

# Fivehead & Swell

## Community Matters

*Published every two months*

*By Fivehead Parish Council*

**No 206 December 2021**

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Graham Land

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The views expressed in this newsletter are those of the contributors and not necessarily those of the publisher. Whilst every effort has been taken to ensure the information supplied for inclusion in the newsletter is accurate, responsibility cannot be accepted for any omissions or inaccurate information. We reserve the right to edit any contribution for the purpose of clarity, consistency and layout limitations.

By supplying material for publication in Community Matters, you are giving consent for its publication on the village website at [www.fivehead-village.org.uk](http://www.fivehead-village.org.uk)

# Useful Information

## EMERGENCY AND HELP SERVICES

Emergency No. (All Services)	999	
Non-Emergency Police No.	101	
Non-Emergency Medical No.	111	
Samaritans	116 123	
Age Concern	0800 00 99 66	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>
Citizens' Advice	03444 889 623	
Somerset Community Connect—local care and services to help you choose the right care and support.		<a href="http://www.somersetcommunityconnect.org.uk">www.somersetcommunityconnect.org.uk</a>

## MEDICAL

Langport Surgery	01458 250464	<a href="http://www.langportsurgery.co.uk">www.langportsurgery.co.uk</a>
North Curry Health Centre	01823 490505	<a href="http://www.northcurryhealthcentre.co.uk">www.northcurryhealthcentre.co.uk</a>
Musgrove Park Hospital	01823 333444	<a href="http://www.tsft.nhs.uk">www.tsft.nhs.uk</a>
Yeovil District Hospital	01935 475122	<a href="http://www.yeovilhospital.co.uk">www.yeovilhospital.co.uk</a>

## SOMERSET COUNTY COUNCIL

	0300 123 2224	<a href="http://www.somerset.gov.uk">www.somerset.gov.uk</a>
County Councilor - Clare Aparicio-Paul	07879 313117	email: <a href="mailto:capaul@somerset.gov.uk">capaul@somerset.gov.uk</a>
Highways and Travel		<a href="http://www.travelsomerset.gov.uk">www.travelsomerset.gov.uk</a>
Rights of Way-Volunteer & Trails Officer	01823 358250	<a href="http://www.roam.somerset.gov.uk/roam/map">www.roam.somerset.gov.uk/roam/map</a>
Somerset Waste Partnership	01823 625700	<a href="http://www.somersetwaste.gov.uk">www.somersetwaste.gov.uk</a>

## SOUTH SOMERSET DISTRICT COUNCIL

	01935 462462	<a href="http://www.southsomerset.gov.uk">www.southsomerset.gov.uk</a>
District Councilor - Malcolm Cavill	01823 481335	<a href="mailto:malcolm.cavill@southsomerset.gov.uk">malcolm.cavill@southsomerset.gov.uk</a>

## PARISH COUNCIL

Kate Beacham (Chair)	6 Ganges Close	01460 281414
Laura Howard (Vice Chair)	The Old Manse	01460 282911
Ken Male	Tanyard Farm	01460 281233
Nina Cameron	18 Ganges Close	01460 281358
Phillipa Brett	The Old Bakery B&B	01460 281115
Robert (Rob) Wynn	Meldon	01460 281288
Bruce Ferguson Dr.	Poolhayes Swell	01458 250138
Jayne Parsons (Clerk)	White Lias House, Turnhill Rd, High Ham TA10 9DF	07432 275954

E-Mail contact for all matters [fiveheadpc@gmail.com](mailto:fiveheadpc@gmail.com)

## USEFUL CONTACTS

Drama Group—Kevin Stevens	07794 226149	<a href="mailto:kevinmstevens11@gmail.com">kevinmstevens11@gmail.com</a>
Harry Price	01460 281573	<a href="mailto:harryprice183@btinternet.com">harryprice183@btinternet.com</a>
Playing Fields — Frank Doggett	01460 281549	
Sue Atwell Shop	07930278600	<a href="mailto:sue.atwell@hotmail.co.uk">sue.atwell@hotmail.co.uk</a>
The Crown Inn	01460 281322	<a href="mailto:snpubsLtd@gmail.com">snpubsLtd@gmail.com</a>
Short Mat Bowls— Heather Gorton	01460 281995	email: <a href="mailto:h.gorton74@gmail.com">h.gorton74@gmail.com</a>

Village life has been given a huge boost by the long-awaited re-opening of The Crown Inn. A big welcome to Chris and Clare, the new landlord and landlady who arrived in November.

In October, the second pop-up pub proved to be another very successful fundraiser, helping to add over £1,000 to proceeds from the first event, organised by Save our Crown. A small group of volunteers are now looking at the best way to source a defibrillator to be installed in Fivehead's refurbished phone box. This lifesaving device can help someone experiencing a sudden cardiac arrest, significantly improving their chances of survival; so just one life saved makes this money well spent. Most large villages in the area now have them and thanks to a generous private donation, it may be possible to install a second device at Sue's shop on the A378, for easy access for first responders. Thank you to everyone who has supported the project. More details to follow.

