

EDITOR

Bob Coombs
2 Waterfield Close
Bishop's Hull
Taunton,
TA1 5HB
01823-253697

Email: robertcoombs@talktalk.net

MAGAZINE SUPPORT TEAM

Proof reader - Margaret Coombs

Magazine Cover:

Photographs by Bob & Penny Coombs & Bob Winn

Articles relating to all aspects of our village and community are always welcome.

Final date for acceptance: Mid-day on 12th of the month.

Please help to make the magazine interesting by contributing material.

When reading your free online copy or one of the the hard copies available in church please remember to support the few remaining advertisers whenever possible

It is emphasised that the views expressed in this magazine are not necessarily those of the magazine editorial team, unless attributed, or those sent in by identifiable contributors.

IDENTIFYING OUR LOCAL BIRDS photo by Bob Winn

Olive Backed Pipit bathing



Cover - Wild Mother Nature in all her glory.



AWARD WINNING FAMILY RUN BUSINESS

Shop and Post Office

Open Monday – Friday 6.45am – 6pm Saturday 8am – 6pm Sunday 8am – 12pm Tel – 01823 279168

Butchers

Open Tuesday – Friday 8.00am – 3pm Saturday 7.00am – 2pm Sunday and Monday Closed Tel – 01823 337497

BISHOP'S HULL CAR BOOT SALES 2025

REFRESHMENTS AVAILABLE

NEXT SALE

Sunday 6th JULY
Sunday 20th JULY
Sunday 3rd AUGUST
Sunday 17th AUGUST
Bank Holiday Monday 25th AUGUST
Sunday 7th SEPTEMBER
Sunday 21st SEPTEMBER
Sunday 5th OCTOBER





Start Time 7a.m.

Bishop's Hull Playing Field TA1 5EB

///rocket.force.Monday

Sellers' Cars: £7 Vans: £10 Buyer Parking: £2

The Money raised supports the running and maintenance of the playing field facilities for the benefit of users and community

Sellers responsible for removing their own rubbish Toilets Available Dogs allowed on a lead

All events subject to cancellation without notice at organisers discretion. All net proceeds to the Bishop's Hull Village Hall and Playing Fields Trust, a non-profit making registered charity.

The Frank Bond Centre

84 Mountway Road, Bishop's Hull.

A place for the over 50s to meet new friends

Contact Carolyn 01823 283941 /Nadia 07958 246046

Come along to Frank's cafe on a Friday morning 10:00-12:00 and discover what activities could lie in store for you.

The cafe is open to members and non-members.

The centre is centrally heated and open 10:00-16:00 Monday-Friday

Weekly Activities:

Monday - The Painting Group 10:00-12:00,

Whist Club 1:30-4:00 Bridge Club 1.30-4:00

Wednesday – Flexercise & Tai Chi 10:00-12:00

Thursday - Bridge club 10:00-12:00-Beginners welcome, Croquet 2:00-4:00

Friday - Pétanque 10:00-12:00,

Friday - The FBC Coffee morning 10:00-12:00

Monthly Activities:

1st Monday in month Family History 2:00-4:00

2nd Tuesday in month Parchment 10:00-3:30

3rd Wednesday in month Games 2.00-4.00

4th Wednesday in month Music Appreciation 2.00-4.00

2nd & 4th Thursday in month Mahjong 2:00-4:00

NO MONTHLY LUNCHES

Annual membership £25 Find us on Facebook (& 'Like' us)

There are many more exciting activities...

Table tennis, cards, books, puzzles

A variety of social events take place throughout the year.

Vicar:

Reverend Philip Hughes , The Vicarage, Bishop's Hull Hill, Bishop's Hull, TA1 5EB 01823-336102

Tim Venn (Church Warden)

John Perry (Church Warden)



ARTIFICIAL INTELLIGENCE (AI)

References to AI can be seen daily in our newspapers, on the television, on our smartphones and just about everywhere else these days. Have you grown up with AI actually improving your daily way of life or is it just something a younger generation cannot live without?

Definition. Artificial intelligence (AI) is the ability of computers or machines to perform tasks that typically require human intelligence, such as learning, reasoning, and problem-solving. It encompasses various technologies and methods, including machine learning and natural language processing, to enable machines to understand and interact with the world.

May I politely suggest that if you were born during or just after the last war then AI just about does not exist for you in carrying out your daily tasks.

Making your bed, preparing daily meals e.g. peeling potatoes, putting the dirty linen in the washing machine then hanging it out to dry. Dusting around the house or, out in the garden, weeding or putting out the bins on Thursday. You may ask yourself, how on earth have we been surviving without all these machines?

However, out of sight and out of mind, humans are using, on our behalf, AI daily to carry out research into disease, filling the shelves in the supermarket, counting the electronic cash in the banks, assisting governments to spend your cash wisely(?), sending you a letter to remind you of a medical appointment or to tax your TV and car. Now we are relying, consciously or otherwise, on an uninterrupted electricity supply to keep so many important things (AI) up and running, unknowingly we are living on a knife edge. In many parts of the world there are people living their humble lives with almost none of the AI we enjoy. Will they be the ones who will survive when the rest of us are scrambling around after a cyber attack upon our 'orderly' existence?

Another definition; <u>Cyberattack</u>

A cyberattack occurs when there is an unauthorized action against computer infrastructure that compromises the confidentiality, integrity, or availability of its content. The rising dependence on increasingly complex and interconnected computer systems in most domains of life is the main factor that causes vulnerability to cyberattacks, since virtually all computer systems have bugs that can be exploited by attackers.

So, what good advice is out there to help us sleep easy in our beds?

A limited search on the world wide web gives no advice that remotely qualifies under a heading of 'survival'. I can find no advice, for example, re stocking up on food, filling pots and pans with clean water, etc. All the advice assumes you have a computer then explains how to switch it off or make sure you have daily upgraded your security software.

Oh dear; not a rosy outlook then. Fingers crossed and sleep well tonight.

The Vicar writes

Dear Brothers and Sisters in Christ, As July unfolds, bringing longer days and maybe a shift in pace, it's a perfect moment to reflect on something deeply woven into the fabric of our faith: the profound **gift of rest**. In a world that constantly pushes for more, faster, and louder, truly pausing can feel almost counter-cultural. Yet, the Scriptures



consistently point to rest not as a luxury, but as a divine command and a pathway to flourishing.

From the very beginning, **God modelled rest**. In Genesis 2:2-3, we read, "On the seventh day God finished His work... and He rested... Then God blessed the seventh day and sanctified it." This foundational act established a rhythm for creation itself – a pattern of work and restorative stillness. It reminds us that our worth isn't solely tied to our productivity, but to our very being, made in His image.

The commandment to "Remember the Sabbath day, to keep it holy" (Exodus 20:8) is not a burden, but a grace. It's an invitation to step away from our labours, to cease striving, and to actively reconnect with God, with loved ones, and with the quiet depths of our own souls. As Jesus Himself declared in Mark 2:27, "The Sabbath was made for man, not man for the Sabbath." **It was given for our benefit, for our renewal.** This July, whether you're taking a holiday or simply staying close to home, let's embrace the spirit of biblical rest. It means intentionally carving out time to truly switch off – from emails, chores, and the ceaseless demands of modern life. Perhaps it's dedicating Sunday to worship and quiet reflection, allowing your mind to rest in God's presence. It might be as radical as taking an afternoon to sit in the garden, read from the Psalms, or simply be still.

Let's cherish July not just as a month of summer activities, but as a deliberate reminder to build **God's rhythm of rest** into our lives. When we do this, we don't just refresh ourselves; we deepen our trust in Him, honour His design for us, and truly find the rest that only He can give. May you experience His abundant peace and divine refreshment this month.

Your brother in Christ Rev Phil Hughes

St Peter's & St Paul's Church Bridge Coffee Mornings

The Bridge is what we have called the Welcome Area.

The Church has opened the Bridge for the return of the Monthly Coffee Mornings to be held on the last Saturday of each month and running now through the rest of 2025.



We would like to extend a warm welcome to all at the next coffee morning on **Saturday 26th July. C**ome along to have a Coffee/Tea and cakes, with a friendly chat and SWAP a book. From 10am till 12noon.



Bell Ringing

We are very proud of our Bell Ringing team and our bells! There are 6 bells in the tower and ringing is done from ground level. The Bell Tower is accessed on the North Side of the church.

Ringing happens for the main service on Sunday (usually ringing starts at 09.15am and rings until the service starts at 10am). Practice night is Wednesday at 7.30pm. Quarter peals (50 minutes) may be attempted up to

twice a month at 11.30am, usually on Tuesday or Wednesday. Our Tower Captain is Giles Morley and he can be

contacted on 01823 430710



LETTERS TO THE EDITOR

THIS PAGE IS RESERVED FOR YOU!

