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For appointments and enquires call Nicola on
01934 822422 or
07944 737406

Gift Vouchers Available

Fireworks

Every year, hundreds of horses are killed and seriously injured by fireworks. They do not understand that humans are having fun. The noise terrifies them and they try to gallop away. Horses in fields run into barbed wire and wooden fences or try to jump them, getting caught up, torn, impaled or falling and breaking their legs, often suffering horribly before owners or vets can get to them. Horses who break their legs have to be put down. Horses in stables throw themselves against walls or stand shaking in fear.

Horses and ponies are quite different from humans, dogs and cats. They are “flight” animals. Their response to anything frightening is to run away, as fast as possible.

Unlike cats and dogs, many of whom are also very frightened by fireworks, horses cannot easily be sedated or brought into the house for comfort. It is cruel to make them suffer like this and heartbreaking for owners, who love their horses very much, to watch their distress.

There are many horses and ponies in fields and stables all around our Parish. PLEASE, don't let off fireworks anywhere near fields or farms around the village. Consider going to the big organised displays in town instead of having your own. Most people don't realise how much suffering fireworks cause to all animals, particularly horses. But now that you know, if you really want to have fireworks in your back garden, it would be very much appreciated if you would let your neighbours know when and at what time – and to choose the quietest ones you can find.

Susan Disney

**Thank You Very Much For Your
Consideration**

Super Carers

The numbers of women in their forties and fifties who are caught between the demands of holding down a job and looking after a younger or older relative will rise by 50 per cent by 2020, according to a recent study.

This so-called ‘sandwich’ generation is trapped by falling birth rates and increasing longevity. More and more of these women are taking on the role of a ‘super carer’ – looking after both children or grandchildren and elderly relatives at the same time.

It puts a huge strain on the ‘have it all’ generation of women who were supposed to have more personal freedom and greater wealth than their predecessors.

Currently there are an estimated 2.5million ‘super carers’ in the UK, but the figure is expected to rise to 3.9 million. Most are aged between 45 and 55, and as super carers, face increased stresses which have an adverse effect on their overall health, wealth and well-being.

Archbishop On Childhood

The Archbishop, as patron of the Children's Society, has spoken out on the difficulties children face in the 21st Century, has launched The Good Childhood Inquiry. Dr Rowan Williams spoke about the pressure children face at a school with excessive testing, as well as the commercial pressures they face by being targeted as consumers before they are ready. “I think we have a shared unwillingness in our culture to let children be children for long enough”.

Prayer



The Church families of St. Andrew's and Banwell Methodist Church will be praying for the people in your area on the following Sundays.

October

- 1st Springfield Gardens
- 8th Summer Lane
- 15th Thomas Close
- 22nd The Paddocks
- 29th Waits Close

November

- 5th West Garston
- 12th West Street

If you have any special prayers or concerns, whether for yourself, one of your family or for a neighbour (e.g. someone who is sick: getting married: seeking employment: going away to work or college: or in any kind of trouble or difficulty), please ring one of the following numbers either to have a chat, or leave a message, or make an appointment for one of us to visit you, or vice versa.

Dinah Harrison 822344
The Revd. Sam 852314

Banwell Toddler Group Needs You

Summer has gone and another School year has come upon us. Not only do the young children begin a new School year at Playgroup or Primary/Junior School, but running at the same time within the School Calendar another place has opened its doors once more to the 0-3 year olds.

Banwell Toddler Group meets every Friday between 9.30 and 11.45 down at the Scout Hut next to the Youth Centre. The group is run for the enjoyment of the children and to help those that look after children meet others from within the community. We are only a small group but we hope to improve on the size of the group over the coming months, helping us ensure we become more established within the Village.

However to become a bigger group, we do need help from you. So if you are a Mum, Dad, Grandparent, Aunt, Uncle or even Carer and you are looking after a child between 0-3 years of age, stuck for something to do on a Friday morning, why not pop in and say hello, the door is always open.