The Parish Council's environmental volunteer, Dave Braddock has moved on swiftly from Langford Corner to the Village Green, where he has now carefully pared back the shrubs and roses ready for the Spring. The War Memorial has also been given a spruce up. It was lovely to be able to host a public Remembrance Service again, jointly organised by the Baptist Church and St Martin's. Thanks to everyone who attended and to the Crown landlords who offered everyone a complimentary glass of port afterwards.

Now that several diseased Ash trees have been removed from Tudor Cottage Garden, the focal point of the Green is looking quite different and the very rare 'Service Tree' that remains is much more prominent.

Fivehead is lucky to have a wealth of beautiful old trees and the Parish Council has just heard that it has been successful in its application to the District Council to obtain a Tree Preservation Order to protect over thirty trees located on the Cathanger Estate and surrounding parkland. These include Oak, Horse Chestnut, Field Maple, Sycamore, Lime and Plane trees. A big thank you to our Tree Warden, Barry Knox, who joined Councillor Brett and the District Tree Officer, Phil Poulton, on a site visit earlier in the year, to survey the trees and help make the case for protecting them.

Looking ahead to the New Year, the Cedar tree in the centre of the Cemetery will be receiving a crown lift and removal of deadwood, which it is hoped will greatly improve its appearance. The large Holm Oak, which is an important aspect of the setting for the War Grave, will also be given a lift, by pruning back its spreading branches to suitable growing points; this will enable the newly seeded area underneath its canopy to grow properly in the Spring.

The festive season is fast approaching and it's also time to consider budgets, future projects and the precept for 2022/23. The Council has lots of maintenance work on its project list for the next few years to safeguard the Parish's assets. This will include repointing and repairing the Grade I listed churchyard walls; repairing and restoring the Pound (once the development work has been completed on site); and maintenance work for the Cemetery railings. The old adage "a stitch in time" very much applies, but a balance has to be found in also being able to support new needs that the Parish may have. The Council was delighted to be able to help The Stable Coffee Shop recently, by applying for grant funding from Somerset County Council on their behalf, to enable them to purchase a card reader start-up pack, so they will be able to take card payments in future.

Our Parish has always been lucky to have an exceptional source of 'people power' and this is the quickest and most effective way to get things done. As we end another difficult year, a big thank you to all our volunteers (new and old) and key workers, who really make a difference to our community life.

With the very best wishes for Christmas and a healthy New Year to all

# Parish Council - other news

## Funding available

It's not often the Parish Council has money to spend on improvements in the Parish, but we do now, with more to follow soon. When developments take place, we receive funding towards improving our infrastructure (Community Infrastructure Levy) and we have a small fund available.



Please give some thought to what improvements we can make; these are some ideas put forward so far:

- Speed indicator device and signage
- Install steps on footpath 11/42 (near Sedgemoor Game Farm, joining Top Road to A378)
- Repair and renovate churchyard walls
- Repair and paint Cemetery railings

We'd love to hear what you think and if you have any other ideas. Please send your suggestions to

Jayne Parsons, Parish Clerk - [fiveheadpc@gmail.com](mailto:fiveheadpc@gmail.com)

## Reflecting on a year like no other...

The team at Spark Somerset has recently launched the **Impact Report, a celebration of what has been achieved since the start of the pandemic and some of the people who made it happen.**

 **INSPIRING COMMUNITIES**

[Please click here to read the report \(https://www.sparksomerset.org.uk/20/21\\_Impact\\_Report\)](https://www.sparksomerset.org.uk/20/21_Impact_Report)

Since the pandemic hit, people have faced some of the most difficult times of their lives. Community groups across the county rallied round and continue to support the people who need it most. Spark has become a countywide charity and now provides services across Somerset, with a 30-strong team, working every day with groups and volunteers. This report is a reminder of what can be achieved when people pull together.

## Other news Avian flu warning

Heart of the South West Trading Standards Service has advised that, as of 3 November 2021, an Avian Influenza Prevention Zone was declared across Great Britain. This means that all bird keepers in Great Britain (whether they have pet birds, commercial flocks or just a few birds in a backyard are required by law to take a range of bio-security precautions.

Full details of what is required can be found on the government website: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1030990/aipz-declaration.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1030990/aipz-declaration.pdf)

If you have poultry, it is your responsibility to keep updated on any outbreaks and an easy way to do this is to sign up for text notifications.

**Remember that you can keep in touch with the latest news on <https://fivehead-village.org.uk>, or sign up to the village email group via the home page or email [fiveheadpc@gmail.com](mailto:fiveheadpc@gmail.com)**

# Fivehead Rights of Way

## Fivehead and Swell Footpaths

As Autumn progresses, some footpaths have taken a bit of a battering with the weather, ploughing and stock management. I hope you are still able to get out and about but please let me know if there are any major issues affecting your walking. Somerset County Council are looking for a new Rights of Way Officer for our area as George Montague left the Council, so some issues are taking longer than others. We know about the tree in Green Lane and are trying to get it sorted with a team of volunteers.