Dear Editor, Does this old report ring any bells in today's news? Anon

250 years ago. On 1st July 1775 that the British Parliament brought in the New England Restraining Act. This forbade its North American colonies to trade with anyone other than Britain, Ireland, and the British West Indies. The colonies were also forbidden to fish in the Atlantic without permission

WALES AND WEST FACILITIES (GAS)

Wales and West Gas mains replacement works

Phase three **Bishops Hull Road** will commence on 27th May 2025 for three weeks.

Full road closures on **Bishops Hull Road** and **Comeytrowe Lane** with two-way traffic lights on **A38 Wellington New Road**.

There will be no access on to the A38 towards the end of this phase.

Phase one **A3065 Silk Mills** will commence on 16th June for three weeks.

A one-way order is required on **Silk Mills**, traffic will only be able to **travel Northwards** towards **A358 Staplegrove Road**.

Further information can be found here:

https://www.wwutilitles.co.uk/news-and-biog/taunton-residents-invited-to-hear-about-357-000-gas-upgrade-project/

J26 and Link Road project - Due to the depth of excavations required around the Junction 26 roundabout, the project will require a complete closure of junction 26 and the A38 link road (from J26 to Foxmoor Business Park) for around fourteen weeks from 15 June to mid to late September. Access will be maintained to Foxmoor Business Park from the Chelston roundabout.

Full details can be found via the link below:

https://www.somerset.gov.uk/news/council-confirms-public-drop-in-dates-for-junction-26-and-chelston-link-road-project/

Bishop's Hull Parish Council News

At the May meeting the following decisions were made:

Cllr Tony Taylor was re-elected as Chair; Cllr John Hunt was elected as vice chair and Jane Emmott was co-opted to the Parish Council.

Members agreed to renew membership to Somerset Association of Local Councils - (£1,341.03) and Society of Local Council Clerks (£150.00). Both organisations offer invaluable support to the Parish Council, offer training, guidance and templates for policies and procedures.

A new software package enabling the PC to log assets electronically and check property boundaries was purchased at £180.00 + VAT.

Members discussed in depth, preventable measures for the Playing Fields and Bishops Mead to deter illegal encampments.

Members agreed a budget of £8,000 from CIL funds for Bishops Mead and approved the purchase of gates for the Playing Field/HUB Car park at a cost of £5,820 + VAT from CIL funds.

It was agreed rather than both organisations making a financial contribution: instead they would request the PF Trust relinquish their earmarked grant this year of £1,000.00 (they did not receive a grant last year either) and the HUB earmark £2,000.00 from their funds towards the Phase 1 of the Sensory trail project (slope /steps behind and next to the cricket pavilion).

After statistics proving that the use of the Speed indicator device in the Parish has reduced speeding, the purchase of an additional Speed indicator device was approved at a cost of £2,569.42 + VAT.

The next meeting of The Parish Council was scheduled for Thursday 5th June 7.00 pm at the HUB - all were welcome to attend.

Bishops Hull Hub Youth Club

June 21st 7:15 pm-9:15 pm. Open to 11-17 year olds living in Bishop's Hull. £1 Entry. Bring change for tuck shop.

Bishop's Hull Cafe

On Saturday 14th June we hosted our popular *Cycle Cafe* from 10-12noon. Those attending enjoyed a hot drink and cake and brought along their bike for a basic check-up for a small donation.

Bishop's Hull Hub 100 Club - May 2025 winners

1st - Karen Kean, 2nd - Pam Trower and 3rd - Kevin Gibbs

Tickets are £2 per month, Email bhhub100club@gmail.com for further details. The next draw will take place at the Hub Cafe on the 14thJune.

Join our 100 club today and you could be our next winner!

You must be 16 years or older to purchase a ticket.

The 100 club supports the Bishop's Hull Hub.

Have You Heard About Slinky?

For my article this month, I wanted to highlight Somerset Council's Slinky Bus Service.

The Slinky Bus picks people up from their homes and takes them to where they need to go.

This service is for those who cannot use regular buses or trains.

All the vehicles are easy to get into and use.

You can use the Slinky service for many things.

It can take you to health appointments or exercise

classes, help you visit friends or family, go shopping, or attend social events. You can also use it to connect to other public transport options. You can use the Slinky bus if you do not have access to regular bus services, or if you are unable to use public buses for other reasons. This could include parents with young children, teenagers, students, elderly people, retired individuals and people with disabilities. If you are eligible to use the Slinky service you need to register as a member first.

To do this you must fill out a registration form and send it to the booking offce before you can use the service for the first time.

Go to: somerset.gov.uk/slinky-services.

After you register, you can book a trip by contacting the booking office at least 24 hours before you want to travel.

You can also book trips up to two weeks in advance. Call 01823 331266.

Prices - Journeys up to 3 miles: Single £2.50, Return £4.

Over 3 miles: Single £3.50,

Return £5.

There is a 50% fare for English National Concessionary Travel Scheme passes on all Slinky services within Somerset. Concessionary Pass

Holders and children aged between 5 and 16 will be entitled to a 50% reduction in the cost of the fare. Children under 5 travel free.

You will need to show your pass every time you travel. For lots more information, simply Google 'Slinky Bus Somerset'.

John Hunt





Bishops Hull Belles WI

Bishops Hull Belles is a group of friendly women with meetings held on the 4th Thursday of the month (except August) at 7.30pm at the Bishops Hull HUB

- These monthly meetings have a speaker or other activity together with business items
- Topics for future meetings will be published here each month.
- Lunches and coffee/brunches are organised monthly.
- Additionally there is a walking group arranged fortnightly (except mid winter and August) and a scrabble group meets on a monthly basis.
- A day trip usually takes place in August.
- Why not come along to one of our monthly meetings where you will be warmly welcomed. The cost is £4 per visit (up to 3 meetings) which is then deducted from the annual subscription upon joining.
- Further information can be obtained from Heather Blackmore the group's secretary. Tel:01823-283884 mob 07963834365

Next Meeting

Thursday 24th July at 7.30pm Speaker - Jamie Lewis- The Independent Living Centre.

Secretary. Tel:01823-283884 mob 07963834365

It's that Wimbledon time of the year

The 'pop' of a ball on a racket The voice of the Umpire so clear There is nothing in quite the same bracket

As that Wimbledon time of the year!

'Fault!' cries the line judge, eyes beady,

The ball boys and girls on their toes; For more of these matches we're greedy:

The bug for this game grows and grows!

The weather may shine, or be raining The temperature warm, mild or chill; Our appetites won't be restraining For strawberries on Henman Hill.

The queues may be long, but endure them

You'll get to the court – have no fear Just settle and watch, and be sure then –

It's that Wimbledon time of the year!

By Nigel Beeton





Neighbourhood Beat Team

PCSO Lyndsay Smith 07802 874297



lyndsay.smith@avonandsomerset.police.uk PCSO Marshall Bernhard 07849 305815

marshall.bernhard@avonandsomerset.polic



BISHOPS HULL NEIGHBOURHOOD BEAT TEAM (from village WEB site)

PCSO Lyndsay Smith - 07802 874297 lyndsay.smith@avonandsomerset.pnn.police.uk

PCSO Tony Wearmouth 8413 - 07889 655312 tony.wearmouth@avonandsomerset.police.uk

PCSO Catharine Richards - 07710 026191 catherine.richards@avonandsomerset.police.ukPCSO Catharine Richards - 07710 026191

175 years ago, on 2nd July 1850 Robert Peel, Prime Minister (1834-35, 1841-46) died. He founded the Metropolitan Police Service and is seen as the father of modern British policing.

Speeding is one of the most common causes of fatal or serious road collisions.

Please read the attached document which answers any questions you may have about how and why we carry out speed enforcement.

Attachments:

https://www.avonandsomerset.police.uk/media/32962735/speed-enforcement-your-questions-answered.pdf

We're joining forces across the country in supporting the National Police Chiefs' Council's (NPCC) 2-Wheel Operation, running from 2–15 June, aimed at reducing the number of motorcyclists, cyclists and e-scooter users killed or seriously injured on our roads.

Please see the attached for more information. Attachments:

https://www.avonandsomerset.police.uk/media/32962740/two-wheel-campaign.pdf

Neighbourhood Watch Scheme

Lyou and your neighbours to come together to have a say in the issues which matter to you in your community.

We have been committed to supporting Neighbourhood Watch throughout our force since its introduction in 1982.

What are the benefits of Neighbourhood Watch? There are benefits to joining a Neighbourhood Watch Scheme:



It shows that members of a community are looking out for each other It keeps you up-to-date with what is going on in your area It can help to prevent and tackle crime in your community It may save you money on your home insurance

Join your local Neighbourhood Watch Scheme

To find out how you can become involved in Neighbourhood Watch, contact your local Neighbourhood Watch Scheme administrator:

Anti-social behaviour

Agreed on 22 April 2025. Updated on 30 May 2025

Anti-social Behaviour (ASB) can have a devastating impact on individuals as well as our local community, and everyone has the right to feel safe where they live, and we all have a part to play in this.