Gareth Thomas

Banwell Playgroup for rising 3s-5yr. olds meets Monday to Friday during term-time 9.00am - 11.30am. For more information please contact the Playgroup on 823404 or Wendy Lloyd 820605.

Baby/Toddler Group meets every Friday morning 9.30am -11.45am. at the Scout Hut. Contact Gareth Thomas 823177

Banwell Fish Scheme: Chairman Mrs Dinah Harrison 822344. Lift Co-ordinator Mrs G Boddy 823621.

Village Hall Booking Secretary: Mr David Westlake 30 Knightcott Road, Banwell. Tel: 822433.

Youth & Community Centre Booking Secretary: Nicola Hooper (Parish Clerk) 812567, email clerk@banwell.org

Methodist School Room Hire Bookings Tel: 822873 or 822066

Banwell-Potigny Twinning Assoc. Contact Jeanne Evans 823878

Banwell Bridge Club Contact: Roger Boland Tel: 820615 or Meg Tillotson Tel: 823252

Services In Our Churches

ST. ANDREW'S

	8.00 am	Holy Communion
	10.00 am	Family Eucharist
	3.30 pm	Evensong
1st Sunday	3.30 pm	BCP Eucharist
	7.15 pm	Young at Heart

METHODIST

	10.30 am	Morning Service & Sunday School
	6.30 pm	Evening Service

ROMAN CATHOLIC Cheddar
Sunday 9.00 am Mass

ALL WELCOME

The
Royal British Legion
Banwell Branch.
Present

Poppy Appeal Concert

St. Andrews Church Banwell.

By The Bristol Cameo Orchestra
(35 Musicians)

Saturday 18th November

At

7.30pm (Doors open 7.00pm)

Tickets £5.00 (unreserved)
to include Interval Refreshments

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Cliff Hobbs 01934 820054
Brian Godden 01934 822734
Banwell News, West Street.
Vickerys Butchers, West Street.

Also Available on the Door.

Please note our email address & website

theeditor@banwellparishnews.org.uk
www.banwellparishnews.org.uk

Good sermons need not be long, and bad ones ought not to be.

CH Spurgeon

The doctor sat his patient down: "I have some good news and some bad news."

The patient said, "Give me the good news."

The doctor said, "They're going to name a disease after you."

Horticultural Show

The 46th Banwell Horticultural show was well supported again this year.

There were over 200 exhibits on show, vegetables, flowers, floral displays and the very popular domestic section gave the judges a hard job in choosing the best!

There were almost 100 vegetable exhibits alone, including some giant pumpkins which gave rise to some friendly rivalry over the size & weights! Terry Brafield stole the show with his fine exhibits winning most of the cups in this section.

The Floral Art themes brought some stunning exhibits. Arrangements included 'The Tall & The Short of it', 'Television Programme Free Style', 'Hall Table Decoration', 'An Arrangement in a tea Pot' and new for this year which proved popular, 'Flower Arrangement for Beginners'.

There were some mouth-watering cakes & preserves in the domestic section. The homemade wine entries were up on last year with some good quality wines on display....something in the Banwell water perhaps?!!

Thank you to the judges for your time & thank you to the villagers for supporting this great event.

News From The Gardening Club

This month's talk has the intriguing title 'Tales and Tails' so why not come along and hear what it's all about. The speaker is Ken Spencer-Mills. The meeting on Thursday 26th October starts at 7.30pm in the Village Hall. We shall be having our usual raffle; donations for prizes are much appreciated. The competition for this month is 'Photograph of a garden in bloom'. If you would like to become a member of the club the cost is £4 covering meetings through until May. Visitors (£1.50) are always welcome. Any queries to Eileen on 822433

New Market

WANT TO RUN YOUR OWN MARKET STALL?