The team for the Fivehead and Swell Footpaths now numbers 15. We are all volunteers and refer to The Parish Council as well as Somerset County Council. The team keeps an eye on the paths and way markers, looking for problems to deal with or report to the Councils. Cutting back along footpaths and surfaces is possible but other jobs may require some extra help.



One of the team, Beth Thompson, was out and about in High Ham and had “stile envy” when she came across this very posh stile with a doggy gate. It looks good!

My contact email is [marybraddock@btinternet.com](mailto:marybraddock@btinternet.com) if you want to let me know about any issues you find on your walks. I can't promise to deal with them all but could make contact with Somerset CC if needed

# Forsey and Son

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Pound Pool, Somerton, Somerset, TA11 6LZ  
01458 272297 or Langport 01458 250509



# Village Hall Management Committee

## The View from the Village Hall

It's pleasing to see that bookings of the Hall are almost back to pre-Covid levels.

Resurfacing of the car park is scheduled to be completed before Christmas and quotations are being examined for CCTV cameras to be installed to protect the outside area in the future.

In the longer term plans are being formulated to replace the heating system in the Village Hall which is now becoming life expired and to make some much needed improvements to the fabric of the Hall which is now some 15 or so years old. We are asking the Parish Council for financial help in this respect.

Following a very successful "pop-up" pub in October we have sufficient funds to install the long promised defibrillator in the village telephone box. A small "expert" team have decided on what machine to install on favourable terms. Thanks to a very generous donation from Roger Eavis of Greenshutters, a second defibrillator is also about to be installed, courtesy of Derek Cossey, at Fivehead Service Station at the top of Butchers Hill.

An appeal for Volunteers is shortly to be made...many were happy to "Save The Crown", we hope that as many will be keen "To Help Save a Life"!

Dave Cunningham Secretary

**Contacts:** Chairperson: Kevin Stevens 07794 226149  
Treasurer & Booking Clerk: Richard Hadfield 01460 281904  
Secretary: Dave Cunningham 01460 281651



## 100 Club Winners

October 2021			November 2021		
No. 48	J. Phillips	£50	No. 90	R. Westworth	£50
No. 72	J. Loveridge	£25	No. 50	O. Howard	£25
No. 41	K. Shakespeare	£15	No. 67	P. Knight	£15
No. 114	J. Thorne	£10	No. 25	R. Wynn	£10

## Fivehead Drama Group

The costumes are being dusted off and the greasepaint readied for the annual Village Pantomime this year

***Sherlock Holmes and the Hound of the Basketcases* by Dave Crump**

This is no ordinary pantomime, but one full of horror & terror, and that is only the feelings of the cast.

It will be performed on

**Friday 14th January Evening, Saturday 15th January Afternoon & Evening**

Tickets on sale in the New Year at **The Stable & the Crown Inn**

# Remembrance Sunday



## Remembrance 2021 and RBL Centenary

The Royal British Legion would like to thank everyone who attended our Service of Remembrance in Fivehead and to extend our gratitude to those who bought poppies, helping to raise £923.63 from our Village alone.

The RBL was created to help service men and women returning from the First World War, and it has continued with this work ever since, supporting our veterans and their families. We rely on your support to continue with this vital welfare and benevolent work.

We hope to hold several fundraising events next year, including a Spring Lunch, Summer Drinks, and a Remembrance Lunch, all being well. We are always keen to welcome new members, including those from a non-military background. If you would like to join for just £18 a year, please contact Pip Brett ([curryrivel.secretary@rbl.community](mailto:curryrivel.secretary@rbl.community)) 01460 281115.



Mick Brett (Chairman)  
Curry Rivel, Drayton, and Fivehead Branch  
Royal British Legion

Pip Brett, Secretary  
Curry Rivel, Drayton, and Fivehead Branch  
Royal British Legion



## Christmas Carols at The Crown Inn, Fivehead

Mince pies, mulled wine,  
and plenty of Christmas cheer

7pm, Wednesday 15th December 2021



# The Crown Inn

We are very pleased to announce The Crown Inn Fivehead is now open! Shaun and Nicki –S & N Pubs Ltd and Chris and Clare, your hosts, welcome the community back to their much missed village pub. We have some great conditioned ales on tap. Please come see us.

Currently we are only serving beverages and snacks and will be introducing a food menu in the new year. We have exciting plans for social events including raffles, games and prizes, live music, skittles and quizzes.

We will be publishing Christmas and New Year opening hours soon so please keep an eye on our notice boards and we invite you to like our Facebook page The CROWN INN. Cheers!!



Facebook page link :<https://m.facebook.com/The-CROWN-INN-102549508917476/>

Contact details: [snpubsltd@gmail.com](mailto:snpubsltd@gmail.com)

Tel: 01460 281322

Clare & Chris

The Crown Inn

## Folk & Acoustic Music Night -The Crown Inn

I am delighted to be able to announce that **Folk & Acoustic Music Nights** at **The Crown Inn, Fivehead** are restarting on **Saturday 11th. December 2021**. I'm sure you will want to join me in extending a very warm welcome to new owners **Shaun & Nicki** of S & N Pubs Ltd and our new hosts **Chris & Clare** who will be running the pub.