We always encourage our communities to report persistent Anti Social Behaviour in your areas, either by calling us on 101, using our website to report things online, or by calling Crimestoppers on 0800 555 111.

Our local neighbourhood teams work alongside our constabulary's specialist anti-social behaviour team, as well as other local authority services and charities, to work with those involved in low level offending. This ranges from warning letters to education and support. We also work with those involved in more persistent offending with higher end interventions, such as Community Protection Notices and Community Behavioural Orders that can include arrestable conditions.

High visibility patrols are conducted by our local teams at every opportunity to provide reassurance to both the wider community and also to detect and deter anti-social behaviour in your area.

BISHOP'S HULL IN TIMES PAST



100 years ago

The wedding took place at the Congregational Chapel between Edward James Russell, second son of Mr and the late Mrs Russell of Sampford Peverell, and Miss Edith Mattock, third daughter of Mr and Mrs T Mattock of Roughmoor. The best man was Mr William Russell, brother of the bridegroom. The Rev Williams performed the marriage ceremony and Mr G Lewis presided at the organ. The bride, who was given away by her father, wore a white marocain dress with veil and orange blossom and carried a sheaf of lilies, the gift of the bridegroom. Miss Peggy Farrant and Miss Joyce Trump acted as bridesmaids and wore

pale blue flowered voile frocks, carrying baskets of blue and white flowers and wearing gold brooches, the gift of the bridegroom. After the ceremony about 40 guests attended the wedding breakfast at the bride's home. Subsequently the happy couple left for their honeymoon in Paignton. Among the presents were cheques from Mr and Mrs GU Farrant of Milligan Hall and Mr and Mrs S White of Highlands, their late employers.

50 years ago

At a recent meeting, the Parish Council considered a complaint regarding the parking of cars on the roadside verge at the top of Netherclay Hill. The council was sympathetic to the complaint, particularly because of the traffic hazard caused by the parking, and the Clerk was asked to seek the advice of the County Surveyor in the matter. The Council was concerned to receive a complaint that water containing oil residue was seeping from business premises into drains adjoining the A38 carriageway and the chairman was asked to investigate.

Mr HW Atkin of the Somerset County Council Social Services Department, was the speaker at the recent meeting of Conservative Women at the Meryan House Hotel. Mr Atkin gave a comprehensive talk much appreciated by everyone present. Mrs Wright presided. Twelve Committee members and seven residents attended the annual meeting of the Village Hall and Playing Fields Association. The Chairman, Mr A Payne, thanked members for their hard work throughout the year, especially the Field Maintenance Committee. The fete and dance, organised by Mr and Mrs Tarr, had been successful, but inflation was diminishing the value of funds already raised. It was hoped that the new school planned for the village would include community facilities, but the community would be expected to contribute towards the cost and every effort must be made to increase funds. Mr Payne appealed for offers of help from the whole village. The treasurer, Mr A Smith, reported a profit of £901. He thanked Mr Payne for his hard work as chairman and Mrs Payne for allowing meetings to take place at their home.

At the Good Companions, business items were discussed after the group had been welcomed by Miss Newcombe and then members were entertained by the play-reading group from the Chestnut Tree, Taunton, who performed 'The Birthday Surprise'.

Over 70 guests attended the wedding of two local government officers at the Westfield United Reformed Church, Bridgwater. The couple were Mr Christopher James Froud of Shutewater Hill, 1st son of Mr and Mrs JW Froud of Belle Vue Terrace, Fons George, Taunton, and Miss Linda Penelope Jackson of Trull Road, Taunton, younger daughter of Mr and Mrs AER Jackson of Burnham-on-Sea. At the service, the bride, wearing a gown in organza and lace and carrying a bouquet of roses and freesias, was given in marriage by her father. Mrs TR Rowell, the bride's sister was in attendance, in a turquoise satin dress, with a bouquet also of roses and freesias. Nicholas Rowell, the bride's nephew, acted as a page, wearing turquoise and white satin. The best man was Mr SP Froud, the groom's brother.

64 years ago



April 1961

Bishop's Hull Flower Show Sunday 10th August from 2pm.



We are a local, friendly and supportive show and encourage everyone to enter and you can enter just one or as many classes as you want.

The classes range from vegetables, fruit, flower arranging, home craft, handicraft to

art and photography with children's classes for a number of different age ranges.

There are two classes that are judged from the road (free entry). The scarecrow competition with first prize being £10.

The theme this year is a character from a nursery rhyme.

The other class is the tallest sunflower in Bishop's Hull with a first prize of £5.00 voucher very kindly sponsored by Avery's Garden Centre.



The flower show schedule and entry form are available from the Post Office.







From Humble Beginnings to One of the County's Biggest Events.

F or this month's article I wanted to remind you about one of my favourite events of year, Somerset Armed Forces Day (SAFD).

With 36,000 people through the gates in 2024, the SAFD team are gearing up for an even bigger and better 2025! The next exciting instalment of the county's biggest FREE event takes place on Saturday 5th July 2025 from 10:00 in Vivary Park, Taunton.

Back in 2019, a small group from the veterans' community, who meet each month at the Vivary Park Golf Course Clubhouse, as part of the Veterans Breakfast Club,

had a big idea. Over coffee and conversation, they chatted about putting on a Taunton Armed Forces Day.

In under three months, Wilton Lands next to Vivary Park was transformed, filled with vibrant displays, local stalls, live performers, and over 3,000 visitors enjoying a sunny, unforgettable day.

Buoyed by that success, the group set their sights even higher. They secured Vivary Park and Wilton Lands for future events. While Covid sadly forced the cancellation of the 2020 and 2021 events, the celebration made a triumphant return in 2022, and it's grown bigger and better every year since.

With hundreds of stalls, thrilling displays, and fantastic entertainment, Somerset Armed Forces Day has become a highlight of the year, and the team can't wait to welcome you to the next one! See you there.



John Hunt

Finders keepers? Finding things in the street

T am always losing things myself; Lusually essentials like glasses and keys and once my wife. We got separated from each other in a museum in Germany. I spoke to a warder who took me to a room where all the CCTV cameras were, and I was invited to select a wife. In the end, to get her back, I had to make an announcement over the tannoy. I am also always finding things. Maybe it is because I look downwards all the time. I have found keys, a wallet, a suit jacket, bank cards and a bobble hat on a train. The suit jacket was on a train so I could easily tell the guard. The wallet was outside a station in the drop off zone and I just handed it in. Things lost in other places are best handed to the police station. There they will take down vour details and if not claimed they can give it back to you.

If, like me, you often lose things, it is sensible to be careful. Do not put your pin number with bank cards. It is probably not a good idea to keep documents in your car that could be traced to you. Do you have a separate note of important telephone and other numbers if something is stolen? Do not put your address on your key tab.

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Where do cricket bats come from?

We see them, off and on, all summer: cricket bats. But did you ever wonder how they are made? The timber comes from mature willow trees, each of which should give about 30 bats. It is first cut into rounds, and clefts are split out.

Each cleft is then rough sawn, and waxed at the ends, to stop moisture loss. The clefts are air or kiln dried before being cut into a basic blade shape. The craftsman puts the springiest part of the bat in the centre.

Next, comes 'pressing the blade'. This is when the willow fibres are compressed, to strengthen the timber so that it can withstand the impact of the ball.

Then, the handle is fitted by glue. It is made of cane and rubber strips, and set slightly forward, for a perfect pick up.

The bat is then shaped by a hand-drawn knife and smoothed by a wooden plane. The shoulders of the bat are blended with the spoke-shave, and then the bat is sanded. Finally, there is the process of minding, polishing and labelling. This is where the bat is mounted in a lathe, controlled via a foot treadle. The handle is bound, using twine and glue. The blade is then finely waxed, to a satin finish. Finally, grips are fitted onto the handle, and labels are applied.

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Staring at beautiful objects really does spark inspiration

Next time you see something beautiful – pause for a moment and simply enjoy it. Especially if it counts as 'art'.

For recent research has found that contemplating beautiful works of art really can inspire you.

Researchers at the University of Cambridge have found that beautiful art can induce 'psychological distancing'. This is the process of zooming out on your thoughts, in order to gain better clarity on your life.

One professor at Cambridge put it this way: "Many philosophers throughout history have suggested that engaging with aesthetic beauty invokes a special kind of psychological state."

So, visiting an art museum "is not just a pleasant way to spend an afternoon, it may actually change how we think about our lives." Beauty appreciation seems to "help people detach from their immediate practical concerns and adopt a broader, more abstract perspective."

"Admiring the beauty of art may be the ideal way to trigger the abstract cognitive processes increasingly lost in a world of screens and smartphones."

Researchers say this shows the importance of public art venues. The findings were published in the journal Empirical Studies of the Arts.
**

Why you should drink tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'. And for many of us, that is almost always true.