I am looking to start a market in Banwell. Being held in the YCC second Saturday of the month from 9am till midday. This will be a market and for selling new products and services. If you would be interested please contact me with your details and details of the products you would be selling. Table space will be limited and I would like to get a variety of stalls so please contact me early. Many thanks, Pop a note to Lisa Griffiths, 32 West Street, Banwell. Or email me on griffithslisa70@hotmail.com. Thank you.

To advertise in this magazine give our advertisement manager

Mike Hebden

a call on 823517 to discuss your requirements

Banwell Horticultural Show 2nd September 2006

TROPHIES	2006 WINNER
C B CHAMPION ROSE BOWL for highest number of points in the show excluding Domestic Section	Terry Brafield
J WYTHES CUP for most points in Vegetable Section	Terry Brafield
MISS M COLLINS CUP for best collection of vegetables	Terry Brafield
W J THOMAS CUP for best collection of 4 salad vegetables	Terry Brafield
DOROTHEE HARDING CUP for best exhibit in Fruit Section	Peter Purchase
CHURCH HOUSE CUP for most points in Flower Section	Bill Thomas
MISS E DIGHT CUP for best exhibit in Flower Section	Bill Thomas
H NICHOLLS CUP for best Fuchsia exhibit	Hilary Evans
CLUB SILVER VASE for most points in Floral Art Section	Cyril Marter
MRS M KNIGHT CUP for best exhibit in Floral Art Section	Maureen Hobbs
CLUB TROPHY for most points in Baking Section	A Merridith
PAT RICHARDS CUP for most points in Preserves Section	Cyril Marter/ A Merridith
MISS E BATES CUP for most points overall in Domestic Section (Baking and Preserves)	A Merridith
LES TURPIN CUP for most points in Home-made Wine Section	KA Merritt
MRS M DERBY CUP for most points in Children's Section (10 years and over)	Tom Heal
CLUB CUP for most points in Children's Section (7-9 yrs)	Lucy Heal
CLUB CUP for most points in Children's Section (under 7 yrs)	Alex Heal

Charities Day

Saturday 14th October 2006

10.00 a.m. – 4.00 p.m.

BANWELL VILLAGE HALL

SHOP EARLY FOR CHRISTMAS.

You are invited to come along to the Village Hall between 10.00 a.m. – 4.00 p.m. to meet representatives from 12 charities who will be selling items for their funds.

The Charities will be:

Alzheimers Society – Dementia Care and Research

Guide Dogs for the Blind – Providing guide dogs since 1931

Bosom Buddies – Voluntary group founded in 1997 to help patients and families cope with the psychological and everyday consequences of breast cancer and breast related illnesses.

Hearing Dogs for Deaf People – Hearing dogs change the lives of their deaf owners by providing greater independence, confidence and security.

Brainwave – Therapy for children with special needs

Feed The Children – Emergency help for children in the U.K. and abroad by helping to provide essential food, water and clothing.

Crossroads – Caring for Carers – promotes, offers, supports and delivers high quality services for Carers and people with care needs.

Leukaemia Research - Committed to giving hope to all blood cancer patients, present and future.

Diabetes U.K. – Help and information for those suffering from Diabetes.

Kids for Kids – Providing long term self sustainable projects to families in villages in remote areas in Sudan where there is virtually no other help.

Oxfam – Fair Trade goods from Third World countries

Banwell W.I.

There will be refreshments throughout the day.

A raffle – to raise funds to be equally divided between all the above charities

Entrance FREE – so come along and give your support to these charities

Thank You Again!

Thank you again to everybody who donated their Sainsbury's Active Kids vouchers and Tesco Computers for Schools vouchers to Banwell School. We have been able to exchange the Active Kids tokens for some new equipment for our Sports Hall and we have 'banked' our Tesco tokens which we hope to exchange for some computer equipment. Thank you also to Ian at the Newsagents and Alan at Vickerys who acted as collection points for tokens. It's great to have so much support from the community.