You know that an act is good when the audience demand an encore, then ask for a return visit! **Peter & The Rabbits** last performed at the Crown Inn for the Christmas Special in 2018. So having had to cancel their subsequent performance due to lockdown I could think of none better to invite for the reopening of our Folk & Acoustic Music Nights! Being in December means that it will again be a **Christmas Special**.



This time **Peter Annear**, along with **Sharon Rabbits** and her daughters **Frances & Buffy** will be joined by Sharon's brother **Blue** on banjo, to add to the orchestra. Hence we are looking forward to **Blue, Peter & The Rabbits**. (Don't forget the comma)

Expect multi-instrumental playing, five-part harmony vocals, festive songs and cheer, plus plenty of good humoured banter from this fabulous group. **Don't miss it!**

As usual, floor singers are welcome to play a song or two (depending on numbers) in the first half of the evening (from 7.30pm - 8.30pm).

Please come early and sign up in the book, or email me in advance.

At present I don't think food will be available for this first session because Clare & Chris have only just arrived. However, the bar will be open beforehand and during the interval for drinks.

For more information contact **Laurie Burn** [laurieguitars@gmail.com](mailto:laurieguitars@gmail.com) **07854 750545**

# THE BRISTOL HIPPODROME

100 YEARS



## Charity Theatre Trips for 2021/2022

The Lion King is roaring back into Bristol in 2022. We plan a trip on Wednesday 9<sup>th</sup> March. The tickets are very expensive but I have managed to get a discount on a limited number in the side stalls which should give a good view at considerably less than the central ones. Prices including coach are £78 (side) and £108 (central).

Book on line at [www.theatretrips.webeden.co.uk](http://www.theatretrips.webeden.co.uk) , e-mail [Charitytheatrerips@btinternet.com](mailto:Charitytheatrerips@btinternet.com) or phone me on 01458 273085.

**Bourne's Nutcracker**, Tue 1 Feb 22 £41/£51; **Lion King**, Wed 9 March, £78/£108; **We Will Rock You**, Wed 20 Apr, £45/£58; **Strictly Ballroom**, Tue 10 May 22, £36/£51; **Mamma Mia**, Mon 20 Jun 22, £49/£61; **Les Miserables**, Tuesday 19 Jul 22, £45/£58; **The Commitments**, Tue 21 Mar 23, £50.

## Langport & District Red Cross

My latest effort to fund raise for the Langport & District Red Cross Group is the publication, just in time for Christmas, of a companion book to my 'Total Experience Corner' memories of a year teaching in Jamacia . My new book is called 'Jim Jams' and relates the all too frequent 'jams' Jim and his relations have got themselves into over the years, many of them highly amusing, with a sprinkling of tragic & heart stopping sadness. Jim relates his family's story from an eloping great-great-grandfather via an impulsive father through to a seemingly rather accident prone grandfather in the present day. As they say, any resemblance to persons you think you recognise is entirely accidental!

Printed and e-book copies are now available on Amazon Books at £5 (plus postage) and as a Kindle e-book for £2.50. You can also receive a printed copy direct from Chris for £5 (including postage).

Total Experience Corner is also still available from Chris at £12 (including postage) or as an e-book from Amazon Kindle.

All profits will be donated to the British Red Cross to help keep their Langport Centre Shop open.

To order copies from Chris e-mail [cox.cj@btinternet.com](mailto:cox.cj@btinternet.com) or send a text to 07963 689699

## Christmas Quiz

10th December 7.30pm

£2 per person includes

Festive Buffet

At The Crown Inn

Call

01460 281322

To book a team table

For up to 6

All proceeds to

The Village Hall

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# UNITED BENEFICE OF CURRY RIVEL, FIVEHEAD AND SWELL

## St Martin's Fivehead



### Churchwardens

Ellen Balmer Tel: 01460 281578  
Trish Allen Tel: 01460 281674

## St Catherine's Swell



### Churchwarden

Anna Rees Tel: 01458 253067

**Rector:**  
Revd. Scott Patterson  
Tel: 01458 251375

## Scott's Spot – December 2021

### A crib with a twist

After time 'off duty' on sabbatical, I'm back! You may remember that in August's publication I shared some sabbatical plans with you. I'm pleased to say that I managed many of them, including the Christmas project that involved both woodwork and writing. This took shape as a crib with a twist.

So what is it? Well I've called it an 'Advent Manger' and its purpose is to point to something called the 'paradox of Christmas'. A paradox is something that is two opposite things at the same time (baked Alaska?!), and as we prepare to celebrate the birth of Jesus we see that He fits the bill. On the one hand Jesus is born as a human baby – one of the most vulnerable things on earth – and on the other, this infant would come to reveal Himself as God as a person. The Advent Manger is about presenting this paradox in a hopefully clear and powerful new way.