Tea comes from the Camellia sinensis plant, which is often blended with other plants for different flavours, such as Earl Grey or chai. Tea is the UK's favourite hot beverage, which besides from cheering us up, has cancer-fighting properties and can improve our heart and gut health. So here's what's good about tea: Tea is rich in polyphenols, which have antioxidant effects on the body,

and can reduce inflammation. Milk does not hurt their absorption, so add milk if you like!

Tea has flavanols, which helps your blood to flow and lowers your blood pressure. One study at Harvard found that drinking three to four cups a day means you are less likely to have a heart attack.

Tea is prebiotic, which means it promotes healthier kinds of bacteria in your gut, which helps with your digestion, your respiratory system, and your immune system.

Tea lowers blood sugar, and even the risk of Type 2 diabetes, due to the polyphenols.

Tea may reduce your risk of cancer. Again, the polyphenols are your friends here, as they may be slowing the development of certain types of cancer.

Tea helps you concentrate. Coffee may speed you up, but it can also give you the jitters. Tea contains around 40-50 mg of caffeine, which is only half the amount found in coffee. But tea also has an amino acid called 'L-theanine', which helps produce a feeling of 'calm concentration', by lowering stress and improving mental focus.

Tea improves sleep – due to the polyphenols, L-theanine, theaflavins, thearubigins, and gamma-aminobutyric acid (GABA), which help lower stress and create calm.

Finally, black tea or green tea? Without going into some complicated science, it seems that they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy!

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EAT WELL FOR LESS DURING JULY

Butternut squash soup

350 g/12 oz onions 250 g/9 oz butter 1 bay leaf 1/4 bottle white wine 2 litres/31/2 pints chicken stock or stock cube and



1.5 kg/36 oz butternut squash 275 ml/ $\frac{1}{2}$ pint whipping cream salt and pepper

Melt butter and sweat down onions; add white wine and reduce to nothing.

Add squash and sweat down for 5 minutes - be careful the squash does not catch.

Add chicken stock and bay leaf. Cook on a low heat for 1 hour, but do not boil, just simmer.

Finish soup with whipping cream and salt and pepper.

Blitz in Robo Coup till smooth. Great with parmesan and croutons.

> Dominic Chapman Chef. The Fat Duck, Bray *****

Tatie pot

Onions, chopped Corned beef Potatoes, sliced 3/4 cup of water stock cube

Layer the chopped onions in an oven proof dish, followed by a layer



of corned beef and then a layer of sliced potatoes.

Dissolve a stock cube in 3/4 cup of water and pour over the dish. Finish with sliced potatoes on the top. Cook in oven for about 1 hour. When cooked, serve sprinkled with vinegar.

My mother always made this on washing day - no time for fancy cooking.

Win Wiggins

Mackie's mince patties



1 cup mince, cooked 2 cups mashed potatoes, cooked 1 egg, beaten breadcrumbs Oil, for frying

Divide the mince into 3 portions. Make 3 thick rounds of mashed potatoes, fill with mince and shape into patties about 1cm/½ inch thick. Dip into beaten egg, coat with breadcrumbs and shallow fry in hot oil until light brown.

Serve with green vegetables and ketchup.

This was one of my mother-in-law's favourite recipes.

Jefferson Horsley

Saint Clements trifle



300 ml/10 fl oz fresh double cream 25 g/1 oz icing sugar 1 lemon, grated and juice 2 oranges, grated and juice 6 trifle sponges thin slices of orange and lemon, to decorate

\(\) Thip the fresh cream until softly **V** stiff and fold in the icing sugar. Add the lemon and orange rind and iuice and stir together.

Crumble the trifle sponges in the cream mixture and blend evenly through the cream.

Turn the trifle into a serving dish, cover and chill for at least 2 hours.

The trifle may seem rather floppy. During the chilling period it thickens up considerably to a light foamy and very refreshing dessert. Decorate with very thin alternating slices of orange and lemon.

Anwen Sutton

Old fashioned bread pudding

225 g/8oz stale bread 50 g/2 oz grated vegetable fat or oil 175 g/6oz mixed dried fruit 50 g/2 oz soft brown sugar or honey 1 egg 1 tsp mixed spice 1 tsp ground ginger ½ tsp bicarbonate of soda 3 tbsp milk or water

C oak the **D**bread in water for about 30 minutes. Drain and squeeze



well and beat with a fork to remove any lumps. Add the fruit, sugar/honey, spices, egg and fat and blend well.

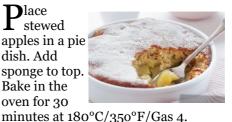
Dissolve the bicarbonate of soda in the water/milk and beat into the mixture. Turn into a well greased 18 cm/7 inch square tin. Bake in the centre of the oven at 180°C/350°F/Gas 4 for between 1 and 11/4 hours.

Anne Reilly

Mother's apple sponge

stewed apples, 75 g/3 oz butter 75 g/3 oz caster sugar 2 eggs, beaten 75 g/3 oz self raising flour

lace stewed apples in a pie dish. Add sponge to top. Bake in the oven for 30



Beat the butter and sugar together, until light and fluffy. Add the eggs, a little at a time, beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the rest. Place on top of the stewed apples and bake in the oven at 190°C/375°F/Gas 5 for about 20 minutes, until well risen.

> Graham Henry Welsh Rugby National Coach

10th July - Don't Step on a Bee Day



Have you ever wanted to step on a bee? Hopefully most of us haven't – but the eyecatching name of this annual event aims to remind

people of how important bees are in our ecosystem, and of the need to promote their protection.

Don't Step on a Bee Day highlights the crucial role bees play in pollination, and also that their populations are declining, because of habitat loss, pesticides, and climate change.

If you want to help the bees, here is what you can do:

Plant Bee-Friendly Flowers: Grow a variety of flowers in your garden that attract and support bees, such as lavender, sunflowers, and marigolds.

Avoid Using Pesticides: Reduce or eliminate these in your garden, to create a safer environment for bees.

Support Local Beekeepers: Purchase honey from local beekeepers, to help support sustainable beekeeping practices.

Create a Bee Bath: Place a shallow dish of water with stones in your garden to provide bees with a safe place to drink.

Educate Others: Share information about the importance of bees and how you protect them with friends, family, and on social media.

The danger of electric cars



Electric cars may be the 'future' of British motoring, but meanwhile, more of them are catching fire. From 131 blazes three years ago, there were 232 blazes needing a fire brigade last year – a 77 per cent increase in just two years.

Electric car fires are more dangerous than petrol or diesel car fires, because they are extremely hard to put out. This is because water, foam or fireproof blanket have little to no effect: lithium-ion battery fires are self-sustaining and continue to burn until the entire battery is consumed.

Electric car fires are normally the result of 'thermal runaway', where batteries have got damaged or overheated, and then begin to irreversibly overheat.

There is to be a total ban on new petrol and diesel cars by 2030.

<u>Murder</u>



Do you see a lot of murders? On TV, that is. According to the star

* *

of Gavin and Tracey, James Corden, television these days has become pretty much "wall-to-wall" murder.

Corden believes that audiences deserve more programmes that feature love and kindness, instead. He says: "If there was an alien species that came to Earth, they would assume that all of us know multiple murderers, and that we're involved or implicated in murder somewhere."

So, what is there about a murder mystery that still so attracts us?

World is more violent than ever



Last year there was serious conflict in at least 50 different countries.

"The level of violence happening is certainly at one of its highest levels since the Second World War." So says the founder of ACLED (Armed Conflict Location and Event Data).

Some experts estimate that at least one in every six people is exposed to some level of conflict. This can range from civil war in Myanmar to warring drug cartels in Mexico, with "fewer conflicts being resolved, either militarily or through peace agreement", according to the Global Peace Index.

The increase now is largely due to the military coup in Myanmar in 2021, the Russian invasion of Ukraine in 2022, and the Israel-Hamas War, which began in 2023. These conflicts have been responsible for more than half the war fatalities recorded in 2024.

The only place that exceeded Myanmar on the index was Gaza, which ACLED reported to be the "most dangerous and violent place in the world in 2024".

Jeremiah the prophet, who lived in 600BC, also knew about violence. He observed with sorrow that: 'Death has climbed in through our windows and has entered our fortresses; it has removed the children from the streets and the young men from the public squares.' (Jeremiah 9:21)

Rise in older shoplifters

More and more pensioners have turned to shoplifting. They aren't in criminal gangs, they are hungry.



So says a security firm which works with hundreds of stores across the country. Kingdom Security reports that food retailers have seen a "massive" increase in pensioner shoplifters over the past year, involving "people who just can't afford to buy food."

John Nussbaum, director of service for retail at Kingdom Security, said that the cost of living is "pushing people to something they've never done before".

Mr Nussbaum estimates that five per cent of all those caught shoplifting by Kingdom staff on a weekly basis are aged over 50. "We've not seen this before, and I've been in security for 30 years. People can't afford to spend £10, £20 on food. It's desperation."