Alison Robinson
Friends of Banwell Primary School

Archaeological Society

You may be interested because you were there, or maybe you are too young, but anyway I am sure you will want to hear about the 'Bombing of Weston-super-Mare'!! This will be our speaker, John Penny's, subject on Friday 13th October.

Visitors are always welcome - just come along at 7.30 p.m. to The Village Hall.

The Pilgrim mothers stood all the trials that the Pilgrim fathers stood, but in addition, stood the Pilgrim fathers.

Gardening Tips For October



Plant winter lettuce in cold frames, keep well ventilated, protect against slugs.

Any long-term pot plants that will not be rested through the winter should be checked over. If you intend to plant roses the job should be finished by mid-November. Lift and divide herbaceous perennials, – early flowering types are best dealt with now. Start digging as the ground becomes vacant in the vegetable plot. Biennials such as Foxgloves, Canterbury Bells and Honesty can be planted where they are to flower next year. Splash out and treat yourselves to an extra bag of tulips which can be planted before mid-November.

Reporter: What do you think is the trouble with farming these days?

Old farmer: Well – in my day when we talked about what we could raise on 60 acres, we meant maize, not bank loans.

Parish Mag Help Wanted

Due to one or two of our deliverers moving we need others to come forward to help us distribute the magazine – particularly at Hill End and Rolstone/West Wick/Way Wick. If you can help then please get in touch with Mike Hebden 823517.

Copy for the next issue by the 26th October

EDITOR: Dave Colbourne, The Gate House, East Street, Banwell. Tel.822902

ADVERTISEMENT MANAGER: Mike Hebden, 1 Chestnut Close. Banwell. Tel.823517
theeditor@banwellparishnews.org.uk

BANWELL VILLAGE HALL PRESENT

“THE BANWELL SINGERS”
in
"Those were the Days"

With a supporting cast of Local Talent

A variety show in aid of Village Hall Funds
and

‘Dementia Care Trust’ (Reg. Charity 1010795)

All profits to be shared equally between the two beneficiaries

Banwell Village Hall
25th November 2006 at 7.00pm

Raffle ~ Refreshments

Tickets £6 Adults
£2 under 14's
Available 01934 823621

Dark Future

A woman went to visit a fortune teller. In a dark and hazy room, peering into a crystal ball, the mystic delivered grave news. “There’s no easy way to say this, so I’ll just be blunt - prepare yourself to be a widow. Your husband will die a violent and horrible death this year.”

Visibly shaken, the woman stares at the fortune teller’s lined face, then at the single flickering candle, then down at her hands. She took a few deep breaths to compose herself. She simply had to know. She met the fortuneteller’s gaze, steadied her voice, and asked her question: “Will I get away with it?”

Hedgehogs Win!

It has been a long hard battle, but the British Hedgehog Preservation Society is celebrating the news that McDonald’s have changed the lid on their McFlurry dessert.

The original containers trapped many hedgehogs. Some were released by kindly passers by, some were found dead, and it will never be known how many were never found at all. The new lid has a smaller aperture so the customer will take the lid off to get to the ice cream. Even if the cup does get thrown to the floor with the lid attached, the hole should be too small for hedgehogs to push into.



Fair Trade Returns to Banwell



Saturday 11th November
in the Village Hall
10am to 4pm

Fairly traded goods including

Food products, Gifts, Christmas cards etc
Childrens and Adults Clothing

A ‘Fashion Show’

will take place at 11.30 am and 2.00 pm
exhibiting a range of stylish clothing for all ages
Refreshments and Light Lunches available



A wizard is a person who can keep up with the neighbours – and the monthly installments, too.

When a train goes through a tunnel and it gets dark, you don’t throw away your ticket and jump off. You sit still and trust the engineer.

Corrie ten Boom



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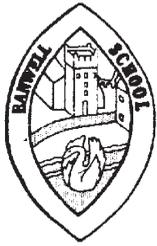
Put up that shelf or paint that gate.

