food support for families. https://ccslovesomerset.org/

# Spotlight

#### **Craft House Chocolate**

New Street in Somerton is home to Craft House Chocolate, an independent and charming small cocoa house selling many types of delicious chocolate in varying forms. Craft House Chocolate is owned and operated by Nettie and Tammy Oakley-Prior, Nettie with a pastry chef background who turned her attention to chocolate in 2017, and in 2019 the couple moved to Somerton and opened the shop. The interior of the shop is testament to Tammy's skill set of design and printing; the beautiful chocolate packaging is her work.



Nettie started as a chocolatier by melting other people's chocolate and then moved on to roast her own beans, stone-grind them and then refine them making her own chocolate and Craft House Chocolate has now won over 18 Great Taste awards for their bean to bar products. Nettie is very enthusiastic about her life as a chocolate maker, and now produces around 5 tons of chocolate per year between the two methods.

Having outgrown their premises in Poole a friend suggested they look at Somerton. They visited and loved the town; they say that the sense of community they found here is one of the best things they like about having their business in Somerton. "We have such lovely customers, and it is so nice to be out and about, and have people say "hello". Customers quickly turned into regulars having found this friendly and welcoming shop.

During Covid the pair sold their products online but now you can stroll into their shop and pick out chocolates, enjoy a cup of hot chocolate, or get a delicious hand rolled ice cream which is made right in front of your eyes. They even have chocolates in little boxes shaped like our beloved Buttercross which are ideal for visitors or gifts from the town.





Nettie and Tammy offer a variety of classes and workshops including truffle making, chocolate decorating, flower making and chocolate tasting classes which take you through the whole history of chocolate so you can learn and taste the differences between industrial and craft chocolate. The workshops can be booked in person or online and they also sell gift vouchers for those who wish to choose their own options, please visit www.crafthousechocolate. com, call 07702 892265, or pop in to the shop to check the event dates.

If you would like your event to be included in the September 2024 edition, please contact viaduct@somertontowncouncil.gov.uk by 10th August 2024

When	Who and Where	Contact
Sunday	Life Church at Edgar Hall. 10:30 to 12:00	Conrad Lucas - 07891665938 E: conrad@lifechurchsomerton.co.uk E: admin@lifechurchsomerton.co.uk.
	Somerton Saxons U6 Rugby at Gassons Lane - Eirian Williams Memorial Pitch. 9:30 to 11:00	Dan Dury - 07970 770946
	St Michael's Church Service 11:00	Parish Assistant 01458 273499 or 07483 137623 somerton.benefice@gmail.com
	Girls Cluster Rugby U12+.	Dan Dury - 07970 770946 Keiron Wilce 07419 995866
Monday	Tot's Life at Edgar Hall 9:30 to 11:00	Kerryanne Lucas - 07715 926923 E: kerryanne.lucas@btinternet.com
	Yoga Classes in the Parish Rooms. 11:30 to 12:30	Sue Knight 07854 641950 E: itssue@mail.com
	Cubs Ages 8 – 10 .5 years 18:00 – 19:30	Somerton Scout Hall
	Pilates - Inhale to Prepare at Edgar Hall. 18:00 to 19:00	Gill Hampson 07526 534889 E: gill- hampson6@gmail.com
Tuesday	Gentle Pilates with Age UK Somerset in the Parish Rooms 10:30 to 11:30	Age UK Somerset 01823 345624 E: ageingwell@ageuksomerset.org.uk
	Women's Institute (WI) in the Parish Rooms. 14:30 - <b>Third Tuesday of the</b> <b>month only</b>	Sue Long and 01458 274038 and Ray Loveall 01458 272095
	Squirrels Ages 4-6 years 16:30 – 17:30 Somerton Scout Hall	Fiona E: info@somertonscoutgroup. org.uk
	Somerton and District Bowls Club at Sports Ground, Gassons Lane. 17:45	Peter Jones 01458 224212 W: somertonbowlsclub.co.uk
	Somerton Runners at the Recreational Ground - hardstanding. 18:00	Keith Brackstone - 07999 511366 E: coachkeith53@gmail.com