Perhaps you enjoy counting down to Christmas with an Advent Calendar. As marketing departments have got in on the act, you can do so today with beauty products, toys, cheese (yes really) and of course chocolate. There are even some that still remind us of the Christmas story.

The Advent Manger develops this idea. Imagine a wooden model of a manger – an animal feeding trough – the sort of thing that Mary laid the infant Jesus in. Now picture lolly sticks numbered 1 to 25 all around the outside of the manger, sticks that as we count down to Christmas are turned over to reveal a Bible name of Jesus. The names chosen start right at the beginning of the Old Testament and take us through the Bible to the end of the New Testament. The idea is that as the explanations that go with those names are read, we land at Christmas Day amazed at the astonishing gift that Christmas is really all about. My hope is that the Manger helps us see Jesus not just as 'the reason for the season', but, as the Bible presents Him, as pretty much the reason for everything, and therefore the reason to worship God afresh with love, joy, gratitude and grateful service.

I'd love to be able to offer everyone an Advent Manger of their own – mass production is the next challenge for this project. But if you would like a printed version for your Advent count-down this year, then I'd love to give you a copy. These will be available in our Benefice churches for you to pick up at your convenience, or from me directly. Please call to 'place your order' on 01458 251375. I'd be delighted to receive your thoughts and feedback in due course.

With every blessing for you and those you love this Christmas,

Revd. Scott.

# The United Benefice of Curry Rivel, Fivehead & Swell

**Please note** The services listed below are dependent on the current local and national Covid situation, and are therefore liable to change or cancellation.

If you would value reassurance as to whether a particular service is on then please contact the Parish Office on 01458 251375

## December Planned Services

<b>Thursday 2nd.</b>	10.00am Prayer Book Communion in the Old School Room	<b>Curry Rivel</b>
<b>Sunday 5th.</b>	10.00am All Age Family & Friends Service	<b>Fivehead</b>
	11.00am said Communion Service (CW)	<b>Fivehead</b>
	6.00pm A Service of Evening Worship	<b>Curry Rivel</b>
<b>Monday 6th.</b>	7.00pm <b>Carols on the Green</b> + refreshments in the Church	<b>Curry Rivel</b>
<b>Saturday 11th.</b>	2-4pm <b>St Martin's Christmas Fair</b>	<b>Fivehead</b>
<b>Sunday 12th.</b>	9.30am BCP Prayer Book Communion Service	<b>Swell</b>
	11.00am Parish Communion Service (CW)	<b>Curry Rivel</b>
	6.00pm <b>St Martin's Carol Service</b>	<b>Fivehead</b>
<b>Thursday 16th.</b>	10.00am Prayer Book Communion in the Old School Room	<b>Curry Rivel</b>
<b>Sunday 19th.</b>	9.30am Parish Communion Service (CW)	<b>Fivehead</b>
	6.00pm <b>St Andrew's Carol Service</b>	<b>Curry Rivel</b>
<b>Tuesday 21st.</b>	7.00pm <b>St Catherine's Carol Service</b>	<b>Swell</b>
<b>Friday 24th.</b>	<b>Christmas Eve</b>	<b>Curry Rivel &amp;</b>
	4.00pm <b>Crib Services</b> at St Andrew's & St Martin's	<b>Fivehead</b>
	11.15pm <b>'Midnight' Communion Service at St Andrew's</b>	<b>Curry Rivel</b>
<b>Saturday 25th.</b>	<b>Christmas Day</b>	<b>Swell</b>
	8.30am <b>Christmas Morning Prayer Book Communion</b>	<b>Fivehead</b>
<b>Sunday 26th.</b>	10.30am <b>Family Christmas Celebration at St Martin's</b>	<b>Fivehead</b>
	10.00am <b>United Benefice</b> All Age Communion Service	<b>Fivehead</b>

## January 2022 Planned Services

<b>Sunday 2nd.</b>	10.00am A shared All Age Service with Fivehead Baptists (For more information see Notice Boards)	<b>Fivehead</b>
	11.15am said Communion Service (CW)	<b>Fivehead</b>
	6.00pm A Service of Evening Prayer	<b>Curry Rivel</b>
<b>Thursday 6th.</b>	10.00am Prayer Book Communion in the Old School Room	<b>Curry Rivel</b>
<b>Sunday 9th.</b>	9.30am BCP Prayer Book Communion Service	<b>Swell</b>
	11.00am Parish Communion Service (CW)	<b>Curry Rivel</b>
	6.00pm Evening Prayer	<b>Fivehead</b>
<b>Sunday 16th.</b>	9.30am Morning Worship	<b>Fivehead</b>
	11.00am All Age Family & Friends Service	<b>Curry Rivel</b>
	12 Noon said Communion Service (CW)	<b>Curry Rivel</b>
<b>Thursday 20th.</b>	10.00am Prayer Book Communion in the Old School Room	<b>Curry Rivel</b>
<b>Sunday 23rd.</b>	9.30am Parish Communion (CW)	<b>Fivehead</b>
	11.00am Morning Prayer (CW)	<b>Curry Rivel</b>
	6.00pm BCP Prayer Book Evensong	<b>Swell</b>
<b>Sunday 30th.</b>	10.00am <u>5th. Sunday</u> United Benefice All Age Communion at St Martin's	<b>Fivehead</b>