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Year 4 have been writing about the new school hall

I was amazed to be back at school. This year in year 4 we got a new school hall. I felt tiny in the new hall. The



new school hall is gigantic. It has new PE equipment and even showers.

By Robert

I was really excited to go to our brand new school hall. It is huge, about three times the size of our old school hall. It echoes really loudly. I love it, it's amazing.

By Dominic



I was very excited to come back to school since I heard that the builders had finished the new school hall, and I was dying to go inside. The main part of the hall is very big and high up. When you compare it to our old hall, the new hall is enormous! We are extremely lucky since our old hall is cramped and not good for parent assemblies. What's even better is that the new school hall is for the community.

By Georgie



I was very excited to see the school hall finished and it even has a baby changing room. In PE we now have some new apparatus to climb on. The school hall is fantastic.

By Jordan

When I first walked into the new hall I was really surprised at how big it is. In our old school hall we were all squashed in and I never knew how we fitted in. We are very lucky to have the new hall.

By Hannah

Banwell Caves Heritage Group

Banwell Bone Cave & Tower were open as



part of the national Heritage Open Days on the weekend of the 9th & 10th September. With fine weather, it was a very busy two days with over 800 visitors attending. All the helpers were fully stretched as the visitors



enjoyed the tour of the Bone Cave, follies & tower and settled down for a caveman's lunch or cream tea.

We now have a short film telling the story of Banwell Caves funded by English Nature and made by Gavin Newman who has been involved with the David Attenborough nature programmes. This film was played as a continuous loop on both open days and

provided an added source of interest for the visitors.

These were the last open days of the year



with the next public open day on the 20th May next year. The year has been the busiest yet with over 2,000 visitors. Many thanks to those who have supported us this year and we hope to see you again next year.

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Banwell Harvest Home

Mothers' Union

After our fallow, or holiday month, we returned to our normal branch meeting at the village hall. The nights are drawing in and we are now enjoying the fresher air of Autumn. The heats of this summer seem to have brought on an early fruit harvest despite the periods of dry weather. The blackberries and apples are earlier and the plums have been quite profuse. The theme of our service was our grateful thanks to God for the gifts of Autumn. The bible reading was read by Beryl and was from Deuteronomy Chapter 28 verses 1-9. Hilary read a prayer of Autumn praise and Josie a prayer for God our Creator and the blessings of the harvest. As we prayed for our sisters in the world-wide MU we reminded ourselves that many of our members face starvation through drought and political unrest.

Our Speaker was The Revd Brian Blanford. This was a most interesting autobiographical discourse about how he became a Baptist Minister for over thirty years. As a boy he lived near an Anglican Church in Bristol and, like many of his generation, attended Sunday School and became a choir boy. Then followed National Service in the RAF. He was given a parting present of a little book of Daily Christian Readings by our very own Betty Griffey. This had quite an effect. When in the RAF, he and a friend would walk to the nearest Church of England Church on a Sunday evening. One evening they were late and popped into the nearer Methodist Church. One of Brian's clear messages was

that there should be no divisions between Christians. How true. We have been struggling with such divisions ever since Henry VIII, some 470 years ago. Thank goodness such divisions no longer have people being burnt at the stake! Efforts are now made to be more ecumenical representing the whole Christian world, or universal church. Even today we see the divisions of Christianity in Ireland. There are the same divisions in Islam, as we see in the Middle East. What a shame it all is when the very word Islam means peace, and Jesus was the Prince of peace and love.

Brian went on to say how various people had touched his life and influenced his future so that he progressed into the ministry. He said that often we are quite unaware how profoundly we are influencing those we meet as we travel through our lives.

I was much taken with the link between what he was saying and the personal prayer of our founder, Mary Sumner.

"All this day, O Lord, let me touch as many lives as possible for thee; and every life I touch, do thou by thy spirit quicken, whether though the word I speak, the prayer I breathe, or the life I live. Amen.