He added: "Retailers don't tend to involve the police when they're dealing with pensioners. Stores tend to want to handle it on their own. It's not good publicity for a supermarket, if it got out that a pensioner had been handed over to the police for shoplifting."

The number of shoplifting offences reported to police last year passed 500,000 for the first time.

<u>Fairtrade Foundation calls for</u> <u>tea-drinkers to 'brew it fair'</u>



Tea-drinkers in the UK are being asked to help change the "woefully inadequate" wages and working conditions of the estate workers on tea plantations around the world.

The Fairtrade Foundation's new 'Brew It Fair' campaign is based on the findings of a report which sets out just how many workers on tea plantations live in "chronic poverty".

Much of the world's tea is auctioned, which means that a few very large buyers end up able to dictate the prices of how much they will pay for it. This has a brutal impact on the workers: a recent survey of 260 teagrowers and pickers in Kenya found that only one in five earn enough to feed and support their families and then also send their children to school.

The report says: "As tea drinkers, we are now used to paying very little for, and putting little value on, our cup of tea." But for the growers and pickers of tea, the "high levels of unstable work, low incomes and wages, gender discrimination and unsafe working conditions" continue.

Fairtrade calls on the UK Government to introduce a new law on human rights and environmental due diligence (HREDD). This should be "centred on the needs of farmers and workers, with a focus on supporting living incomes and living wages..."

The report also urges UK tea-drinkers to buy Fairtrade tea, highlighting the Co-op, Marks & Spencer, Sainsbury's, and Waitrose as key supporters. The UK accounts for 61 per cent of all the Fairtrade tea sold in the world.

15th July - St Swithun (or Swithin), saint for a rainy day



WEATHER LORE

St. Swithin's Day July 15th

St Swithun is apparently the saint you can blame for rainy summers. It is said that if it rains on his special day, 15th July, it will then rain for 40 days after that. It all began when Swithun was made Bishop of Winchester in 852 by King Ethelwulf of Wessex. It was an important posting: Winchester was the capital of Wessex, and during the 10 years Swithun was there, Wessex became the most important kingdom of England.

During his life, instead of washing out people's summer holidays and damping down their spirits, Swithun seems to have done a lot of good. He was famous for his charitable gifts and for his energy in getting churches built. When he was dying in 862, he asked that he be buried in the cemetery of the Old Minster, just outside the west door.

If he had been left there in peace, who knows how many rainy summers the English may have been spared over the last 1000 years. But, no, it was decided to move Swithun. By now, the 960s, Winchester had become the first monastic cathedral chapter in England, and the newly installed monks wanted Swithun in the cathedral with them. So finally, on 15 July 971, his bones were dug up and Swithun was translated into the cathedral.

That same day many people claimed to have had miraculous cures. Certainly everyone got wet, for the heavens opened. The unusually heavy rain that day, and on the days following, was attributed to the power of St Swithun. Swithun was moved again in 1093, into the new Winchester cathedral. His shrine was a popular place of pilgrimage throughout the Middle Ages. The shrine was destroyed during the Reformation and restored in 1962. There are 58 ancient dedications to Swithun in England.

Gardening in July

Summer is progressing

This is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep plants looking good by regularly deadheading, and you'll enjoy a longer display of blooms. Make sure you keep new plants watered, using grey water where possible.

Your monthly gardening checklists

Flowers

Cut lavender for drying, choosing newly opened flowers for the best fragrance, then hang up in a cool, dark place

Give dahlias a liquid feed, keep them well watered and tie the shoots of tall varieties to sturdy stakes as they grow

Hoe and hand-weed borders often, so weeds don't have time to set seed Water and feed sweet peas regularly, pick the flowers every few days, and remove seed pods to prolong flowering

Plant autumn bulbs, including nerines, colchicums and sternbergia, in pots and borders

Feed, water and deadhead summer bedding regularly, in pots, borders and hanging baskets

Cut back early summer perennials, such as hardy geraniums and delphiniums, after flowering for a second flush

Take softwood cuttings from shrubs such as pyracantha, cotinus, hydrangeas and spiraea

Feed and deadhead roses to keep them flowering strongly

Keep watch for pests such as lily beetles, snails, aphids and vine weevils, and remove before they do too much harm

Pick off flowers on coleus plants to maintain their colourful leaves Sow biennials, such as foxgloves, honesty, forget-me-nots and wallflowers, for blooms next year.

Fruit and vegetables

Check crops such as runner beans regularly for aphids, and rub or wash them off straight away, before they multiply

Water thirsty plants such as celery, beans, peas, courgettes, pumpkins and tomatoes regularly

Make the last pickings of rhubarb and remove any flower spikes that start to form, cutting right down at the base

Thin out heavy crops of apples, pears and plums, and remove any malformed, damaged or undersized fruits

Prune plum trees in dry weather, when silver leaf fungal disease is less prevalent

Sow a last batch of peas and dwarf beans before mid-July for an autumn crop

Shorten side shoots growing from the framework of trained fruit trees, reducing to about five leaves from their base

Water fruit trees and bushes, then lay a thick mulch of garden compost around their base to hold in moisture

Cover brassicas with fine netting to prevent cabbage white butterflies laying their eggs on the leaves

Peg down strawberry runners into pots of compost to root new plants

Pick courgettes regularly so they don't turn into marrows

Sow small batches of fast-maturing salad leaves, rocket and radishes every few weeks for continuous pickings

Cut down broad beans after harvesting, but leave the roots in the soil to release nitrogen as they decompose

Protect brassicas from cabbage white butterflies with fine netting

Greenhouse

Open greenhouse vents and doors on warm days to improve air circulation Continue pinching out any side shoots growing from the leaf joints of cordon tomatoes

Take cuttings from fuchsias, coleus, pelargoniums, marguerites and other tender perennials

Water tomatoes daily to prevent drying out, which can lead to split fruits and blossom end rot

Be vigilant for aphids, vine weevils and other pests, and treat immediately so infestations don't get out of hand

Feed tomatoes, chillies and cucumbers with high-potash tomato fertiliser every week to encourage fruiting

Garden maintenance

Compost your kitchen and garden waste, chopping up and mixing the contents to speed up decomposition

Top up bird baths, ponds and water features during hot weather

Water new trees, shrubs and perennials planted in spring, to help them through dry spells

Trim conifers and other garden hedges

Scoop out any floating pondweed and algae from pools and water features

Keep mowing lawns regularly, but raise the cutting height to leave the grass longer during dry weather

Water hanging baskets and patio containers daily, in the morning or evening Deadhead bedding plants, sweet peas and annuals every few days to encourage more flowers

Set up an automatic watering system to look after greenhouse crops, pots and baskets if you're going on holiday

Make your own liquid feed from comfrey plants

Apply tomato feed fortnightly to crops in pots and growing bags, such as tomatoes and chillies, to encourage fruiting

Trim lavender after flowering to keep plants compact and bushy, but avoid cutting into old wood

Be on the lookout for developing pest problems and take action straight away.

G M TREVELYAN's - English Social History A SURVEY OF SIX CENTURIES Chaucer to Queen Victoria

Elizabeth 1588-1603

• nd during these same fruitful years of Elizabeth, the narrow seas, amid Awhose tempests English mariners had for centuries been trained, expanded into the oceans of the world, where romance and wealth were to be won by adventurous youth, trading and fighting along newly discovered shores. Young, light-hearted England, cured at last of the Plantagenet itch to conquer France, became conscious of herself as an island with an ocean destiny, glad, after that Armada storm, to feel the safety and freedom that the guarded seas could give, while the burden of distant Empire was not vet laid upon her shoulders. There is, of course, another side to all this, as there is to every picture of human well-being and well-doing. The cruel habits of centuries past were not easily or quickly to be shed. The over-seas activity of the Elizabethans paid no regard to the rights of the Negroes whom they transported into slavery, or the Irish whom they robbed and slaughtered: some even of the noblest English, like John Hawkins on the Gold Coast and Edmund Spenser in Ireland, failed to see what dragons' teeth they were helping to sow. At home, the woman hunted by her neighbours as a witch, the Jesuit missionary mounting the scaffold to be cut to pieces alive, the Unitarian burning at the stake, the Puritan dissenter hanged or 'laden with irons in dangerous and loath some gaols, had little joy of the great era. But in Elizabeth's England such victims were not numerous, as elsewhere in Europe. We escaped the pit of calamity into which other nations were being thrust the Spanish Inquisition and the vast scale of martyrdom and massacre that turned the Netherlands and France into a shambles in the name of religion. Looking across the Channel and seeing these things, the English rejoiced that they were islanders and that wise Elizabeth was their Queen. As the tour of Henry VI II's England was made and recorded by the antiquary Leland, so the tour of Elizabeth's happier kingdom was made and recorded by the greatest of all our antiquaries, William Camden in his Britannia. And just before him William Harrison the parson, 1 and just after him Fynes Moryson the traveller, left us pictures of the English life of their day, which it is a pleasure to collate with the more vivid glimpses in Shakespeare.