When	Who and Where	Contact
Tuesday Cont	Men's over 18s Rugby Club Gassons Lane. Elrian Williams Memorial Pitch. 19:00	Gary Saunders 07870 861731 Chris Burrows 07957 091627
	Scouts Ages 10.5 to 14 years - 19:00 - 20:30	Somerton Scout Hall
	Mid Wessex Singers at West Street Church Hall. 19:00 to 21:00	Sheena Smith 07768 704833 E: info@midwessexsingers.co.uk
Wednesday	Meditation & Mindfulness at the Parish Rooms. 9:25 to 10:30	07803 497496 E: brotheryonten@gmail.com
	St Michael's Church Service10:00	Parish Assistant email somerton.bene-fice@gmail.com
	In Line We Dance 10:00 to 12:00 at Edgar Hall	Mat on 07548 601518 info@inlinewedance.co.uk
	Create and Connect at ACEarts 10:30 to 12:20	Nina Gromw-Lewis 01458 273008 E: hello@acearts.co.uk W: acearts.co.uk
	Knit and Natter 10:30 to 12:00 - First and Third Wednesday of the month only	Somerton Library Somertonlibrary.com/activities
	Somerton Probus Club at the Sports Club. 11:30 - <b>Last</b> <b>Wednesday of the month only</b>	Barrie Davies 07811 770061 E: barrie.davies@btinternet.com
	Beavers Ages 6-8 years 17:00 to 18:15 Somerton Scout Hall	Fiona E:info@somertonscoutgroup. org.uk
	Somerton Group of Artists at the Parish Rooms. 19:30 - <b>Second</b> <b>Wednesday of the month only</b>	Mandy McAllen E: mandymcallen1@gmail.com Free to members or £5 to visitors
	Somerton Gardeners Club 19.30 at St Cleers Chapel - <b>Second</b> <b>Wednesday of the month only</b>	Annette Sparks 01458 258947 annettes2853@gmail.com somertongc. com £3 for visitors
	Somerton Saxons Rugby Club at Gassons Lane - Eirian Williams Memorial Pitch. 19:00 to 20:30	Dan Dury 07970 770946 Julia Holland 07934 641544 U9s (yr 4), U10s (yr 5), & U11s (yr 6)
Thursday	In Line We Dance 10:00 to 12:00 at Edgar Hall	Mat on 07548 601518 info@inlinewedance.co.uk

When	Who and Where	Contact
Thursday cont	Drawing for all at ACEarts 10:30 to 12:30	Nina Gromw-Lewis 01458 273008 E: hello@acearts.co.uk W: acearts.co.uk
	Story Time from 10:30 to 11:00	Somerton Library Somertonlibrary.com/activities
	Friendship Club at the Sports Club. 10:30 - Second Thursday of the Month only	Mo Fletcher 01458 274631 E: fletcher080@btinternet.com
	Health Walks Somerton Library 11:30 - First and Third Thursday of the Month only	Mo Fletcher 01458 274631 E: fletcher080@btinternet.com
	Girls Rugby Club (10-16 yrs) at Gassons Lane - 18:00 to 19:30	E: crc@somertonrfc.co.uk
	Wessex Junior Youth Club at the Wessex Rooms. 18:00 to 19:30	Clive and Sara Dyer 01458 273655 or 07970180608 E: sarad53@hotmail.com
	Somerton Bridge Club at West Street Church. 19:00	Joan Davies & Jim Dawon 01458 272418 & 251228 E: joandavies15@rocketmail
	Rugby Club - Men's over 18s at Gassons Lane - 19:00	Gary Saunders 07870 861731 Chris Burrows 07957 091627
	Archies Xtra (11-18 Yrs) Sports Ground beside MUGA 19:30-21:00	Alex and Judith 01458 272047 and 01458 273079
	Somerton History Society at the Parish Rooms. 19:30 - <b>Fourth</b> <b>Thursday of the Month only</b>	Joan Banbury E: j.banbury@mypostoffice.co.uk
Friday	U3A Members – Edgar Hall 10:00 - 12:00 last Friday of the month only	Annette Sparks on 01458 258947
	Strong & Steady with Age UK Somerset at the Parish Rooms - Please contact Age UK for referral	To self refer call 01823 345614 E: fallsprevention@ageuksomerset.org.uk
	In Stitches at ACEarts. 10:30 to 12:30	Nina Gromw-Lewis 01458 273008 E: hello@acearts.co.uk W: acearts.co.uk
	Somerton and District Bowls Club at Sports Ground, Gassons Lane. 14:00	Peter Jones 01458 224212 W: somertonbowlsclub.co.uk