Forthcoming Events:

Wednesday October 11th Village Hall 2.30pm Branch Meeting Speaker:- Barry and Jean Mather. Illustrated talk on Singapore and Malaysia. Friday 3rd November 10.15am-3pm Bath Archdeaconry Council. Kingston Seymour

CONTACTS		Tel.
Church of England.	The PCC Secretary, The Coach House, East Street, Banwell	822320
Methodist.	Rev. Sam, Wesley Manse, Dinghurst Rd, Churchill	852314
Roman Catholic.	Rev. Fr. Peter Slocombe, The Presbytery, Tweentown, Cheddar	742564

Youth Club

North Somerset have approached our Parish Council with a scheme to convert the Youth and Community Centre into a drop in centre. It will mean the youth club will lose the use of a substantial part of the interior. North Somerset are proposing to spend £150,000 on the project which will serve Banwell and surrounding villages.

A Terrorist?

If modern security at the Houses of Parliament seems a bit weak to you, take heart, it's never been much better. Back in 1605 Guy Fawkes managed to stow a good few barrels of gunpowder under the House of Lords without anybody noticing. He wasn't a member of Al-Qaeda, he was part of a Roman Catholic plot to murder James I of England and his parliament at the state opening. Fortunately, Guy Fawkes was found - and stopped - in time.

Village Websites

Banwell Village Website – www.banwell.info

Contact: Graham Found, email: graham@banwell.info Tel: 822619

Banwell Parish Council Website – www.banwell.org

Contact Jony Russell, email: wordsatwork@macunlimited.net Tel: 822715

The Friends of Banwell Primary School Website – www.banwell.info/friends

Westfield Residents Assoc - www.westfield.banwell.info
email: westfield@banwell.info

Banwell Bowling Club Website – www.geocities.com/johnnyamos2002

Banwell Royal British Legion Website – www.rbl.banwell.info

Banwell Baby and Toddler Group – www.geocities.com/banwellbabytoddlers

St Andrew's Church

A Soup Lunch at the Village Hall

on
Monday 9th October
and
Monday 13th November

from 12.30 – 1.30pm

£1.00

All welcome

At the wedding, the bride tripped and fell into the arms of the minister. 'That's the first time I've held a fallen woman,' he quipped. To which she retorted: 'It's the first time I've been picked up by a minister!'

Roll of Honour

Just thought I'd ask some help concerning Banwell's War Memorial. I am currently uploading details of the war memorial to a website called www.roll-of-honour.com, along with a photograph of the memorial itself. The site is gathering details of all the war memorials around the country, and it is intended to complete as many in the United Kingdom as possible. If you can, take the time to visit it on the net, I have found it very useful in exploring my family's past.

I have been able to identify some of those listed on the memorial but due to lack of information I have been unable to identify all of them.

So if anyone can help me in identifying those listed below, maybe just giving me a first name or force/regiment/ship etc. I can then upload those individual details to the website. If anyone has photographs to accompany those that are listed on the memorial and are able to send them to me via email, I can also get them added to the roll of honour website, although photographs aren't a necessity.

1914-1918

DART	N.W	STEPHENS	H
OGDEN	P	THOMAS	A
SPARKES	W	WILLETT	A
STEER	M	WYMAN	S

1939-1945

HAYES	P
LANCASTER	R
MARTIN	R.M.S
MILES	A.H
TURNER	G.H

My name is: Gareth Thomas and you can contact me with any information at gareth-michelle@tiscali.co.uk or tel. 823177

Weight Matters

Two thirds of the UK population are already overweight - or even obese. Some doctors are predicting that the current generation may not live as long as their parents, and that the death toll from obesity could surpass even smoking.