It is probable that the population of England and Wales at the end of the Queen's reign had passed four millions, about a tenth of its present 1939)size. More than four fifths lived in the rural parts; but of these a fair proportion were engaged in industry, supplying nearly all the manufactures required by the village, or, like the clothiers, miners, and quarrymen, working for a more general market. The bulk of the population cultivated the land or tended sheep.

Of the minority who inhabited towns, many were engaged, at least for part of their time, in agriculture. A provincial town of average size contained 5,000 inhabitants. The towns were not overcrowded, and had many pleasant

gardens, orchards, and farmsteads mingled with the rows of shops. Some smaller towns and ports were in process of decay. The recession of the sea, the silting up of rivers (which gradually put Chester on the Dee out of action as a port), the increase in the size of ships demanding larger harbours, the continued migration of the cloth and other manufactures in rural villages and hamlets, were all causes of the decline of some of the older centres of industry or commerce.

Yet the town population was on the increase in the island taken as a whole. York, the capital of the north; Norwich, a great centre of the cloth trade, welcoming skilled refugees from Alva's Netherlands; Bristol with mercantile and inland trade of its own wholly independent of London - these three were in a class by themselves, with perhaps 20,000 inhabitants each. And the new oceanic conditions of trade favoured other port towns in the west, like Bideford.

But, above all, London, absorbing more and more of the home and foreign commerce of the country at the expense of many smaller towns, was already a portent for size in England and even in Europe. When Mary Tudor died it may have had nearly 100,000 inhabitants; when Elizabeth died it may already have touched 200,000. It was spreading most rapidly in the 'liberties' outside its old walls; in the heart of the City there were small open spaces, and houses with gardens, courtyards, and stables. In spite of the recurrent visits of the plague (the old Black Death) and the novel visitation of the 'sweating sickness', Tudor London was relatively healthy and deaths were fewer than births. It was not yet as congested as it became in the early eighteenth century, when its still vaster population was more closely packed in slums, further removed from access to the country, and more unhealthy, although the plague had by that time disappeared, to give place to smallpox and typhus.

The London of Queen Elizabeth, by its size, wealth, and power, was the most formidable unit in the Kingdom. Socially, intellectually, and politically it exercised an influence that went far to secure the success of the Protestant revolution in the sixteenth century and of the parliamentary revolution in the seventeenth. The area of the City was now the fortress of a purely civic and mercantile community, unchallenged within its own borders by any rival influence. The great monasteries and convents of medieval London had disappeared; the laity were supreme, and refashioned their religion in the City churches and in their own homes after the Protestant and individual patterns of their preference. Neither monarchy nor aristocracy had any strongholds within the City boundaries. The royal power lay outside in Whitehall and Westminster on one flank, and in the Tower upon the other. Even the great nobles were leaving their medieval 'quarters in the City and migrating to mansions in the Strand or in the neighbourhood of Court and Parliament at Westminster. The power and privilege of the Mayor and citizens, with their formidable militia, formed a State within the State — a society that was purely bourgeois, inside the larger England that was still monarchical and aristocratic. And the leaven of London worked throughout the land. ##







Listening to young people

By Michael Beasley, Bishop of Bath and Wells

Later this month I shall be joining young people from around our diocese on a visit to the Taizé community in France. Taizé offers the opportunity to take a step back from daily life, meet people from around the world, join in a week of prayer, worship and Bible teaching, and reflect on our life of faith. In churches we often speak about God. To visit Taizé is to have a big encounter with God.

This will be the third time I have helped lead a Bath and Wells group on this pilgrimage. Some of our young people will be making a return visit, others attending for the first time. I am looking forward to seeing all they gain from the experience and to simply spending time listening to them and all they have to say.

The opportunity to spend an extended time listening to young people is an utter privilege. While more young people are showing an interest in faith, the Church of England is undeniably still dominated by the older generations. Whenever I can, I value immensely the chance to listen to young people — of their hopes and dreams, their fears and perspectives, their insights and understanding. Such listening is essential if young people are to be fully part of the life of our Church. It's vital if we are to continue to see the shoots of growth that are happening across our diocese and the wider church. We're pursuing this challenge of listening to young people in lots of different ways. It doesn't just happen at Taizé! Our Young Leaders Hub is one arena. Elsewhere we are looking at how young people can play their full part within the life of our diocesan decision-making bodies and in the national church too. I urge you to do the same where you are.

'Nothing about us without us' is a challenge that's sometimes extended when discussing how young people can participate fully wherever they find themselves. What an aim and a prize this would be for us all to pursue.

Britain's 'bendiest' road is so difficult to drive motorists are told to avoid it

The B3081 near Shaftesbury in Dorset is home to Zig Zag Hill, famously known as Britain's "bendiest" road.

Characterised by a relentless sequence of sharp hairpin bends – some approaching 180-degrees – and steep inclines, it presents a formidable challenge to even seasoned drivers. Local residents and driving experts often suggest that motorists give this demanding mile-long ascent a wide berth, particularly when the weather turns foul.

Zig Zag Hill is notorious for its quartet of tight hairpin turns and a steady gradient of around 13%. For larger vehicles or those not accustomed to such conditions, traversing this road can be quite daunting.

Even when blessed with clear skies, vigilant steering and downshifting gears to stay composed are prerequisites on this road. While cyclists may find the undulating terrain alluring, drivers – particularly those commanding larger vehicles – can anticipate inevitable hold-ups and impediments as par for the course.

LeaseCar.uk, a motoring specialist, conducted a survey pinpointing some of the most challenging routes for UK drivers, singling out Zig Zag Hill as "resembling a roller coaster" and labelling it the "bendiest one-mile stretch of road in the UK".

A LeaseCar.uk spokesperson issued a caution: "We want motorists heading out on the road this summer to be well prepared and know what sort of roads they may be coming up against. These twisty roads are enough to incite fear in even the most experienced of drivers. Their sheer drops, sharp bends and uneven terrain should definitely be avoided where possible." But amidst these warnings, the route does boast its fair share of stunning vistas.

Despite its perilous nature, Zig Zag Hill does offer drivers a silver lining - breathtaking vistas of the Dorset and Wiltshire countryside that can be enjoyed from the summit, complete with a parking area for motorists to pause and soak in the landscape.

The road's layout harks back to the 19th century when it was built to bypass the deep grooves of ancient drovers' paths. Its steep, serpentine route has largely remained unaltered, preserving both its historical charm and its status as a daunting driving test.

Keeping Zig Zag Hill in good nick is no small feat for the Council. In 2019, the road underwent deep excavation and resurfacing due to the damage inflicted by constant braking and sharp cornering. The repairs were so comprehensive that the road had to be shut round-the-clock for nearly a fortnight, with all traffic rerouted via nearby routes.

Zig Zag Hill stands out as a unique and unforgettable feature of the UK's road network, but its hazards are very real and well-recorded. For many drivers, the advice is straightforward - it's safer to avoid Britain's most winding road, particularly when the weather isn't on your side. ###

Brinsmead family records - Bishop's Hull in Somerset

The earliest traces of the Brinsmead family come from Somerset in England's West Country. The family shows up in several villages in the Taunton Deane area, most notably in Bishop's Hull, just outside the town of Taunton.

Bishop's Hull was once known by its Latin equivalent; Hulle Episcopi. It was then owned by the Bishop of Winchester.

The Brinsmead family thrived in Bishop's Hull in the 1500's and 1600's. However, after that they appear to have died out. We know one or more moved to the new colonies in the Americas. Several others moved to London. One suggestion was that this occurred after the family sold land that was used to build the new Manor House in Bishop's Hull. Yet other family members moved into the surrounding villages including into the adjacent County of Devon.

The Early American Migration

It is fairly clear that two Brinsmeads left Bishop's Hull and sailed for America in about 1630. They are believed to have left on the ship Mary and John, headed for the colony of Massachusetts.

Bishop's Hull was just outside the Town of Taunton. At times it appears to have developed the reputation for being the place to go for a night on the town, free of some of the municipal restraints in Taunton itself.

Taunton held one of the monasteries subject to the dissolution. We know of at least one Brinsmead who was affected by this drastic change. William was a Dominican.

An entry recorded in Devon and Cornwall Notes and Queries Vol. 18 1934-35 reads:

25. Dom. William Brymsmede, having a pension of five pounds paid out of the house of Tawnton, died at Teigngrace, 26 March, in the first year of our Queen, viz., of your Majesty aforesaid (1558/9).

While Teigngrace is in Devon, the monastery was apparently in Taunton, adjacent to Bishop's Hull. This pension was one of the pensions granted upon the dissolution of the monasteries. It was relatively generous and suggests a fairly high standing.