When	Who and Where	Contact
Friday Cont	Strictly Jive at Edgar Hall 19:45 to 00:30 - <b>First Friday of the</b> <b>month only</b>	Roy Wary 07811 018284 E: roywary42@gmail.com FaceBook - Strictly Jive
Saturday	The Langport Cycle Club 9:00 The Bridge Cafe in Langport	07775 670546 E: tvb@btinternet.com W: langportcycleclub.com
	Wessex Country Market 9:00 to 12:00 Skittle Alley of the Unicorn Hotel	Christine Ward, 07971079391, E: christineward747@hotmail.com
	St Michael's Monthly Coffee Morning 10:00 to 12:00	Parish Assistant please email somerton.benefice@gmail.com
	Board Games including Chess 10:00 to 12:00	Somerton Library Somertonlibrary.com/activities
	Lego challenge 10:30 to 12:00 - First Saturday of the month only	Somerton Library Somertonlibrary.com/activities
	Somerton Cinema Society at the Parish Rooms. <b>Taking break until September.</b>	Restarting 14th September, movie and time TBC



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\*Additional charges may apply

To find out more contact us on 01458 272236 or email office@somertontowncouncil.gov.uk

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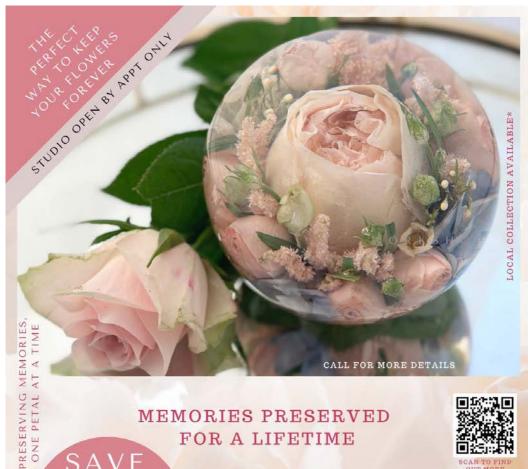
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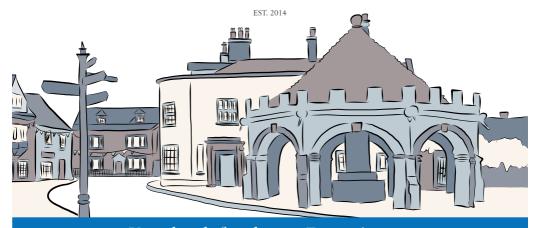
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# NHS HEALTH CHECK

Anyone aged between 40 – 75 years who does not have a pre-existing health condition should be invited to a NHS Health Check by your GP or local council every 5 years.

Your NHS Health Check is a free check-up of your overall health, which can tell you whether you are at a higher risk of getting certain health problems i.e., heart disease, diabetes, kidney disease and strokes.

The check is completed by a healthcare professional and usually takes around 20 - 30 minutes to complete. The check usually involves taking the following measurements;

Height and Weight | Waist | Blood Pressure | Cholestrol | Possible Blood Sugar Level

You will also be asked questions surrounding the following;

Smoking Habits | Alcohol Habits | Physical Activity Level | Family History
Age | Gender | Ethnicity

Results and methods used to reduce risks are discussed during the appointment.

If you have not been invited but think you are eligible, contact your GP surgery to find out if they offer NHS Health Checks. Some pharmacies also offer NHS Health Checks. Information for this poster has been adapted from https://www.nhs.uk/conditions/nhs-health-check/



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# WHERE TO REPORT A PROBLEM

### SOMERSET COUNCIL

- All services formerly delivered by District and County councils, including council tax, highways, and planning.
- Bins, recycling and waste
- Environmental health and food safety (i.e., noise)
- Education
- Care and Support for Adults
- Highways Roads, travel and parking
- Public right of way and footpaths
- Housing

0300 123 2224

# SOMERTON TOWN COUNCIL (STC)



- Verge Maintenance (only those managed by STC)
- · Edgar Community Hall
- Market Square (Cobbled Area)
- · Somerton War Memorial in the Market Square
- Water Trough in Cow Square
- The Buttercross in the Market Square
- · Information pertaining to STC Meetings
- · Information pertaining to STC

01458 272236

### **LOCAL POLICE AUTHORITY**

- Report a crime or incident such as an accident on the road, lost property or anti-social behaviour including suspicious activity
- · Property disputes
- Community issues such as parking, noise complaints, public disorder and littering/fly-tipping
- · Vehicle and road concerns
- Welfare concerns

EMERGENCY 999

#### NHS

- GP Surgery, Dentist, Ambulance Service, Hospital care
- · Pharmaceutical inquiries
- Community Services i.e., district nursing
- Mental health services
- Urgent and Emergency Care
- Specialised services