**BCP = Book of Common Prayer, CW = Common Worship, UB = United Benefice**

# Fivehead Nature Watch

Dave Braddock

Sometimes, when you take a walk around the lanes of Fivehead and Swell, you can become a type of detective. Quite a few of the wild plants seen are steeped in history and many were used as medicinal plants and for other uses. There was no NHS in medieval times, but you needed to know which ones to use as some could be fatal.



Bramble often gets overlooked until it starts to produce its fruit. Traditionally, blackberry picking was a popular late summer activity in Britain. In the West Country, blackberries were called 'moochers,' referring to 'mooching' or 'playing truant,' as they distracted children from getting to school. The thorny bramble has always been the friend of poor people, because of the wool it collects from sheep. Country women made the wool into mops to sell for a few pence. Over the years it has been used as a remedy for almost all ailments, from wounds and ulcers to fevers and itching. It was a remedy for colds, coughs, and flu, because of its astringent and antiseptic properties. Bramble has also been used to treat sore feet, cuts, burns, ulcers, kidney problems and diarrhoea.

You have probably tried elderflower in a tasty summer cordial, but these flowers have been used for other things. The flowers have both anti-septic and anti-inflammatory effects, so country folk have been using them in home-remedies for centuries. A mix of elderflower and water can be used to alleviate symptoms of anything from the common cold to some forms of arthritis.

Put off by their nasty sting, most people overlook the health benefits of the Nettle, despite the fact it has fewer side effects than prescribed medications. Historically, the aerial parts of the plant were used as natural antihistamine to combat allergies. It also makes a nice hot drink and can be cooked or steamed as a vegetable. However, the nettle has been increasingly studied and potential new uses include treating Alzheimer's disease.



Regarded as one of the first signs of spring, the native primrose, with its single yellow flowers, was commonly used in basic first aid. The leaves were often made into ointments, called 'salves,' used to heal wounds. It was believed that stem juice rubbed onto the face removed spots and freckles. Primroses were made into a solution to treat restlessness and insomnia and some folks believe Primroses help muscular rheumatism, paralysis, and gout.

Were you ever told not to pick dandelions because they make you wet the bed? Well, that may be because they are a diuretic, meaning they increase the production of urine. The roots, foliage and flowers of dandelions are all edible and continue to be used in herbal treatments today. For centuries they have been used to treat a variety of conditions, particularly for kidneys and liver.

In medieval times, pregnant women avoided eating and touching strawberries and wild strawberries in case their child was born with a strawberry shaped birth mark. So, keep your eyes peeled the next walk you take for any of these plants.

I am still getting wildlife sightings sent in by the newsletter readers so please keep sending in any sightings to me at [davebraddock349@gmail.com](mailto:davebraddock349@gmail.com)

We welcome to the village our new publicans at The Crown Inn

**Nicki & Shaun of S & N Pubs Ltd**

and our personal hosts at the pub

**Chris & Clare**

# CURRY RIVEL CHURCH OF ENGLAND

## PRIMARY SCHOOL UPDATE

### **'Caring, Curious and Confident'**

**'Healthy trees bearing good fruit' - Matthew 7 v 17**



November has been a busy month in school.

We respected two minutes' silence as a whole school in Remembrance of our Armed Forces and of wars fought. On Remembrance Sunday, the eight Year 6 House Captains and I attended the Curry Rivel village Remembrance Sunday Service where the pupils shared their poetry, laid wreaths on behalf of the school and paid their respects.

Monday 15th November was 'Odd Socks Day'. It was an opportunity to encourage pupils (and staff) to express themselves and celebrate their individuality and what makes us all unique. All you had to do to take part is wear odd socks to school (No money required). Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons that 'One Kind Word' was chosen as the theme of Anti-Bullying Week.

We have thoroughly enjoyed 'democracy day', with all classes visiting the hall, where Mr Silver had set up voting booths. Each child had the chance to cast their vote on their ballot paper, in secret. They were voting for their favourite candidate for the school council- candidates had produced posters for the campaign, persuading voters with their ideas and promises! A special assembly and democracy lesson added to some important learning about this important British value and adds to our rich PSHE (Personal, Social, Health & Economic Education) curriculum.

Finally, this week we will have our latest 'Inter-House' competition! The children will be running the Daily Mile as usual, but each lap will count towards their house's overall score! All of the laps will be counted up at the end of the day, and the house with the highest total number of laps will be the winners. To create a feeling of togetherness, we have asked the children to come in on the day in their house's team colours.

Our PTA have exciting fundraising plans this term, despite the fact we have restrictions due to COVID. WE look forward to the many COVID safe Christmas activities which they are organising including a 'Shopping Mall' experience for the children and a colouring competition.