Bishop's Hull Records

The Mary and John Society commissioned an extensive review of the manorial records, looking for, among other things, any reference to the Brinsmeads.

There are several Brinsmead wills that add clarity to the relationships involved. This has built up an extensive picture of the family.

Bishop's Hull Today

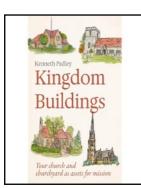
Bishop's Hull today is a very pleasant and mostly still rural village, although it is very close to being a suburb of Taunton. It has a Manor house from the 1600's and a quite unique looking church. ###

BOOK REVIEWS

Kingdom Buildings -Your church and churchyard as assets for mission,

by Kenneth Padley

Kingdom Buildings explores the
vital contribution that the church



building and grounds make to the Church's mission and growth. Often experienced as a burden, this guide will enable them to be seen as gifts

for the flourishing of the community. Blending theology, ecclesiology and practicality, it will fire the imagination, and its step-by-step guidance will help solve even seemingly intractable challenges. It advocates the importance of doing the right thing for the long term, while showing how minor changes can be achieved cheaply, generate momentum, and have a big effect. It also considers accessibility, carbon reduction and ecological credentials which present particular challenges in heritage buildings and grounds. Chapters include: 1: The theory behind the practice 2: Preliminaries: planning, permission, paying for it, perseverance 3: Getting your church open Welcome, unstaffed opening 4: Projects that make a difference: toilets, kitchenettes, community space, cafes, children's corners 5: Carbon reduction Heating, lighting, solar panels, EV charging

6: Churchyards: from urban jungle to sacred ground;

7: Making the most of your church hall: business plans, marketing, hire rates, legalities Conclusion: Securing lasting change

Wild Dark Shore

Charlotte McConhgay

A family on a remote island. A mysterious woman washed ashore. A rising storm on the horizon.

Dominic Salt and his three children are caretakers of Shearwater, a tiny island not far from Antarctica. Home to the world's largest seed bank. Shearwater was once full of researchers. But with sea levels rising, the Salts are now its final inhabitants, packing up the seeds before they are transported to safer ground. Despite the wild beauty of life here, isolation has taken its toll on the Salts. Raff, eighteen and suffering his first heartbreak, can only find relief at his punching bag; Fen, seventeen, has started spending her nights on the beach among the seals; nine-year-old Orly, obsessed with botany, fears the loss of his beloved natural world: and Dominic can't stop turning back toward the past, and the loss that drove the family to Shearwater in the first place.

Then, during the worst storm the island has ever seen, a woman washes up on shore. As the Salts nurse the woman, Rowan, back to life, their suspicion gives way to affection, and they finally begin to feel like a family again. Rowan, long accustomed to

protecting her heart, begins to fall for the Salts, too. But Rowan isn't telling the whole truth about why she set out for Shearwater. And when she discovers the sabotaged radios and a freshly dug grave, she realizes Dominic is keeping his own dark secrets. As the storms on Shearwater gather force, the characters must decide if they can trust each other enough to protect the precious seeds in their care before it's too late—and if they can finally put the tragedies of the past behind them to create something new, together.

The Names

Florence Knapp

The extraordinary novel that asks:
Can a name change the course of a life?

In the wake of a catastrophic storm, Cora sets off with her nine-year-old daughter, Maia, to register her son's birth. Her husband, Gordon, a local doctor, respected in the community but a terrifying and controlling presence at home, intends for her to name the infant after him. But when the registrar asks what she'd like to call the child, Cora hesitates... Spanning thirty-five years, what follows are three alternate and alternating versions of Cora's and her young son's lives, shaped by her choice of name. In richly layered prose, The Names explores the painful ripple effects of domestic abuse, the messy ties of family, and the possibilities of autonomy and healing.

With exceptional sensitivity and depth, Knapp draws us into the story of one family, told through a prism of what-ifs, causing us to consider the "one . . . precious life" we are given. The book's brilliantly imaginative structure, propulsive storytelling, and emotional, gut-wrenching power are certain to make The Names a modern classic.

The ListenersMaggie Stiefvater

Tanuary 1942. The Avallon Hotel & U Spa has always offered elegant luxury in the wilds of West Virginia. its mountain sweetwater washing away all of high society's troubles. Local girl-turned-general manager June Porter Hudson has guided the Avallon skillfully through the first pangs of war. The Gilfoyles, the hotel's aristocratic owners, have trained her well. But when the family heir makes a secret deal with the State Department to fill the hotel with captured Axis diplomats, June must persuade her staff—many of whom have sons and husbands heading to the front lines—to offer luxury to Nazis. With a smile. Meanwhile FBI Agent Tucker Minnick, whose coal tattoo hints at an Appalachian past, presses his ears to the hotel's walls, listening for the diplomats' secrets. He has one of his own, which is how he knows that June's balancing act can have dangerous consequences: the sweetwater beneath the hotel can threaten as well as heal. June has never met a guest she couldn't delight, but the diplomats are different. Without firing a single shot, they have brought the war directly to her. As clashing loyalties crack the Avallon's polished veneer, June must calculate the true cost of luxury. ###

Smiles

Day trip?

A north country choirmaster was rehearsing the hymns for Sunday, telling the choir the hymns they were to sing, and the tunes to which they were to sing them. He concluded the list and said, "Now then, 'Come ye that love the Lord', to Southport!"

A moment later a voice called out, "Where are you tekking t'rest of us then?"

<u>Church Notices that didn't quite</u> <u>'make it'...</u>

The preacher for Sunday next will be found hanging on the notice board in the porch.

Graves

Churchyard maintenance is becoming increasingly difficult, so it will be appreciated if parishioners cut the grass around their own graves.

Baptism

The vicar announced that an additional font would soon be placed in the church, so that babies could be baptised at both ends.

No worries

A 102-year-old lady was asked if she had any worries about the future. She replied: "Not since I got my eldest son into an old people's home."

Guilty Teacher

A woman was found guilty in court for a motoring offence and when

asked for her occupation she said she was a schoolteacher.

The judge rose from the bench.

"Madam, I have waited years for a schoolteacher to appear before this court." then smiled with delight.

"Now sit down at that table and write 'I will not jump a red light' one hundred times."

Bishop

A little girl told her mother, "We went to a confirmation service at the cathedral and I saw the bishop.

Now I know what a crook looks like!"

Cats and dogs

Behind every cat that crosses the street, there is a dog saying, "Go ahead, you can make it."
Dogs believe they are human. Cats believe they are God.
The only domestic animal not mentioned in the Bible is the cat.

Switched on

A housewife was helping her aged mother get up the stairs on their brand-new stair lift when the minister telephoned her. He was horrified to hear her say: "I'm so sorry, but I'll have to ring you back. I can't talk right now because I've finally got Mother in the electric chair and I'm eager to press the switch and see if it works!

Puzzling Jigsaw

A little, silver-haired lady called her neighbour and said, "Please come over here and help me. I have a very difficult jigsaw puzzle, and I can't figure out how to get started."

Her neighbour asks, "What is it supposed to be when it's finished?" The little lady says, "According to the picture on the box, it's a rooster." Her neighbour decides to go over and help her with the puzzle. When he arrives, the old lady shows him the puzzle spread out all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says:

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." Then he takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then..." and he says this with a deep sigh...

"Let's put all the Corn Flakes back in the box."

God's Plan for Ageing?

Most senior citizens don't get enough exercise. In His wisdom God decreed that senior citizens become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made senior citizens lose coordination so they would drop things requiring them to bend, reach and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided senior citizens would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest, even though you mutter under your breath.

Car Insurance

I renewed my car insurance over the phone today and as I was about to hang up the woman on the other end asked if I had a pet.

I said, "Yes, I've got a dog." She said, "Would you like to insure him too?"

I said, "Don't be daft, he can't drive!"

Rosary

A Priest working in a remote parish in Greenland gets his yearly visit from his Bishop.

The Bishop asks him, "How are you managing with the loneliness?"

The Priest responds, "If it wasn't for my Rosary and my whiskey, I couldn't make it. Would you like a shot of whiskey?"

The Bishop nods his head yes.
The Priest yells out, "Hey Rosary, bring us two shots of whisky "

Fond farewell

A minister was making farewell visits before moving to a new parish.

An elderly woman of the congregation paid him the compliment of suggesting that his successor would not be as good as he had been.