There are no easy ways of ducking the problem: the only way is to adopt a healthy lifestyle - and stick with it. Drinking lots of water can help - it suppresses your appetite (hunger is often a sign of thirst), and stops you feeling tired, which will boost your energy levels. Forget takeaways. Forget eating out. Discover the health-conscious chef in you and cook from scratch - using lots of fruit and vegetables. Also, get moving! There is no pill that replaces regular exercise.

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Somerset BS25 1BS

WHAT'S ON THIS MONTH

MONDAY

9th	12.30 - 1.30 pm	Soup Lunch	*	V.H.
9th	7.30 pm	Parish Council	*	V.H.
23rd	7.30 pm	“ “	*	Meth. Hall
Weekly	10.00 am	Keep Fit & Tap Dancing	*	V.H.
Weekly	6.45 - 8.15 pm	Cub Scouts	*	Scout Hall
Weekly	6.00 - 8.45 pm	Beginners & Advanced Yoga	*	V.H.

TUESDAY

24th	7.30pm	Banwell Flower Arranging Group		
		“W.A.F.A. Show” Japan - Pauline Watts	*	Meth. Hall
Weekly	4.30 – 5.30 pm	Beavers	*	Scout Hall
Weekly	10.00 am	Mendip Art Group (term time only)	*	V.H.
Weekly	1.00 - 3.30 pm	Playgroup	*	P. H.
Weekly	5.45 - 7.15 pm	Brownies	*	V.H.
Weekly	7.00 - 9.00 pm	Guides	*	Scout Hall

WEDNESDAY

4th & 18th	1.30 - 3.30 pm	Baby Clinic	*	V.H.
11th	2.30 pm	Mothers' Union - “Singapore and Malaysia”		
		Barry and Jean Mather	*	V.H.
11th	7.15 pm	Royal British Legion	*	Scout Hall
Weekly	7.30 pm	Bell Ringing Practice	*	St.Andrews
Weekly	8.00 pm	Banwell Sequence Dance Club	*	V.H.
Weekly	1.30 pm	Bridge Club	*	V.H.

THURSDAY

12th & 26th	10.00 am	Banwell Short Mat Bowling	*	V.H.
5th & 19th	7.30 pm	“ “ “ “	*	V.H.
12th	7.30 pm	W.I. Birthday Party	*	V.H.
26th	7.30 pm	Gardening Club - “Tales and Tails”		
		Ken Spencer-Mills	*	V.H.
Weekly	1.00 - 3.30pm	Playgroup	*	P.H.
Weekly	2.30 pm	Seniors' Club	*	V.H.
Weekly	7.30 – 10.00 pm	Youth Club (term time only)	*	Y.C.C.
Weekly	5.30 - 6.30 pm	Rainbows	*	Scout Hall

FRIDAY

13th	7.30 pm	Archaeology Society - “Bombing of Weston-super-Mare”	*	V.H.
Weekly	9.30 - 11.45 am	Baby/Toddler Group	*	Scout Hall
Weekly	7.30 – 9.30 pm	Scouts	*	Scout Hall

SATURDAY

14th	10 am - 4 pm	Charities Day	*	V.H.
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SUNDAY

Weekly	11.00 am	Judo Club	*	Y.C.C.
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Abbreviations: * Visitors Welcome; **V.H.** Village Hall; **M.H.** Methodist Hall; **P.H.** Playgroup Hall; **Y.C.C.** Youth and Community Centre.

ICELTON POTTERY

At Wick St Lawrence

We sell pottery, soaps & candles all handmade on site.

Free range eggs from our own hens

There is also a Visitor's Café serving coffee & cake / lunches / cream teas and ice creams.

We are usually open from 10am to 4pm - but we are not open every day so for information please phone Sam on 525 939.

Cocoa

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The study has concluded that our bodies require sleep in order for our brains to process all the interactions of the day. The

study, carried out on fruit flies (with whom we apparently share important genes), found that when adult flies were trained to do a complex task, they sleep more. It may be that the brain needs sleep to make the beneficial changes related to social experience and learning.

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