To be a head teacher of this amazing school is a real pleasure- if you are interested in finding out more, please contact us to arrange a visit.

*Mrs Ali Pook*



*Head Teacher*

# Baptist Church

[www.fiveheadbaptist.co.uk](http://www.fiveheadbaptist.co.uk)



*Thoughts from The Manse*

The story of Christ's birth includes a number of appearances of angels (Greek: angelos). The word "angel" means "messenger". It conjures up the image of a royal courier arriving on horseback with important news from the king. The angels that God sent in the Christmas story announced the birth of Jesus Christ; a message they described as "good news" from God for the whole world. They said that Jesus had come from heaven to earth to be a rescuer to us all - bringing the light, life, peace, joy, and salvation of God to us. The subsequent life, teaching, death, and resurrection of Jesus reveal to us just what this means as we follow Christ and discover in him the true extent of God's love for us – a love stronger than death and as never-ending as his resurrection life.

I wonder if, this Christmas, we will spend some time thinking about the angels' message from God. A message for us all. A message of good news. A message that is life-changing in so many ways. Whatever situation we find ourselves in today the message arrives to us from God: "A Saviour has been born for you; he is Christ the Lord." Jesus gives us a truer understanding of ourselves and our lives by demonstrating God's love for us and calling us to live in the light of it.

Having heard and celebrated this good news for ourselves at Christmas, will we then go out and live the rest of our lives as "messengers" (angels) bringing good news to others around us? Will we live in such a way that we become "good news" to our families, our neighbours, our villages, our world? By doing so we can follow Christ's example and really make a difference in our communities.

Rev. Matt Cottingham.

Fivehead Baptist Church wishes you all a happy Christmas season. We pray it will be a time of good news in our wonderful village community.

You can join us at Fivehead Baptist Church every Sunday at 10:30am.

## **Christmas Service Times:**

Sunday 19<sup>th</sup> December, 4:00pm – Carol Service

Saturday 25<sup>th</sup> December, 10:30am - Christmas Day Service

(No service on Boxing Day)

[www.fiveheadbaptist.co.uk](http://www.fiveheadbaptist.co.uk)



Pictures Courtesy of  
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# Fivehead Short Mat Bowls

## SHORT MAT BOWLS – WHAT IS IT?



When the re-start of the Short Mat Bowls was advertised for August, Dave and I looked at each other and wondered what on earth it was all about. Neither of us had heard the term before but thought that it might be a way of meeting people in the village, having only arrived during lockdown last December.

It always takes a bit of courage to go to something where you might not know anyone, you don't know what it is about, whether or not you are going to enjoy it, and how do you get out of it if you don't like it or are no good at it. Dave was put off by the thought that he might have to dress up in whites and be competitive, I wondered if it might be too slow.

So, off we went to the Village Hall on a Monday evening. Any fears we had were soon dispersed.

Did we know anyone? Well yes just one who was our neighbour. The atmosphere is so friendly, we have got to know about ten more people who made us feel so welcome.

What is Short Mat Bowls? We soon found out that it is an indoor version of Bowls that happens in the summer outside. The "Green" is a carpet 45 feet long and the idea is to get your bowl up the mat to the Jack that sits at the other end...avoiding a small block of wood that sits halfway up the carpet (it can be tricky to get around this block, but Dave has learnt that cuddling the block before the game starts helps him to get around it ...you might have to come along to see this for yourself, it is quite an image). We knew nothing about how to play but were lent bowls and given friendly help and advice on how to play as well as information on the rules. We don't have to dress up in whites, the only "dress" requirement is a pair of smooth shoes or slippers. Oh yes, and we get a cup of tea or coffee and a biscuit during the evening. Fivehead's game for everyone of any age, the youngest person we have met there is 11.

OK, so do we enjoy it? We do, even after one evening we were hooked! Dave, whose only sport injury was achieved when Andy Murray won the Olympic Gold Medal, now looks forward to Monday evenings.

Do we want to stop going? No, we don't. But there is no pressure on anyone to stay. Do we recommend it? We certainly do.

Anybody interested, contact **Heather 01460 281995**

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## Baptist Church

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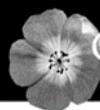
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## Fivehead Drama Group

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By

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## *The Stable Community Café*

The Stable Cafe is run as a hub for the local community, encouraging people to connect and enjoy life in the village. As well as the usual food & drinks we also sell local produce and display local arts and crafts. We support various charitable causes, both locally and around the world. Thank you to everyone who joined us at the end of September for a Macmillan coffee morning when we raised £170.

We're very grateful to the Somerset Association of Rural Councils who recently gave us funding for a card payment machine, which is now up and running. Thank you also to the Parish Council who endorsed our funding application. The mobile Post Office, which joins us every Thursday from 1:15 – 3:15, is now able to offer a much faster service due to an improved internet connection.

It has been great to see so many people enjoying our community cafe over the summer and autumn months. As we head into winter why not join us for a warm welcome and one of our tasty hot beverages? We look forward to seeing you soon.