"Nonsense," he replied, flattered.
"No, really," she insisted. *"I've lived here under six different ministers, and each new one has been worse than the last. "******

St James the Least of All

The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'... If you would like a copy of our published booklet of Uncle Eustace's letters, please email us at: enquiries@parishpump.co.uk

On why people complain to the vicar – and how to ignore them

From The Rectory St James the Least

My dear Nephew Darren

So, you have received your first letter of complaint. I am not wholly unsympathetic with your complainant, as attempting to marry the bride to the best man would have created havoc with the seating arrangements at the reception. However, you must learn that receiving letters of complaint is an integral part of the ordained ministry. After 50 years of parish life, the number of such letters I have received are now held in bound volumes. The anonymous ones you will receive, invariably written in green ink on lined notepaper, can be safely consigned to your wastepaper basket, along with all mail, from whatever source, labelled 'Urgent'. You will receive letters complaining that you did not pray for someone who was in hospital. regardless of the fact that you knew nothing of it. Probably by the next post, you will receive a letter complaining that you did pray for someone in hospital – when they had wanted to keep their cosmetic surgery secret. Those who regard themselves as quardians of doctrinal purity will write complaining of the heresies contained in the previous Sunday's sermon. These can be filed with those letters that complain that your sermons are too short, along with those who complain that they are too long. The hourly striking of the church clock is a perennial favourite for complaints. I usually reply by saying that we are currently exploring the possibility of getting it to strike the quarters too.

Letters of complaint will arrive in November, complaining that the church is too cold, so making prayer impossible. Others will drop on the doormat in April saying that it is too hot, so making prayer impossible. In Spring, some will write that the churchyard should be mown more often, while others will complain that it is mown too often and ruins it as a habitat for wildlife. The annual Summer 'Procession of Witness' generates complaints that the brass band ruined the slumbers of parishioners having a Sunday lie-in. Then come Harvest, there will be the letters complaining that they did not receive a Harvest gift, which was particularly unforgivable, as their grandmother had once sung in the choir. Thus, the annual round is accompanied by reams of notepaper.

The only letter of complaint I have really treasured came from the bishop, rebuking me for never having attended any meeting when he was present. I have had it framed and hung on the study wall.

Your loving uncle, Eustace

Regular weekly events

MONDAYS

10.00-11am Nia (Dance fitness) HUB
10.00-12noon Painting Group FBC
1.30-4.00pm Whist Club FBC
2.00-4.00pm Bridge (except 1st
Monday) FBC
6.15-7.15pm Zumba HUB
7.30pm Tone Big Band (1st & 3rd
Mon) HUB

TUESDAYS

6.15-7.00am Group Fitness Training
HUB
10.30-11.30am Qigong
HUB
1.30-2.30pm Tai Chi
HUB
10.00-4.00pm Board Games
7.00-8.00pm Yoga
HUB

<u>WEDNESDAYS</u> 10.00-11.00am Pilates for Everyone

HUB 10.00- 11.00am Flexercise FBC 11.00-12noon Mum and Baby Pilates HUB

2.00- 4.30pm Short Mat Bowls HUB 6.00- 7.00pm Tae Kwon Do HUB

THURS DAYS

6.15-7.00am Group Fitness Training
HUB
10.00-12noon Baby Badgers
10.00-12noon Bridge Club
2.00-4.00pm Croquet
FBC

FRIDAYS

8.30-1.00 pm Star Bubs HUB 10.00-12n0on Pétanque FBC 10.00-12n0on Frank's Café FBC 4.45-8.15pm Martial Arts HUB

SATURDAYS

6.30-7.15am Group Fitness Training
HUB
9.30-11.30am Hub Gardening Club
HUB
9.00pm Bingo
Con Club

USEFUL CONTACT NUMBERS

YOUR SOMERSET COUNCIL COUNCILLORS

John Hunt (Independent) 07880 794554 john.hunt@somerset.gov.uk Cllr Caroline Ellis 07473 119425 cjellis1968@googlemail.com

Your Member of Parliament Gideon John Amos Lib/Dem

SUPPORT AVAILABLE FOR RESIDENTS

Taunton Citizens advice - 0808 278 7842 Village Agent - 01823 331 222

Mindline, a 24/7 phoneline available to support people of all ages offering a listening and advice service for wellbeing. You can call Mindline on 01823 27689. Information about childcare http://www.childcarechoices.gov.uk/

Taunton Foodbank

https://taunton.foodbank.org.uk/gethelp/

Free support and advice about: Money, food, home, health and wellbeing, domestic abuse, problems with drugs and alcohol and parenting visit:

www.connectsomerset.org.uk/help4 all

BISHOP'S HULL FACILITIES

BH Parish Council - Helen McGladdery 07518144614 clerk@bishopshullparishcouncil.go v.uk

BH Pre School - 07928 950230 BH Primary School - 331624 Castle School - 274073 Spring Nursery - 793506

Community Room & School Hall Rick Moon 354908

Frank Bond Centre - Nadia 07958 246046

Neighbourhood Beat Team

PSCO Lyndsay Smith & PCSO Marshall Bernhardt Call 101 or 999 in emergency lyndsay.smith@avonandsomerset.pol ice.uk

marshall.bernhardt@avonandsomers et.police.uk

Robin Close Hall - 356389

St Peter & St Paul Parish Church Rev. Phil Hughes 336102

BISHOP'S HULL ORGANISATIONS

BH Flower, Fruit and Vegetable Show - Amanda Gallacher 337720

Bishop's Hull HUB -

booking: bhhubbookings@gmail.com General enquiries and events: bishopshullhub@gmail.com Bishops Hull Hub cafe -

bishopshullhubcafe@gmail.com

BH Short Mat Bowls - Alan Chapman 01823 630641

bhsmbc@yahoo.com

BHVH & Playing Fields Trust -Paul Bulbeck 283941

BH WI — Sue Hazelwood 01823 323986

British Martial Arts and Boxing Association Tae Kwon Do alecmhay@aol.com

Brownies - Sheena Grinter 331184 Community Woodland Volunteer -David 272415

Nia (Dance Fitness) - Jackie 07949735139 FBC Activities - Carolyn 283941

Infinity Martial Academy - Jon 07736 714370

ionakkc@hotmail.co.uk

Pilates - Larissa

lapilates7@gmail.com / larissa@lapilates.com

Somerset Hills Chorus - Brenda Palfrey 07857 244272

Tae Kwon Do - Sebastian Morey-Weale 07900 517767

Tai Chi - Bev Fernandes 07880 555984

Zumba - Felicity 07939 580327

REFUSE / RECYCLING /GARDEN COLLECTIONS

Dates below taken from Somerset Council Website.

Please note new day for recycling and refuse collections.

Recycling: Every Thursday - all areas

BISHOP'S HULL, SHUTEWATER, UPCOTT & BARR

Refuse: Thursday Garden: Monday

RUMWELL

Refuse: Thursday Garden: Wednesday

STONEGALLOWS

Refuse: Thursday Garden: Monday

BH COUNCIL PRIVACY STATEMENT AND POLICY

http://wwwbishopshull.org.uk/ Parish/BHPCprivacyNotice.pdf http://www.bishopshull.org.uk/ parish/BHPCprivacyPolicy.pdf

SERVICES AT ST PETER & ST PAUL JULY 2025

Wednesday 2 July	Holy Communion	10.00 a.m.		
Sunday 6 July Trinity 3	Holy Communion Holy Communion	08:00 a.m. 10.00 a.m.	Galatians 6:1- 16 (1172); Luke 10:1-11, 16-20 (1041)	Bob Coombs
Wednesday 9 July	Holy Communion	10.00 a.m.		
Sunday 13 July Trinity 4	Holy Communion Holy Communion	8.00 a.m. 10.00 a.m.	Colossians 1:1- 14 (1182); Luke 10:25-37 (1041)	Will Osmond
Wednesday 16 July	Holy Communion	10.00 a.m.		
Sunday 20 July Trinity 5	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Colossians 1:15-28 (1182); Luke 10:38-42 (1042)	Tim Venn
Wednesday 23 July	Holy Communion	10.00 a.m.		
Sunday 27 July Trinity 6	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Colossians 2:6- 19 (1183) ; Luke 11:1-13 (1042)	Paul Curry
Wednesday 30 July	Holy Communion	10.00 a.m.		

GRASS CUTTING



CHURCH DIRECTORY (01823)

Church web site: www.stpeterandstpaul.org.uk

Vicar: Rev. Philip Hughes

336102

(Usual day off - Friday)

phil2overflowing@gmail.com



Rev Philip Hughes

Church Wardens: Tim Venn John Perry

Treasurer

Electoral Roll Officer

Safeguarding Officer: Beverley Keitch

Other PCC Members - Rachel Horder. Mark Dakin

Sue Martin Hilary Harper . Lillian Priest

St Peter and St Paul's PCC 2025-2026

- 1. Rev Phil Hughes (Vicar)
- 2. Tim Venn (Church Warden)
- 3. John Perry (Church Warden)
- 4. Rachel Horder
- Beverley Keitch(Parish Safeguarding Officer),
- 6. Mark Dakin
- Sue Martin
- 8. Hilary Harper
- Lillian Priest
- And you? The PCC is a great team to belong to and is there to assist the Vicar in the Mission and function of the church. If you think God may be calling you to serve in this way there are lots of opportunities, so do have a chat with one of the fab team!