## Fivehead Drama Group

Informal get together

Last Tuesday  
Of The  
Month

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## St Martin's Church

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### Opening Times

Wednesday 2.00pm to 5.00pm

Thursday 10.00am to 4.30pm

7.30pm to 9.00pm

(Youth Café)

Friday 10.00am to 4.30pm

Saturday 10.00am to 1.00pm

Thursday Nights are Youth Café

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# Fivehead Playing Field News

We have not got very much to tell you this time. As always we've been keeping everything neat and tidy for you to enjoy the facilities, and the Children's Play Area has been particularly popular, weather permitting!

## Christmas Bingo Cancelled

Sorry to disappoint you, but we will not be going ahead with the Christmas bingo which we had planned for the 4<sup>th</sup> December. It was a difficult decision but we had to consider the effect that COVID fears would have on attendance, uncertainty as to the numbers turning up, the upfront expense of buying prizes, and so on. Let us hope conditions will improve so we can get back on track with an Easter bingo.

## Defibrillator Fund – Raiser

An outstanding success. That was the verdict on the fund – raising event on the Playing Field and in the Village Hall on 8<sup>th</sup> October with a pop-up bar and proper fish and chips producing a profit of £700 towards Fivehead's defibrillator project.

Frank Doggett

Chairman            Fivehead Playing Field Management Committee

## Editor's Comments

It is so pleasing, after the last 18 months, to see life coming back into our Village, with The Crown Inn reopening for business and the Village Hall almost back to pre pandemic activity. Are we at last finding a way to live with the threat of Covid in our Society? I hope so.

I wish all our readers, including our online followers

**A very happy Christmas & a Prosperous and Healthy 2022**

Harry

## St Martin's Bellringers

Every Monday 7.15pm.

At the Church

## Contact Details

[linda.elphick160@btinternet.com](mailto:linda.elphick160@btinternet.com)



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# Food & Drink

## Pork with Oyster Mushrooms

### Ingredients

500g (1lb) pork tenderloin	60g (2oz) butter
220g (7oz) White bread crumbs	185g (6oz) Oyster Mushrooms
Grated rind of ½ lemon	1 clove garlic crushed
Salt & Pepper to taste	60mm (2Fl oz) Madeira
1 egg beaten with 2 tbs of water	155ml (5Fl oz) double cream

### Method

Cut pork tenderloin, diagonally into 1cm (½ in) slices, beat with a rolling pin to flatten. Mix together breadcrumbs, lemon rind, salt & pepper. Dip pork slices into beaten egg, and then seasoned breadcrumbs to coat completely.

In a large frying pan melt 45g (1 ½ oz) butter and sauté pork for 2 minutes each side, until tender, do this in batches if necessary. Transfer to a warmed dish and keep warm. Wipe out the pan with absorbent kitchen paper.

Melt the remaining butter in the same pan, add the mushrooms (quartered if large) & garlic and sauté for 1 minute or until tender. Remove mushrooms from the pan and keep warm.

Add Madeira to the pan and cook over a high heat until liquid is reduced by half, then lower the heat and stir in the cream. Season with salt & pepper.

Arrange the pork and mushrooms on warmed serving plates. Spoon the sauce over the mushrooms and garnish with lemon slices and parsley. Serve with green vegetables or a crisp salad.

**Serves 4**

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# Diary of Events

Day/Date/Time		Description	Where
Friday 10th. December	7.30pm	Christmas Quiz	The Crown Inn
Wednesday 15th. December	7.00pm	Carols at the Crown	The Crown Inn
Sunday 12th. December	6.00pm	Carol Service	St. Martin's Church
Sunday 19th. December	10.30am	Carol Service	Baptist Church
Tuesday 11th. January 2022	8.00pm	Golf Society AGM	The Crown Inn
Mondays @ 7.30pm	Weekly	Short Mat Bowls	Village Hall
Mondays @ 7.15pm	Weekly	Bellringing	St Martin's
Wednesdays @ 4.45pm	Weekly	Dragonflys Dance Group	Village Hall
Usually 1st Monday 6.30 pm	Monthly	Parish Council Meeting	Village Hall

## Crown Fivehead Golf Society

The Crown Fivehead Golf Society rounded off the season with a trip in September to **Yeovil GC** where the winner of The Other Cup was **Phil Lock** 35 pts Runner up **Tim Marshall** 33pts Third **John Blackwell** 32pts. The final outing was at **Cricket St Thomas GC** where the Chairman's Trophy was contested and the winner was **Simon Scarborough** 39pts( on countback) Runner up **Phil Lock** 39pts Third **Tommy Atkins** 38pts. The annual team trophy was also contested and won by Phil Lock, Tim Marshall and Gary Smith.

The AGM is booked for **Tuesday 11th January 8.00pm** at headquarters, the newly reopened Crown Inn, where we will be warmly welcomed by the new hosts **Chris & Clare**. All members are welcome and any potential members who might wish to join the Society.

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